



GO2OA.ORG

MARCH/APRIL 2024

L I F E B O A T

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

EVENTS & RETREATS

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

March 9 & April 13 , 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

March 18 & April 15 ,2024 6:00 pm PST (Virtual)

R2/S DIVERSE MEMBERS BRAINSTORM WAYS TO ATTRACT MORE MEMBERS

Zoom Meeting ID: 860 1529 7190

Password: pipoc (506024)

Contact: Curt B. Public-Information_Chair@OAR2.org

April 8, 2024, 7-5pm PST (In Person & Virtual)

OA BIG BOOK 85TH BIRTHDAY BASH

Everyone is invtd to listen and/or share favorite passage in the Big Book, Mystic, CT

Meeting ID: 817 4195 8563

Password: 048782

Contact: John 860-304-7210

April 19-21, 2024 (In Person)

WOMEN'S SWEET SURRENDER RETREAT

Pathfinder Ranch (near Idyllwild)

Contact: Alice N. 949-793-3332

April 19-21, 2024 (In Person)

OA SERENITY RETREAT-Body Image Workshop

Villa Maria Del Mar, Santa Cruz,

Contact: oaserenityretreat@gmail.com

March 22-23, 2024 (In Person)

OA REGION 2 SPRING ASSEMBLY

Double Tree by Hilton Hotel San Francisco, Burlingame

Contact: events@oar2.org

May 17-19, 2024 (In Person)

OA SERENITY RETREAT

Old Mission San Luis Rey, Oceanside, CA

Contact: info@oasandiego.org

May 31-June 2, 2024 (In Person)

OA MEN'S RETREAT

Old Mission San Luis Rey, Oceanside, CA

Contact: Gene K 790-859-7400 or Dave B. 619-787-2937

July 12-14, 2024 (Virtual & In Person)

45th Annual R2 OA CONVENTION

Hildton Hotel Arden West., Sacramento, CA

<https://www.oar2.org/upcoming-convention.html>

¿Hablas español y quieres hablar?
Llame o envíe un mensaje de
texto a Alex A. al 951-834-8069

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>

In March and April quite a few groups
 may be studying Steps 3 and 4.
 Spiritual Principles for Steps 3 and 4 are:

Faith & Courage

K K M Z Q O R E W O P R E H G I H H C J
 Q Z B C A R E P M F E A R L E S S H S H
 U R A D X D H F D X T O K Q H G L K P C
 Z A H V U A D B X G F S P T Z I Q Z L E
 L K T B H L N I N C J E I J W J Q Y G N
 M Q Z L A A S Z A T J A T G R Q C A U C
 L T A P B M A J B S F X W V N V R B U P
 D Z P P I D L C N K V H W J A U Z R P R
 K E P G Q Q B Z B X J V E N O L F G Z A
 K X E M H X Q Z J Q U B A C E P U E X C
 X H O N E S T Y L X M K R G F F K K T Q
 Y D E E L A R O M D P Y G R P A I S J K
 B G C S G A M G L O C F I K V Y U L R H
 S F S M G N I H C R A E S C C R U O J N
 D X B C J R X C N R N G B L T X D G N U
 E H N L W Z G B T D L O V E A Y A N B Y
 Y C L W G G V G S E K Q P F Q R Q P A B
 R I A Z W O W H A Y R O T N E V N I W W
 W R F G J R I Q V R E H V E B C Y P L F
 M M P E D P A B J E N Y P G M G P N B K

MORAL	LOVE	FRIENDSHIP	HONESTY
HIGHERPOWER	COURAGE	INVENTORY	SEARCHING
FEARLESS	FAITH	LIFE	WILL
TRUST	CARE		

SERVICE IS SLIMMING ~ Our Intergroup needs a Treasurer & Vice Chair. If you can be of service or would like more information, please reach out to Olivia B. at 310-508-9575. Thank you to Alex A. who has offered to be our Spanish Speaking Liason. If you, or someone you know, would like OA info in Spanish, call or text 951-834-8069.

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.

INLAND
EMPIRE
MEETINGS



SCAN
WITH
PHONE

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

Need to Talk?
 OA Hotline:
 951-715-2080
 Amy W.:
 951-237-6820
 Alex A. (Español):
 951-834-8069

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

OA INLAND EMPIRE MEETING LIST - January 21, 2024

Mtg #	Day	Time	City	Format	Contact	Phone
57981	Sun	In Person 3:30 - 4:30pm	Temecula	Leader share meeting	Mahli 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
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Literature Study	Michelle G	951-440-5968
55728	Mon	Phone Meeting 6:30 - 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
00084	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
57800	Wed	In Person 10:00 - 11:00am	Murrieta	Big Book Study	Alisa S	951-203-7675
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Open Big Book Study	Lorian D	951-259-9538
39188	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 ypv1 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
26682	Thurs	Hybrid 6:45 - 7:45pm	Hesperia	Steps/Traditions/Literature	Darl H	442-319-6636
56838	Thurs	In Person 8:00 - 9:00pm	Banning	Steps/Traditions/Big Book	Rebecca A	714-883-9938
46021	Sat	In Person 7:30 - 8:30am	Yucaipa	For Today Literature Study	Amanda M	951-533-5916
800637	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Literature Study	Kathleen M	734-417-7045
800638	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Step Study/Writing	Olivia B	310-508-9575
800636	Sat	In Person 10:00 - 11:30am	Corona		Melanie	951-496-7289
09492	Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Step Study	Jamecca M	909-239-8109
				Intergroup Meeting	Olivia B	310-508-9575