

INLAND
EMPIRE
MEETINGS



SCAN ME

THE SPIRITUAL
PRINCIPLES OF THE
OA PROGRAM

Step Five: Integrity

Step Six: Willingness

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.

Need to Talk?

¿Necesitas Hablar?

OA Hotline:

951-715-2080

Amy W.: 951-237-6820

Alex A. (Español):

951-834-8069



What Helped Me Find Abstinence Was Working the Steps

When I came to OA, I was miserably overweight, engaged in disturbed eating behaviors, was emotionally upset, and was unable to diet anymore. What I found was hope, support, understanding, and a power greater than food.

It has been challenging and not easy over the years. It has been like peeling an onion and finding more and more layers. Major life events included divorce, layoffs from work, and mid-life changes to my food plan due to food allergies. I also relapsed and came back to OA. I renewed my connection in the Fellowship and with my Higher Power.

(Cont. Pg 2)

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

"Service puts a smile on your lips and a thinness on your hips."

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

OA Men's Retreat - In-Person/Zoom

May 15-17, 2026

San Luis Rey Retreat Center, Oceanside, CA

Info: Dave B. davebirge66@gmail.com,

Gene K. genekogan1@gmail.com

Sponsored by OALA Intergroup oalaig.org

Spiritual Awakening Workshop:

"Realizing Food Addiction Isn't Just About Food"

May 16, 2026 1:00 pm – 3:00 pm Eastern Time

Zoom meeting ID: 837 1100 7258

Passcode: 202690

Jean: jeanflea@gmail.com

OA90 Virtual Intergroup

Grief: One Day At A Time

Sunday May 17, 2026, 2 - 4:30pm PDT

Zoom ID: 148 694 212

Contact Regina: 12thstepwithin@oaoci.org

Sponsored by OA Orange County Intergroup

Body Image Workshop

Saturday, June 27 @ 11:00 am – 1:00 pm PDT

Zoom Meeting ID: 859 4819 8466

Passcode: 854885

info@oasandiego.org

Spanish Literature Available To Order



Scan the QR code to open the Spanish Literature Catalog from OA Mexico (ccaomexico.com/literatura) and find the literature you need.

Text or email Edgar for literature sales at (949) 200-0391 or 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 and put "Lifeboat" in your subject line.

Attention OA Groups:

Suggested 7th Tradition Distribution

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

Working the Steps

(Cont. from Pg 1)

What helped me find abstinence was working the Steps. I concentrated on what I could do, rather than what I was unable to stop doing. For me, that was hope. Over the years I lost 100 pounds (45 kg) and gained back 30 (13.6 kg), and I am slowly whittling that away.

This has all occurred in many stages. I have reminded myself throughout this ongoing and lifelong process "Each day that we live well, we are well . . ." (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 87). Most important is that I am now ". . . walking hand in hand with the Spirit of the Universe" (Alcoholics Anonymous, Fourth Edition, p. 75).

I am not the poster child for OA, but it has worked for me. I am not perfect, but I have a stable relationship with food and eating behaviors.

—Carol M., Washington USA

Attention IE Intergroup Reps/Officers

An anonymous donor has offered 4 separate \$75 scholarships for the registration to the R2 Virtual OA conference in July. Info: oar2.org
Contact Olivia for the gift at 310-508-9575

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.

OA INLAND EMPIRE MEETING LIST - Apr 30, 2026

Mtg #	Day	Time	City	Format	Contact	Phone
	Sun					
57610	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 6:00 - 7:00pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/mediate	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 ypvi.meetings@gmail.com	
801389	Thurs	Zoom Meeting 7:00 - 8:00pm	Hesperia	Steps/Traditions/Literature	Cindy S	818-406-1310
58520	Thurs	In Person 7:00pm - 8:15pm	Temecula	Big Book Study	Alisa	951-203-7675
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