

OA Lifeboat – JULY/AUG 2023

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org

Experience, Strength and Hope: 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

DON'T MISS IT - URBAN RETREAT - October 20-21st at the Bahai Center, 6545 Alcala Knolls Drive, San Diego 92111, Harlan G. is the speaker - \$10 suggested donation.

MEN SUFFER TOO

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

A Retreat For Men

East Bay Unity OA and Bay Area HOW Intergroup
21st Annual Men in Recovery Retreat
October 27-29, 2023 In Person
Villa Maria del Mar
21918 E. Cliff Drive, Santa Cruz

LIVE MEETINGS! LET'S GROW OA IN THE IE!

TEMECULA/MURRIETA

Wednesday 10:00 a.m. – 11:00 a.m.

Literature Study

United Church of the Valley 41685 Date Street, Unit 100, Temecula, CA

RIVERSIDE

Thursday 6:00 p.m. – 7:00 p.m.

OA Big Book and Newcomer Meeting
Victoria Presbyterian Church
6091 Victoria Ave., Riverside, CA

Contact-Amy W. 951-237-6820 text first

TEMECULA/MURRIETA

Thursday 6:15 p.m. – 7:30 p.m.

OA Literature

United Church of the Valley 41685 Date Street, Unit 100, Temecula, CA

LIVE/HYBRID - SAN BERNARDINO

Tuesday 6:00 p.m. – 7:00 p.m.

Lutheran Church of Our Savior
5050 N. Sierra Way, San Bernardino
Zoom: 878 318 3112 PW Recovery

Intergroup will pay a max of \$300 for 3 months rent to open a FACE TO FACE meeting. If interested, contact Olivia 310-508-9575 or Amy W 951-237-6820.

R2 CONVENTION

JULY 7-9 2023

Hilton - Costa Mesa

3050 Bristol St. Costa Mesa, CA 92626

Registration OPEN NOW:

<https://www.oar2.org/upcoming-convention>

Marathon meetings

OA speakers / panels / workshops

Spanish simultaneous Zoom translation

SERVICE OPPORTUNITIES AVAILABLE - BECAUSE “SERVICE IS SLIMMING”

INTERGROUP NEEDS YOU

Open Positions: Treasurer, LifeBoat and More!

1 time per month//1 hour Zoom Mtg

2ND Monday of Each Month

Zoom ID: 89692582839 PW Intergroup2

NEXT INTERGROUP MEETING 7/10/23

MEETINGS AVAILABLE ALMOST ANY HOUR OF THE DAY at:

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

LITERATURE AVAILABLE AT:

<http://bookstore.oa.org>

San Diego County Intergroup Offers Zoom Classes <https://oasandiego.org>

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
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. LIFEBOAT NEEDS YOU!