



**Want help starting a FACE TO FACE meeting?**

Intergroup will pay a max of \$200 for 3 months rent to open a FACE TO FACE meeting. If interested, please contact Michele C. at [oa.inlandempire.email@gmail.com](mailto:oa.inlandempire.email@gmail.com)

**Need to Talk?**

OA Hotline:  
951-715-2080  
Amy W.:  
951-237-6820

**INTERGROUP NEEDS YOU  
2nd Monday of Each  
Month, 7:00 PM  
We would really love to  
see at least one person  
from each meeting  
attend our monthly  
Board Meeting!**

1 hour Zoom Mtg, 2nd  
Monday of Each Month  
Zoom ID: 828 2068 2419  
and Passcode: 733772

**Welcome Home and Welcome Back!** by Helen O.

*Progress Not Perfection*, is a motto that helps me all the time. If I had to do OA perfectly, I would not have the blessings in my life today. I came to OA as a teen, then in my twenties, then for a few years in my thirties, and now in my forties, I have been able to string my longest length of abstinence- 4 years!

The blessing to me has been that the doors of OA have been opened up to me again and again. Members greet me with warm smiles and hugs. I don't have to feel so alone and self loathing anymore. Through living our Twelve Steps and Traditions, sponsoring, being sponsored, and taking service positions, I have seen miracles happen in my life: I have two loving teenagers, a happy marriage, a safe home and vehicles, a professional license, and hobbies. Our OA promises are coming true in my life.

As our founder's Rozanne's prayer says, "Together we can do what we could never do alone." If you are new to OA, *Welcome Home!* If you are a retreat, "*Welcome Back!*"

INLAND  
EMPIRE  
MEETINGS



SCAN ME



FREE PDF



**OA 7th TRADITION:** Donation Recommendations for Local Meetings:  
OA Intergroup - 60%, Overeaters Anonymous Region 2 (R2) - 10%, World Service Office (WSO) - 30% More info: <https://www.go2oa.org/donate.html>

**Helping Guys Get Abstinent** by Alex A.

For over 35 years the So Cal OA Men's Retreat has been helping guys get abstinent. I have been fortunate enough to attend these retreats on a consistent basis over the last 7 years. Currently this retreat is held twice a year at the Old Mission San Luis Rey in Oceanside, CA. If you are new to OA or a long-timer, this retreat has something for everyone.

The retreat has evolved throughout the years. What I enjoy most about it now is the diverse group of men who attend. This year guys from all over the US attended. We had men from Arizona, California, . . . **(Cont. on pg 2)**

# EVENTS & RETREATS

Most up to date info: [www.go2oa.org/events.html](http://www.go2oa.org/events.html)

January 6th, 2024 (Virtual) 1:00 p.m.

## Workshop- Step 4 - Inventories with Compassion and Love

Hosted by So. Cal Inland Empire Intergroup via Zoom.  
Meeting ID: 854 1241 2873 Passcode: 178432 More  
Info: Amy 951-237-6820 or Renee 714-227-5799

January 12th – January 14th 2024 (In Person)

## The 64th OA Birthday Party

LAX Hilton – 5711 W Century Blvd, Los Angeles, CA 90045. REGISTER NOW, General Registration: \$55 (Through Jan. 7), Final Registration: \$65 (Through Jan. 14) For More Info: [bdp@oalaig.org](mailto:bdp@oalaig.org)  
<https://www.oalaig.org/oa-birthday-party/>  
GAS DONATION \$30 for any member of the intergroup to attend the birthday party in January, reach out to Amy W. at 951-237-6820

January 13 & February 10, 2024 4:00 pm (Virtual)

## “FAMILY SHARE” CREATIVITY AND FELLOWSHIP

(“FAMILY” = FRIENDS WHO FEEL LIKE FAMILY)  
Join us for this fun, second-Saturday, evening activity.  
Topics may include: Sharing personal artwork (show and tell), Art tutorials, Speakers, Interactive activities  
Sponsored By: OA Creative Reprieve  
<https://us06web.zoom.us/j/81738885598?pwd=T-Ed6U285bG1YRIJSY3o5cUdDMjB5Zz09>  
Password: 1212 Contact: THERESA 773-879-6151

April 19-21, 2024 (In Person)

## OA SERENITY RETREAT

Body Image Workshop Villa Maria Del Mar, Santa Cruz,  
Contact: [oaserenityretreat@gmail.com](mailto:oaserenityretreat@gmail.com)

July 12-14, 2024 (In Person)

## 45th Annual R2 CONVENTION

Save the Date! Sacramento, CA

**(Cont. from pg 1)** Colorado, Florida, Georgia, Kentucky, Louisiana, Maine, Maryland, New York, Pennsylvania, and Utah. It's a joy to experience OA recovery with these men.

The retreat is led by 2 long-time members in recovery who share their experience, strength, and hope. There is daily meditation, clean meals, a sunrise walk on the beach, an evening of jokes by the fire pit, an opportunity to connect with men, and the ability to find a sponsor if that is what you need. It is an excellent way to build relationships with men who can support you in your recovery.

I have been attending OA meetings since 2002 and attending this retreat is something that I truly look forward to doing since it helps reinvigorate my program. Being around so many guys who I can relate with is a unique experience that certainly fills me with gratitude.

The next retreat is the 37th OA Men's Retreat in Oceanside, CA, May 31 - June 2, 2024.

Join us - Eventbrite link to register:

<https://www.eventbrite.com/e/770607516827?aff=oddtcreator>

For more information contact: Gene K. 760-859-7400 or Dave B. 619-787-2937

See you next time boys!

Alex A.

951-834-8069

(Text anytime: Together we get better!)

**SERVICE IS SLIMMING** ~ Our Intergroup needs a Treasurer, Vice Chair and a Spanish Speaking Outreach person. If you can be of service, please reach out to Olivia at 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](mailto:artsygirl2018@yahoo.com). Please put “LIFEBOAT” in your subject line. Submissions needed by mid February for next edition.

**OA INLAND EMPIRE MEETING LIST - December 29, 2023**

Mtg #	Day	Time	City	Format	Contact	Phone
57981	Sun	In Person 3:30 - 4:30pm	Temecula	Leader share meeting	Mahl B Lucy B	818-522-4454 818-429-0641
57610	Mon	In Person 10:00 - 11:00am	Wildomar	Literature Study	Elizabeth S	760-805-4689
48906	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Mentifee	Literature Study	Michelle G	951-440-5968
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	AIW	315-430-3598
00064	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	Nikki S	974-3316-6618 message or call contact on WhatsApp only
55244	Wed	Phone Meeting 7:00 - 8:00am	Phone Meeting	Speakers/Tools/ Discussion	Barbara C	760-638-3995
57900	Wed	In Person 10:00 - 11:00am	Murrieta	Big Book Study	Alicia S	951-203-7675
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Open Big Book Study	Lorian D	951-259-9538
39169	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
54035	Thurs	In Person 3:00 - 4:00pm	Big Bear City	Literature Study	Dee Dee	661-609-0207
89030	Thurs	Zoom Meeting 6:00 - 7:00pm	Zoom Meeting	Young People's Focus Ages 18-30	Email yprv meetings@gmail.com	
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/mediate	Alex A	951-834-8069
26692	Thurs	Hybrid 6:45 - 7:45pm	Hesperia	Steps/Traditions/Literature	Dani H	442-319-6636
56839	Thurs	In Person 8:00 - 9:00pm	Banning	Steps/Traditions/Big Book	Rebecca A	714-883-9938
57837	Fri	In Person 1:30 - 2:30pm	Riverside	OA Literature	Katie W	951-377-3446
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	Kathleen M	734-417-7045
800838	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Step Study/Writing	Olivia B	310-508-9575
800836	Sat	Zoom Meeting 10:00 - 11:30am	Corona		Melanie	951-496-7289
09492	Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Step Study	Janecca M	909-239-8109
				Inter-group Meeting	Olivia B	310-508-9575