

INLAND  
EMPIRE  
MEETINGS



SCAN ME

THE SPIRITUAL  
PRINCIPLES OF THE  
OA PROGRAM

Step Three: Faith

Step Four: Courage

**Wheelchair Accessible?**

Let us know if your in-person meeting is accessible by sending an email to Region 2 Rep, Cindy S., at [csimonian@fastmail.net](mailto:csimonian@fastmail.net).

**Need to Talk?**  
**¿Necesitas Hablar?**

OA Hotline:  
951-715-2080

Amy W.: 951-237-6820

Alex A. (Español):  
951-834-8069



**Eternal Sunshine of the Recovering Mind -**

**OA Los Angeles Intergroup 66th Annual Birthday Party**

On January 17th 2026 I attended the above listed party with two other OA members. I had never been to a Birthday Party quite like this. It was a celebration for all and also for me. I got there at lunch time and shared my lunch with at least another 100 to 200 others like me but also different than me. I saw all and felt all also.

I have been to conferences of other organizations but they were not like this one. So many different people with so many different voices. I attended two of the workshops. One on Emotional Sobriety and one on Amends Big Book Steps 8&9. I wanted to get a taste of what the birthday was all about.

(Cont. Pg 2)

**Getting to know OA**

1. We are for anyone struggling with food or trying to determine if they have food issues.
2. We believe compulsive eating is a disease like alcoholism is a disease.
3. Our life-changing approach is physical, emotional, and spiritual, and based on the Twelve Steps of Alcoholics Anonymous (AA).

"If you think you may be a compulsive eater, give yourself a chance for recovery by trying the OA program.

Our way of life, based on the Twelve Steps and Twelve Traditions, has brought us physical, emotional, and spiritual healing that we don't hesitate to call miraculous. What works for us will work for you too."

—Excerpted from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 1.

Remember to call or reach out to someone before acting out with food.  
We're in this together!



Scan the QR Code for OA's newcomer booklet, "Where Do I Start?"

**Providing service opens up a world beyond you, while also giving you a way to carry our message to others.**

Our Intergroup **needs** volunteer positions filled. Please join us at our monthly Intergroup meetings (details on pg. 2). The following positions are available:

- \* 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](http://www.go2oa.org/events)

## Young Adults Virtual Intergroup 2-day virtual retreat -

### A Design For Living

Saturday, March 21st from 4 pm EST – 10 pm EST

Sunday, March 22nd from 10 am EST – 4 pm EST

Info: [yaviretreats@gmail.com](mailto:yaviretreats@gmail.com)

### Acceptance is the Answer

March 29, 2026, 2-3pm EST

Zoom Meeting ID: 901 265 2959

Passcode: hello

Numerical passcode: 575553

### World Service

#### Business Conference - In-person

April 20–25, 2026

Albuquerque, NM

[oa.org/world-service-business-conference/](http://oa.org/world-service-business-conference/)

#### OA Serenity Retreat - In-Person

April 24-26, 2026

Santa Cruz, CA

Silicon Valley Intergroup

[oaserenityretreat@gmail.com](mailto:oaserenityretreat@gmail.com)

### Spanish Literature Available To Order



Scan the QR code to open the Spanish Literature Catalog from OA Mexico ([ccaamexico.com/literatura](http://ccaamexico.com/literatura)) and find the literature you need.

Text or email Edgar for literature sales at (949) 200-0391 or [edgarsigns79@gmail.com](mailto:edgarsigns79@gmail.com) to order the literature.

After ordering, the books will be shipped to you from California.

## NEWSLETTER SUBMISSIONS

If you would like to share your experience, strength and hope in our next Lifeboat or if you have OA information to add, please send an email to: [jennya0457@gmail.com](mailto:jennya0457@gmail.com) and put "Lifeboat" in your subject line.

### Attention OA Groups:

#### Suggested 7th Tradition Distribution

\*50% Intergroup \*40% World service \*10% Region

## OA Birthday Party

(Cont. from Pg 1)

I had attended a zoom meeting about a year ago that introduced me to The New Frontier: Emotional Sobriety by Bill Wilson. I saw that the workshop at the Birthday Party was also on it. This workshop continued with the committees in our heads - Should, Managers, Emotions and Firefighters. I definitely would recommend this workshop as most of what was discussed resonated very much with me.

The second workshop I attended was on amends. I am currently working on my step 4 so have not gotten to the amends part yet. I am very intrigued by the idea of amends so was curious about this workshop. Once I started listening to participants at this workshop, I realized that the biggest amend at this point I need to work on is to the young scared child in me that doesn't trust anything or anybody including myself.

I am very happy that I was able to attend the party! It was a birthday like no other. I expect to be there to celebrate next year and the years after - one day at a time.  
- Lisa S.

## 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

### 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](tel:9097030157).

OA INLAND EMPIRE MEETING LIST - Dec 20, 2025

Mtg #	Day	Time	City	Format	Contact	Phone
	Sun					
<p><a href="#">Find a meeting - Overeaters Anonymous (oa.org)</a>                      Currently no meeting in the Inland Empire Intergroup on Sunday</p>						
57810	Mon	In Person 10:00 - 11:00am	Wildomar	Literature Study	Liz S	760-805-4689
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Literature Study	Lorian D	951-259-9538
55728	Mon	Phone Meeting 5:30 - 6:00 PM	Phone Meeting	Informational Welcome	Bryan V	909-936-0439
23177	Mon	In Person 6:00 - 7:00pm	Riverside	Literature Study/Speaker	Al W	315-430-3598
801388	Tues	Zoom Meeting 6:00 - 7:00pm	San Bernardino	Literature/Step Study	Dennis B	714-271-6651
57899	Tues	In Person 6:00 - 7:00pm	Yucaipa	Step Study/Writing	Amanda M	951-533-5916
50795	Tues	In Person 6:15 - 7:30pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-8069
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Literature Study	Ken P	951-775-2778
55244	Wed	Phone Meeting 7:00 - 8:00am	Phone Meeting	Speakers/Tools/ Discussion	Barbara C	760-638-3995
57800	Wed	In Person 10:00 - 11:00am	Temecula	Big Book Study	Lucy B	818-429-0641
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Open Big Book Study	Lorian D	951-259-9538
801354	Wed	Zoom Meeting 6:00 - 7:00pm	Riverside	Big Book Study	Nancy L	951-742-3543
800722	Thurs	Zoom Meeting 10:00 - 11:30am	Corona	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	Email ypv1.meetings@gmail.com	
801389	Thurs	Zoom Meeting 7:00 - 8:00pm	Hesperia	Steps/Traditions/Literature	Cindy S	818-406-1310
59520	Thurs	In Person 7:00pm - 8:15pm	Temecula	Big Book Study	Alisa	951-203-7675
	Fri					
46021	Sat	In Person 7:30 - 8:30am	Yucaipa	"For Today" Literature Study	Amanda M	951-533-5916
58356	Sat	In Person 8:00 - 9:00 am	Moreno Valley	Literature: 12 & 12, Voices of Recovery, Big Book	Dawn K.	951-809-5135
800837	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Literature Study	Charlene B	951-203-9868
800838	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Step Study/Writing	Olivia B	310-508-9575
57976	Sat	In Person 10:00 - 11:30am	Corona	Literature/Writing	Melanie M	951-496-7289
800836	Sat	Zoom Meeting 10:00 - 11:45am	Grand Terrace	Step Study	Jamecca M	909-239-8109
09492	Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Intergroup Meeting	Olivia B	310-508-9575