

Welcome!

We are the Inland Empire Intergroup of Overeaters Anonymous.

OA IE IG Website:

www.go2oa.org

Whatever your problem with food, OA welcomes you. OA's Tradition Three states, "The only requirement for OA membership is a desire to stop eating compulsively." All are welcome!

Need a phone mtg in the new year?

****Check out one of the following!****

Newcomers' Mtg:

Sundays 4pm and 8pm.
(712) 432-5200
PIN #4285115

Men's Focus:

Sundays 5:30pm
(712) 770-4160
PIN: 409092#

Relapse/12th Step Within:

30 minutes only!
Sundays 2pm
(712) 432-5200
PIN: 24680#

OA IE

HelpLine:

951-715-2080

Website:

<http://www.go2oa.org>

OA Lifeboat – Jan/Feb 2019

Overeaters Anonymous Inland Empire Intergroup Newsletter

****Upcoming OA Region 2 Convention!****

Website is up! Come check it out!
Registration link should be up soon.

Join R2 in "Come to the FAIR - Freedom & Abstinence in Recovery," June 28-30, 2019, Sheraton Fairplex Pomona

Visit <http://www.oar2.org/convention/upcoming> for more information!!

There will be lots of speakers on many topics, games, raffles, and lots of fun!

We also need lots more volunteers!!
("Got service?")

Email Convention Chair Marjorie at r2specialevents@gmail.com or text her at 559.273.8560 if you have questions.

Grow your recovery and help OA carry the message! We need everybody!

See you at the F.A.I.R!



UPCOMING EVENT:

*****OA BIRTHDAY PARTY** LAX Hilton January 18-20.**



Registration is Open: \$55. (\$65 at the door).
Hotel rooms are \$133/nite but can share, up to 4 people/rm. Lots of speakers, sponsors, workshops, entertainment, raffles, fellowship, and fun.

To register, visit: <https://www.oalaig.org/oa-birthday-party/>

New: To see a tentative list of meeting topics, visit <https://www.oalaig.org/oa-birthday-party/birthday-party-program-grid/>

Special focus and marathon meetings include a Spanish Speaking meeting, Men's meeting, Anorexia/Bulimia, Hundred-Pounders focus, LGBTQ focus, First 30 Days of Abstinence, Relationships, Action Plan, Healing Sexual Trauma, Working with a Sponsor/Sponsee, Self-Image and Sexuality, Big Book workshop, and many more. Click the link to check topics out!

****New Young People's Focus Phone Meeting!****

Thursday nights, 7pm Pacific time/10pm ET.

Call (605) 472-3595

PIN #378978

Focus is for those 18-30 or who entered OA from age 18-30, but all are welcome!

Volunteer moderators needed.

Upcoming Intergroup Meetings:

Mon Jan 14, 7pm

Mon Feb 11, 7pm

Location:

Community Ctr for
Spiritual Living,
3891 Ridge Rd
Riverside, CA

****Want to represent your meeting, but live far away?*****

Join us via conference call:

(641) 715-0700

PIN: 917518#