

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!

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#

Try also:
www.avision4you.info

**Find more mtgs at oa.org/find-a-meeting-or-search-in/*

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

OA Lifeboat – JULY/AUG. 2021

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org.

OA Members' Experience, Strength and Hope: As your editor and a recovering compulsive overeater with 36+ years, my amend to each of you awaiting this Lifeboat is that I am late in my duty. I ask each and every one of you for your forgiveness. The Ninth Step requires me to change my behavior. This tardiness in publishing will not happen again. *Members are asked to submit for Lifeboat Sept/Oct 2021. Send to oliviabissell@gmail.com. Space is limited so expect editing.*

WORKSHOPS

VIRTUAL REGION WORKSHOP
JULY 17, 2021 @ 1:00 P.M. TO 2:30 P.M. *12-Step Recovery Panel on Compulsive Food Behaviors*

REGISTER

<https://tinyurl.com/DCOA2021Jul>

To Be placed on the Convention email list – email @ conventioninfo@oa.org

OA Virtual Region e-Workshops!

2nd Sunday of The Month 12-1:30pm PST
www.oavirtualregion.org/events/workshops
Contact Lisa: workshop@oavirtualregion.org Contact Carolyn: vicechair@oavirtualregion.org
Suggested donation \$5 to oavirtualregion.org/region/seventh-tradition/

New Format Step and Tradition Study from South Bay IG – STARTS 1/7/2021
Thursday 6:00 to 7:00 p.m.
Zoom 732348187 Passcode: Southbay
Dial In: 1-253-215-8782 Dial In Passcode: 143361

New Meeting: Big Book Study (Zoom)
Thursdays 3:30 p.m. to 4:30 p.m.
Zoom: 84026830975 Passcode 989133
Contact: Bob K. (909) 910-0079

Focus on Men in Recovery
<http://OAMen.org/meetings>

TRY OUT: Oa.org/founder-recordings

UPCOMING EVENTS

2021 Region 2 Convention-Virtual KEYS TO RECOVERY

San Diego, California
July 9 to July 11, 2021
Go to oar2.org for more information

2021 World Service Convention "Walking in the Sunlight: One Day at a Time"

Orlando, Florida August 26-28,
2021

For Information, email
conventioninfo@oa.org

OA R3 Convention & Assembly
Hosted by SoAZ Intergroup "ACT AZ IF" August 20-22, 2021 Register online at this address:
<https://oar3fall2021.org/>

MEETINGS GOING LIVE!!!

July 7, 2021 Riverside Wednesday Morning Zoom will stop and the group will be meeting in person Meeting #54913

Wednesday

10:00am - 11:30am

First Baptist Church - the Church on the Hill
5500 Alessandro Blvd.
Riverside 92506

Meeting in Rear of Building Downhill on Left Side of Church

WHAT OTHER MEETINGS ARE GOING LIVE OR HYBRID? Email your Intergroup Reps and let us know.

PLEASE SEND ME INFORMATION ON YOUR MEETING CHANGES DIRECTLY TO oliviabissell@gmail.com so I can incorporate them into our Sept/Oct 2021 Lifeboat.