



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

A GLOBAL FELLOWSHIP GATHERS

by Helen O.

One afternoon I was feeling life's stressors and I remembered that one of our tools of recovery is a meeting. I found an online meeting starting in two minutes, and I logged in. Via the screen of my laptop I was connected to a fellow taking a walk in New Zealand. It was fun to ask, "So how's tomorrow?" and I was assured that tomorrow was a good day.

Many of us have joined an OA Zoom meeting and heard different accents, and found friendships and comfort from people all around this globe. Well, we now have a chance to see these fellows in person! We can hear their laughs, give them hugs, and grow in our program.

Often when O.A. hosts a convention, it is to discuss the business of Overeaters Anonymous, but in 2025 we will be hosting [OA World Service Convention, Walking in the Sunlight Together](#), a Recovery Convention. There hasn't been an international recovery convention since 2016. The event will be held in Orlando, Florida, USA, August 21-23, 2025. The location will allow for members of our fellowship to gather from all over the globe for this amazing, face to face event.

This event is open to all members, newcomers, visitors, family and friends. If you can make it, you will enjoy three keynote speakers, several workshops, and fifty OA meetings of varied topics. There will be dedicated rooms for specific focus meetings. There will be time for .socializing, so it might be the time to meet your . . (CONT ON PG.3)

SERVICE IS SLIMMING ~ Our Intergroup Board **needs a Corresponding Secretary and Ways and Means**. If you can be of service, please reach out to Olivia at 310-508-9575.

Do You 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 contact Amy W. 951-237-6820

EVENTS & RETREATS

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

November 1-3rd, 2024 (In Person)

OA Men's Retreat

Hosted by OA LA Intergroup, *Overnight and Commuter participation*

Old Mission San Luis Rey, Oceanside, CA. Info: Dave B. 619/787-2937 or Gene K 760/859-7400

November 14th, 2024, 7:00–8:30pm ET (Virtual, via Zoom)

Sponsorship Workshop

Hosted by Central Ontario Canada Intergroup

Info: coisponsorworkshop@gmail.com 647/520-2742

November 16th, 2024, 9:00am- 12noon PST (In Person)

Stepping Through The Holidays

Hosted by Orange County Intergroup, Marathon, Panel Speakers & Fellowship

Hear experience, strength and hope on working the Steps during the holiday season.

Balearic Community Ctr, 1975 Balearic Dr., Costa Mesa, CA 92626

Info: text Regina H. 714/292-2245

November 28th, 2024. 9:00–10:30a PST (Virtual, \$5 suggested donation)

Thanksgiving Morning Thank-A-Thon, Gratitude is the Attitude

Hosted by Sacramento Valley Intergroup, *3 Speakers and time for Open Shares*

Zoom ID #: 878 1520 9073 Passcode: 740796. Info: Jan H. 916/616-1466

December 1st, 2024, 1:00–3:00pm PST (Virtual)

The Real World Workshop

Hosted by San Diego Intergroup, *Protect your abstinence whatever the season*

Zoom ID #: 860 9953 4759 Passcode: 823618. Info: workshops@oasandiego.org

December 8th, 2024, 1:00–3:00pm CST (Virtual)

Sponsorship Workshop

Hosted by Unity Intergroup, *Explore Sponsorship in OA & growing in recovery!*

Zoom ID #: 893 1562 0938 Passcode: 204862

January 17-19th, 2025 (In Person)

OA Birthday Party, COME ALL THE WAY IN AND SIT ALL THE WAY DOWN

Hosted by Los Angeles Intergroup

LAX Hilton, 5711 W. Century Blvd., Los Angeles, CA Info: BDP@OALAIG.org

April 25-27th, 2025 (In Person)

Serenity Retreat, The Sunlight of the Spirit: Spiritually Fit & Abstinent

Hosted by Silicon Valley Intergroup and open to OA members Only

Villa Maria Del Mar, Santa Cruz, CA. Info: oaserenityretreat@gmail.com

August 21-23rd, 2025 (In Person)

OA World Service Convention, Walking in the Sunlight Together

Renaissance Orlando at Sea World®, Orlando, FL. Info: conventioninfo@oa.org

What is the Twelfth Step Within Day?

December 12 (12/12) each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.



PUBLIC INFORMATION & PUBLIC OUTREACH (PIPO)

CARRY THE MESSAGE
Inland Empire Intergroup

OVEREATERS ANONYMOUS

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.

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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Eleventh Step Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.

GLOBAL FELLOWSHIP (CONT FROM PG 1) . . virtual OA friends in person at this event. So text or call your OA fellows from around the globe and save the date to meet in person. Be sure to party down with a banquet and dance Saturday night!

Please take precautions to stay cool in Orlando's August heat. You may want to book your stay at the hotel for the convention as it has a large pool. Since us Californian's are not used to the humidity, you may want to be sure to bring extra clothes to change often to feel fresh. And thankfully the event will be held inside in an air conditioned facility, the Renaissance Orlando at SeaWorld® .

To keep up to date on this event, please email conventioninfo@oa.org

OA Holiday Marathon Meetings
(held on all major holidays)



<https://pacificsunriseoa.wordpress.com/marathons/>

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 December for our next edition. **PAGE 3**

OA INLAND EMPIRE MEETING LIST - October 21, 2024

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	Liz S	760-805-4689
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Literature Study	Lorian D	951-259-9538
56728	Mon	Phone Meeting 5:30 - 6:00 PM	Phone Meeting	Informational Welcome	Bryan V	809-936-0439
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
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	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 ypv.l.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
48021	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
57978	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 09492	2nd Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Intergroup Meeting	Olivia B	310-508-9575