



INLAND
EMPIRE
MEETINGS



SCAN ME

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

We are proud to announce that a majority of our meetings are represented at Intergroup. Keep up the good work.

2nd Monday of
Each Month

7-8 p.m.

Zoom ID:

828 2068 2419

Passcode:

733772

The Tools of Recovery (abridged)

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.

A Plan of Eating

As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet *A New Plan of Eating* for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how they are achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience. (CONT. ON PG. 3)

SERVICE IS SLIMMING ~ Our Intergroup **needs** someone to chair **Ways & Means**. If you can be of service, please reach out to Olivia at 310-508-9575.

EVENTS & RETREATS

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

Saturday January 4th, 2025, 10:00-11:00 am PST

Supporting Newcomers in Service

Interpretation in Espanol Sponsored by R2

ZOOM ID: 865 4068 6634 PASSCODE: outreach

CONTACT: intergroup-outreach-chair@oar2.org or 805/940-3655

Monday January 10, 2025, 2:00 pm PST

Let Go Absolutely

MLK Day Workshop Sponsored by BIPOC Virtual Intergroup

ZOOM ID: 537 938 3997 PASSCODE: Un1ty (the 1 is not an i)

Sunday January 12th, 2025, 2:00-4:00pm PST

Virtual Vision Board Workshop

Hosted by OA OCI

Info and preregister: activities@oaci.org

January 17-19th, (In Person)

65th OA Birthday Party

Sponsored by OALAIG

LAX Hilton- 5711 W. Century Blvd., Los Angeles, CA 90045

INFO: oalaig.org/oa-birthday-party

January 19th, 2025, 10:00 am PST

Happy New Beginnings

 Speakers share about new beginnings in

Sponsored by OA Special Events Community.

ZOOM ID: 840 8195 8572 PASSCODE: 803054

CONTACT: specialeventsoa@gmail.com

January 26th, 2025, 10:00 am to 12:00pm

The Interview: Men In OA

Sponsored by 12 Step Within Committee

ZOOM ID: 840 8195 8572 PASSCODE: 803054

February 22nd, 2025, 1:00-3:00pm

The Power Within: Spiritual Strength for Lasting Recovery

Sponsored by OA Twelve Step Within from San Diego Region 2

ZOOM ID: 837 1918 2954 PASSCODE: 909312

CONTACT: workshop@oasandiego.org

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. **Hurry Up, this offer will end soon!** If interested, please oa.inlandempire.email@gmail.com

Gas Money for OA Birthday Party

If you'd like to carpool to the OA Birthday party in Los Angeles this January, you can get help paying for your gas. Keep your receipts, and speak to your Intergroup Rep to get some funds reimbursed.

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Monthly Treasurer's Report Inland Empire Intergroup of Overeaters Anonymous

November 2024

Beginning Balance	\$6,118.81
11/13/2024 Deposit	\$173.20
11/29/2024 Interest	\$0.02
11/4/2024 PayPal Deposit	\$130.54
Total Additions	\$303.76
Subtotal	\$6,422.57
11/4/2024 Mary Higgins Web Design - monthly maintenance	\$40.00
11/8/2024 Ck 5140 ATT Voicemail for Hotline	\$14.00
Total Subtractions	\$54.00
Ending Bal 11/30/24	\$6,368.57



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Attention Treasurers: Contribution recommendation from WSO has been changed to 50/40/10
50% – Intergroup 40% – World service 10% – Region

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(Tools... CONT. FROM PG 1)

PUBLIC INFORMATION & PUBLIC OUTREACH (PIPO)

OVEREATERS ANONYMOUS

CARRY THE MESSAGE

Inland Empire Intergroup

VIRTUAL COMMITTEE MEETINGS
HELD ON THE 4TH MONDAY OF THE MONTH,
7-8PM VIA ZOOM
ZOOM MEETING ID: 828 2068 2419
PASSCODE: 733772

OCTOBER 28, 2024
NOVEMBER 25, 2024
DECEMBER 23, 2024
JANUARY 27, 2025
FEBRUARY 2, 2025
MARCH 24, 2025

VOLUNTEERS ARE NEEDED TO HELP WITH A VARIETY OF ACTIVITIES, SOME OF WHICH ARE DONE IN PERSON & SOME OF WHICH CAN BE DONE VIRTUALLY.

SCHEDULING EVENTS
TALKING WITH PROFESSIONALS
DISTRIBUTING POSTERS IN OUR COMMUNITIES
ORGANIZING PROFESSIONAL PANEL DISCUSSIONS
SHARING INFORMATION AT HEALTH FAIRS

FOR MORE INFO:
SHEREE W. 714.345.8313

As part of our Intergroup service, we practice Tradition 5, which says, Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Writing

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

Anonymity

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

Service

Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level for this I am responsible.

OA INLAND EMPIRE MEETING LIST - December 30, 2024						
Mtg #	Day	Time	City	Format	Contact	Phone
	Sun			Find a meeting - Overeaters Anonymous (oa.org)		
				Currently no meeting in the Inland Empire Intergroup on Friday		
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	AI 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
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Literature Study	Ken P	951-775-2778
56244	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
800708	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	
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-8069
801389	Thurs	Zoom Meeting 7:00 - 8:00pm	Hesperia	Steps/Traditions/Literature	Michele C	909-938-4204
46021	Sat	In Person 7:30 - 8:30am	Yucaipa	"For Today" Literature Study	Amanda M	951-533-5916
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
IG Mtg 09-492	2nd Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Intergroup Meeting	Olivia B	310-508-9575

NEWSLETTER SUBMISSIONS If you have info or a story of experience, strength, and hope you would like to add to our next Lifeboat Newsletter, please email your idea to artsygirl2018@yahoo.com. Please put "LIFEBOAT" in your subject line. Submissions needed by Mid February for next edition.