



OA Lifeboat



I N L A N D E M P I R E I N T E R G R O U P N E W S L E T T E R

SERVICE IS SEXY!

SPECIAL POINTS OF INTEREST:

- New Meeting List
- Question about R2?
- OA for Young People
- Vacant Intergroup positions

Service is Sexy! Open Positions: Hotline Coordinator Ways & Means Webmaster

Do you have unwanted clothes, shoes? Items that don't fit? If so, please contact oa_lifeboat@yahoo.com

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The Process of changing a lifestyle is more important than reaching a goal or measuring a performance. Theodore Isaac Rubin. For Today, Pg 8

Yeah right! What, so that quote is telling me it's the journey not the destination, whatever! I love to get to my destination. I love to show everyone in the whole wide world that I've made it. In my mind I'm thinking "you who told me I couldn't do this or that."

Well a definite change is me being elected to become the new Lifeboat Editor. I really wasn't up to the challenge. I actually thought the previous editor, Heidi, did a great job. In my mind I thought "if it isn't broke, don't fix it". However, after much thought, consultation, and prayer, I volunteered my services to become editor. It was a unanimous vote: I was in. I was scared. I thought to myself "how do I start? What do I do? Ahhhhh! My thoughts are one of a compulsive overeater, perfectionist. I want everything to be perfect. I want my food to be perfect, my child, my job, my clothes, other's people's reaction to my comments(laughter) and I don't take to well to change...it

always happens, always. During the September Intergroup meeting I volunteered to attend the Region 2 assembly, I figured, "Hey, why not?" I had no idea what I was in for.

FAST FORWARD

On Friday, Oct 30 I attended my first Region 2 event: I was amazed. Speechless that higher power brought me this far, with so little time in recovery. Saturday morning was the beginning of our business meeting and boy



did we have a lot to discuss. We voted on this, made motions on the budget, made amendments to motions-yeah that was a new one for me as well. As I sat in amazement, humble for being a representative of our Intergroup and that I was a trusted servant to make valuable decisions for our region. I never would

have thought in a million years HP would bring me to San Francisco, on Halloween weekend to experience recover, service and peace. I realized, that this is where my inner happiness will come, service. This will make my program stronger, I will be able to give of myself so another can have-I'm in, hands down. I left the assembly completely overwhelmed with emotion. I cried on the way home-not sadness, joy! Since I've been on fire for service. I look for every possible opportunity to give to someone else. As small as putting away chairs at a meeting, being abstinent, smiling, calling a new comer, being on time to a meeting, this list can go on and on.

As your newsletter editor, I am a trusted servant, elected by you and in this position it is principals before personalities. I welcome help, feedback and any assistance you may offer to me.

Remember service is slimming and sexy!

Your Editor, Karen B.

Service serves you!

Your Lifeboat newsletter editor, Karen, and I attended the fall assembly for our Region 2, which covers California, Hawaii, Mexico, and Northern Sierra Nevada, in the Bay Area Oct. 30-Nov. 1. Our Inland Empire Intergroup is one of 34 intergroup in this region. As delegates, we represented our intergroup during business sessions that have one common denominator: helping you recover from compulsive overeating. Here are some insights I'd like to share about what I found during the assembly: Continued on page 3

T H I N G S T O D O , P L A C E S T O G O

ATTITUDE OF GRADITUDE 6TH ANNUAL MTG!
 WHEN: Thanksgiving Day
 WHERE: Carpenter's House Church, Wildrose Business Park, 9050 Pulsar Court Ste, F Corona, CA 92883
 TIME: 10:00 am—11:30 am

LET US START THIS DAY WITH GRATITUDE!

For those who battle with compulsive overeating, the abundance of food associated with Thanksgiving festivities can trigger compulsive food behaviors. This often leads to embarrassment, guilt, depression and unwanted pounds. Maybe even relapse!

For more information or questions please call Annie at 951 277-2135

The Foothill Intergroup presents: **A Holiday Party!**
 (See www.oafoothill.org)
Saturday, December 5th 2009 1:00 p.m. to 5:00 p.m.
Sparr Heights Senior Center
1613 Glencoe Way, Glendale, CA 91208

OA 50th Birthday Party

Will you be there?

" A Half Century: One Day At a Time"

One of the longest running annual OA recovery events in the US!

January 15-17, 2010

LAX Marriott Century Boulevard
Los Angeles, CA

See meeting Secretaries for registration form

S E R V I C E C O N C E P T S A N D T R A D I T I O N S

On November 17, our IG was privileged to host Region 2 Trustee Meg Harlor and Region 2 Publications Coordinator Mary Monroe as they presented a *Service Concepts and Traditions* workshop. Approximately 20 participants spent the day learning how to strengthen our meetings and our Intergroup by applying the 12 concepts of Service and the Traditions to our collective program. As a result, we gained greater understanding and appreciation for guiding the service we provide." Specifics considered by the group included guidelines for a group conscience

meeting (business meeting), how to build strong meetings, rotation of service, the 7th tradition, membership retention, addressing disruptive behavior at meetings, and ways to ensure that all meetings and members follow the traditions in all ways that affect OA as a whole. Appreciation goes to members of the Corona meeting for hosting the

meeting site, and to Jill B, Region 2 Rep, who arranged for this most helpful event.

Written by Ann S.



T R A D I T I O N S F I V E

Tradition Five Study

" Each group had but one primary purpose—to carry its message to the compulsive overeater who still suffers." - The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 145.

How well is my group fulfilling

its primary purpose?

Please take a few minutes to review the questions at the end of the chapter on tradition five with your group to consider: Does our group concentrate sufficiently on OA's primary purpose?

Do we focus our discussions on

the twelve steps, the twelve traditions, the tools and recovery from compulsive eating?

Do we make a point to welcome new members, talk with them, offer phone numbers?

Can new members find sponsors in our group?

TRADITIONS FIVE (CONT.)

Do we try to make the OA fellowship known to people outside who need help?

In what ways do we support our intergroup, region, and World Service in their efforts to reach out? Do we ever volunteer to help newcomers, out of town visitors, or other members in need to get out meetings?



Are you open?

Does anybody in our group make a point to call newcomers or members who have been missing from the meeting?

Do we remember that long-term OA members can also be compulsive overeaters who still suffer?

How do we treat the long-term member who facing difficulty with compulsive eating or with life?

POEM BY
JESSICA
A. P

TWO
POUNDS

Of course, compelled to do the wrong thing
I just had to get on the scale
Shortly after I woke up this morning
Devastated that I had added to my weight
Two pounds and counting, my mind seems to rage at me
It is like my life is over, dead, and gone
Over two pounds.

I have to starve myself
For the day, my mind convinces itself
That it is the right thing to do
I am screaming in anguish inside
I am so hollow, it's time to self-destruct
It's time to shut down
Over two pounds.

When will this obsession leave my body?
No one can really know what I am going through
By just looking at my outsides
Tears, salty, fresh and clear still remain unknown to
the outsider

Bleeding dark red internally because I can't express my own pain
Angry and resentful at those who do not understand
What I am not able to tell them.

Over two pounds,
My life seems to be over
I regret all the food that I've ever consumed
No way to purge or let out of me
What occurred yesterday
Gone without a single footprint to follow
I hate all that I am.

Over two pounds,
My name becomes a dirty word
And I'm caught shivering violently with fear
And what I sense to be a frigid isolation
I have no place to go and escape this
There is no haven, no shelter to climb inside for warmth during my
long winter
I have found that I know no means to hide, especially from myself.



Service serves you! (cont.)

Sharing assembly attendance as a co-delegate makes for twice as many ideas and perspectives for us to bring back to you. Karen is a reminder to me that since 1990, my best friends have been found in this fellowship. Service and personal recovery aren't two different things! For example, when I felt I was headed for relapse earlier this year, I jumped into the position of chairperson and it broke the spell.

I want to encourage representation from your meeting at every intergroup meeting, even if your members take turns as unofficial reps. We can really help support and strengthen your meeting and your connection to fellow OA members.

Service at the intergroup level is more based on what you can do, not so much what you should do that you don't know how to do. It is far easier to do service at levels above meetings than you might think. We currently have openings in board positions of Ways and Means, Hotline Coordinator, and Webmaster. Please consider visiting the next intergroup meeting this coming Monday at 6 p.m. in Riverside. There's a slogan somewhere that states: Do what you can, when you can.

See this issue of Lifeboat for the website addresses for our intergroup, region, and world service. There is a wealth of valuable information, resources and inspiration for you to explore and discover.

By Pamela, your intergroup chair

WE'RE ON THE WEB
GO2OA.ORG

A N N O U C E M E N T S

Got a Question About R2?
Check Out Our New Website!
Oar2.org

Featuring:

- ⇒ R2 Convention Speaker audio & podcast
- ⇒ New Master Calendar (add your event)
- ⇒ Convention Registration & Information
- ⇒ En Espanol

And much more!

CALLING ALL YOUNG PEOPLE!
If you are between the ages of 18-25

And are struggle with food
WE WANT YOU! Need a young people's meeting in your area? If so, please email
oalifeboat@yahoo.com

OA Hotline en Espanol
Call Gaby @ 562 547-6146

12/12—WSBC has declared December 12-International Twelfth Step-Within Day

Schedule a Candlelight Mtg

Commit to spread awareness of OA within the community.

Host a special event to reach out to members in relapse.

Our Trusted Servants

Chair: Pamela (909) 307-6195 Vice Chair :Janet (973) 216-8469

Treasurer :Janice (951)237-3687 Hotline Coordinator: VACANT

Corresponding Secretary: Sheryl (951) 785-6605 Recording Secretary: Maria (909) 338-1713

Webmaster: VACANT Ways & Means: VACANT

Fifth Tradition: Annie (951) 277-2135 Bulimic & Anoxic Chair: Alicia D.

Lifeboat: Karen oalifeboat@yahoo.com

Hotline Numbers

Inland Empire Voice Mail (951) 715-2080

Hemet Christine (951) 927-6624

Riverside Vicki S. (951) 789-1903

Redlands Jill (951) 318-9991

Loma Linda Elizabeth (909) 796-0084 (home/office#)

If you would like to do service and be listed as a hotline number, please contact Mary (951) 788-1968

New Abstinence Definition:

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows:

“ Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.”

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

Region 2 Convention
Bridge to Recovery San Mateo June 4-6, 2010
Marriott San Mateo- San Francisco Airport Hotel
For more Information please visit OAr2.org