OVEREATERS ANONYMOUS®

GO2OA.ORG

JAN/FEB 2026

LIFEBOAT

OA Inland Empire, PO Box 56021, Riverside, CA 92517

INLAND EMPIRE MEETINGS

SCAN ME

LET'S KEEP INTERGROUP STRONG

Please be sure each meeting has a representative attend the Intergroup meeting.

2nd Monday of Each Month, 7:00-8:00 p.m.

Zoom ID: 828 2068 2419
Passcode: 733772
Contact: Olivia
Ph/Text: 310-508-9575

THE SPIRITUAL PRINCIPLES OF THE OA PROGRAM

Step One: Honesty

Step Two: Hope

Things I Crave

This is the first year that I am not making New Year's resolutions. My resolutions usually lasted only through New Year's Day anyway before it all got too hard or my desire waned.

The action plan is something that I use every single day, and I only have to use it for today. There is no expectation other than in these twenty-four hours. As I have found, expectation is the thief of joy, and what a relief that is to know. Only today matters—no deadline or commitment hangs over my head. My only resolution on rising is to use the action plan.

My action plan is usually the same. Don't overeat. When you do eat, eat nutrient dense food. If you do feel like eating, use the Tools. That's the way my HP and this lifesaving program guide me.

(Cont. Pg 2)

OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

OA's Tools of Recovery

As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. We use these Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—on a regular basis, to help us achieve and maintain abstinence and recovery from our disease.

Service: The more I take time to help someone else, the more I am helped myself.

Our Intergroup **needs** volunteer positions filled. Please join us at our monthly Intergroup meetings (details on left). The following positions are available:

* Corresponding Secretary
* 5th Tradition/PIPO
* 2nd Rep for Region 2
* Ways and Means
* First Tradition
* Special Services

EVENTS & RETREATS

Most up to date info: www.go2oa.org/events

- Saturday Jan 3, 2026, 11:30am-1pm ET
  (Preceded by a Newcomer's meeting, 11am ET)

Healing the Inner Critic

Zoom ID: 406 432 0621, Passcode: 123123
OA Virtual Intergroup - oavirtualintergroup.org

- Friday Jan 16-18, 2026 In-Person

The 66th OA Birthday Party

Hilton Los Angeles Airport
5711 West Century Boulevard,
Los Angeles, CA 90045
www.oalaig.org/66th-oa-birthday-party

- Friday Feb 20-22, 2026 - Save the Date!

Virtual Region Convention

There is a Solution - Grounded in Recovery

For info: convention@oavirtualregion.org

- Saturday Feb 28, 2026, 1pm-3pm CST

The Great Fact: Effective Spiritual Experiences

Zoom ID: 816 5660 3341, Passcode: 196012
Website: oachicagosni.org

NEWSLETTER SUBMISSIONS

If you have info or a story of experience, strength, and hope you would like to add to our next Lifeboat, please send an email and put "Lifeboat" in your subject line to: jennya0457@gmail.com.

Attention OA Groups:
Suggested 7th Tradition Distribution
*50% Intergroup *40% World service *10% Region

Things I Crave (Cont. from Pg 1)

Like the literature says, the action plan may vary and be adjusted to bring structure, balance, and manageability into our lives. When I'm not implementing my action plan, I miss out on those things. Balance stops my anxiety and stress, and manageability is the biggest thing I need for my sanity and to be of use to others.

I have been with OA since December 14, 2013, and I have been abstinent since February 25, 2014. My heaviest weight was 130 kilograms (287 lbs), but I have no idea what I weigh now because I don't weigh myself.

This program came to me when I was spiritually and emotionally bankrupt. My priorities are spiritual and emotional at this time. The physical will come.

— Karen W., Australia ~lifeline.oa.org

Wheelchair Accessible In-Person Meetings

Let us know if your in-person OA meeting is wheelchair accessible by sending an email to Region 2 Representative, Cindy S., at cynthesismusic@gmail.com. Thank you!

Need to Talk?
¿Necesitas Hablar?

OA Hotline:
951-715-2080

Amy W.: 951-237-6820

Alex A. (Español):
951-834-8069

Want to start an In Person meeting?

Intergroup will pay a max of $200 for 3 months rent to open a FACE TO FACE meeting. Please reach out to our Treasurer Natalie B. at 909/703-0157.

OA INLAND EMPIRE MEETING LIST - Dec 20, 2025

Mtg #	Day	Time	City		Format	Contact	Phone
				Find a meeting - Overeaters Anonymous (oa.org)			
	Sun			***Currently no meeting in the Inland Empire Intergroup on Sunday***			
57610	Mon	In Person 10:00 - 11:00am	Wildomar	33379 B Mill Pond Dr, 92595 **This meeting is wheelchair-accessible.**	Literature Study	Liz S	760-805-4689
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Join Zoom Meeting with **Meeting ID: 858 5956 6064** and **Passcode: 1234**	Literature Study	Lorian D	951-259-9538
55728	Mon	***Phone*** Meeting 5:30 - 6:00 PM	Phone Meeting	Newcomers Information Meeting - All are Welcome! Call 909-936-0439	Informational Welcome	Bryan V	909-936-0439
23177	Mon	In Person 6:00 - 7:00pm	Riverside	Victoria Presbyterian Church 6091 Victoria Ave., Riverside, CA 92506 1st Monday of Month is a Speaker Meeting	Literature Study/Speaker	Al W	315-430-3598
801388	Tues	Zoom Meeting 6:00 - 7:00pm	San Bernardino	Join Zoom meeting with **Meeting ID: 833 6541 8781** and **Passcode: 110824**	Literature/Step Study	Dennis B	714-271-6651
57899	Tues	In Person 6:00 - 7:00pm	Yucaipa	Faith Lutheran Church, 12449 California St 92399 - meets in the chapel **This meeting is wheelchair-accessible.**	Step Study/Writing	Amanda M	951-533-5916
50795	Tues	In Person 6:15 - 7:30pm	Murrieta	United Church of the Valley, 41685 Date St., Ste 100, Murrieta, CA 92562 **This meeting is wheelchair-accessible.**	Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-8069
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Join Zoom meeting with **Meeting ID: 845 1141 0076** and **Passcode: 029491**	Literature Study	Ken P	951-775-2778
55244	Wed	***Phone*** Meeting 7:00 - 8:00am	Phone Meeting	Special focus 90-Day meeting featuring 20 minute speaker, discussion, OA tools. Phone in via free conference call. Telephone conference call number is **(712) 451-1095** with input code **106702#**	Speakers/Tools/ Discussion	Barbara C	760-638-3995
57800	Wed	In Person 10:00 - 11:00am	Temecula	United Del Rio, 41743 Enterprise Circle N, Ste 102, 92590	Big Book Study	Lucy B	818-429-0641
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Join Zoom meeting with **Meeting ID: 846 8057 8420** and **Passcode: 411411**	Open Big Book Study	Lorian D	951-259-9538
801354	Wed	Zoom Meeting 6:00 - 7:00pm	Riverside	Join Zoom meeting with **Meeting ID: 893 0265 8373** and **Passcode:** Please text the meeting Contact person at least 15 minutes prior to the meeting for the meeting passcode.	Big Book Study	Nancy L	951-742-3543
800722	Thurs	Zoom Meeting 10:00 - 11:30am	Corona	Join Zoom meeting with **Meeting ID: 851 0980 5905**, and **Passcode: 582941**	Step Study/Writing	Mary Nell J	714-293-2804
89030	Thurs	Zoom Meeting 6:00 - 7:00pm	Zoom Meeting	Young People's Focus (ages 18-30 plus those who came into OA at that age) Join Zoom meeting with **Meeting ID: 850 6829 9295** and **Passcode:** Please email ypvi.meetings@gmail.com for meeting passcode.	Young People's Focus Ages 18-30	Email ypvi.meetings@gmail.com	
801389	Thurs	Zoom Meeting 7:00 - 8:00pm	Hesperia	Join Zoom meeting with **Meeting ID: 765 561 163** and **Passcode: 842248**	Steps/Traditions/Literature	Cindy S	818-406-1310
58520	Thurs	In Person 7:00pm - 8:15pm	Temecula	Del Rio Survivors Hall, 41743 Enterprise Circle north, Suite 102, Temecula, CA, (Small room in front)	Big Book Study	Alisa	951-203-7675
	Fri			***Currently no meeting in the Inland Empire Intergroup on Friday***			
46021	Sat	In Person 7:30 - 8:30am	Yucaipa	Faith Lutheran Church, 12449 California St 92399 - meets in the chapel **This meeting is wheelchair-accessible.**	"For Today" Literature Study	Amanda M	951-533-5916
58356	Sat	In Person 8:00 - 9:00 am	Moreno Valley	Awakenings Club, 21516 Dracaea Ave, Moreno Valley, CA 92553	Literature: 12 & 12, Voices of Recovery, Big Book	Dawn K.	951-809-5135
800837	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Join Zoom meeting with **Meeting ID: 637 296 576** and **Passcode: 428481**	Literature Study	Charlene B	951-203-9868
800838	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Join Zoom meeting with **Meeting ID: 863 5962 6416** and **Passcode: 252385**	Step Study/Writing	Olivia B	310-508-9575
57976	Sat	In Person 10:00 - 11:30am	Corona	**New Meeting Location**: Corona Friends Church MP Room, 1220 W Ontario Ave, Corona ,CA 92882 **This meeting is wheelchair-accessible.**	Literature/Writing	Melanie M	951-496-7289
800836	Sat	Zoom Meeting 10:00 - 11:45am	Grand Terrace	Join Zoom meeting with **Meeting ID: 848 8388 8661** and **Passcode: 649963**	Step Study	Jamecca M	909-239-8109
09492	**Mon**	Zoom Meeting 7:00 - 8:00pm	Riverside	***OA Inland Empire Intergroup Business Meeting - All are Welcome **Join Zoom meeting with Meeting ID: 828 2068 2419 and Passcode: 733772**	Intergroup Meeting	Olivia B	310-508-9575