

OA Lifeboat – JAN/FEB 2023

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org

Experience, Strength and Hope: Reading from the The Doctor's Opinion in the Big Book, at p. xxix "This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery". We invite your stories because without the "we" who included our Founder, Rosanne, sharing her ESH, "we" would be lost. *Members are asked to submit for Lifeboat. Send to oliviabissell@gmail.com*

Please send your meeting contact person information to oa.inlandempire.email@gmail.com

Intergroup representatives please attend...without you, we die...

Congratulations and thank you to Michele C from the Thursday PM Hesperia for volunteering for Intergroup position! We need two more positions filled. NEXT INTERGROUP MTG – 1/9/23

MEN SUFFER TOO

<https://www.oamen.org/>

WORKSHOPS CONVENTIONS

- 63rd OA Birthday Party Los Angeles Age of Miracles January 13-15, 2023 LAX Hilton **SCHOLARSHIPS AVAILABLE** Contact Amy W for more information 951-237-6820
- 178th San Diego OA April 28-30, 2023 Oceanside Serenity Retreat **SCHOLARSHIPS AVAILABLE** ONLINE REGISTRATION ONLY www.tinyurl.com/Oaretreat
- OA Silicon Valley – Big Book Bootcamp Theme April 21-23 go to <https://oasv.org/oasv-retreat/>
- OA Region 2 Convention Orange County, July 7-9, 2023

SERVICE OPPORTUNITIES

SERVICE IS SLIMMING

R2 CONVENTION COMING IN JULY 2023

GREAT SERVICE OPPORTUNITY

NEXT PLANNING MEETING

January 9, 2023 6:30 P.M. PST

https://us02web.zoom.us/join/12Yof-mvrz0JE9Od21e9YBnFZbZkXzX2t_30

YOUR INTERGROUP NEEDS YOU

1 time per month/1 hour Zoom Mtg

2ND Monday of Each Month

Zoom ID: 89692582839 PW Intergroup2

LIVE MEETINGS!

1. Wildomar, The Farm, 33430 Harvest Way, Wildomar **MONDAY 10:00 A.M.**
2. Riverside Monday 6-7 p.m. is **LIVE** and needs speakers.
3. San Bernardino Tuesday PM meeting is **HYBRID – Live and Zoom**

MEETINGS AVAILABLE ALMOST ANY

HOUR OF THE DAY at:

<http://oafootsteps.com/meetings/>

ARE YOU IN CRISIS? CALL NOW!

If you need to talk with someone NOW, Hotline is: https://www.go2oa.org/uploads/1/2/1/9/121911203/go2oa_crisis_hotline_numbers.agreed.pdf.
OA Inland Empire Intergroup Emergency Hotline.

Welcome! We are the Inland Empire Intergroup of Overeaters Anonymous.

OA IE IG Website:

www.go2oa.org

7th Tradition On Line

<https://oa.org/contribute/>

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! Keep Coming Back.

Need a ZOOM mtg or a

Phone mtg?

(All are Pacific Time)

• Men's Focus: Check out oamen.org for meetings, sponsors, and resources for men in OA.

• Young Persons Focus – Speaker Mtg Mon 7pm (605) 313-5111 PIN: 713988# or visit freeconferencecall.com.
Online mtg ID: ypoafoothill

• 100-Pounders Mtg EVERY DAY 6pm (712) 432-5200 PIN: 4285115#

Find meetings at oa.org/find-a-meeting or

www.oalaig.org
www.avision4you.info
www.oasouthbay.org
www.oasandiego.org
www.oar2.org
www.oavirtualregion.org
<https://oavirtualregion.org>

NEWCOMER MATERIALS FREE

<https://oa.org/and-your-journey-begins/>

Do you have an OA event that you would like our LifeBoat to communicate to others? Please let us know and we will put it into the Mar/April 2023 LifeBoat. Email to oliviabissell@gmail.com