



GO2OA.ORG

SEPT/OCT 2024

L I F E B O A T

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

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

## EVENTS & RETREATS

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

September 13-15th, 2024, (In Person)

### **Living the Promises Retreat**

Hosted by HOW OA of Eastybay Unity

Villa Maria Del Mar, Santa Cruz, CA

Info: Margaret S. villaretreat24@gmail.com

Saturday Sept 21st, 2024, 8:00 am - 9:00 pm EDT , UTC-4 (Virtual)

Sunday Sept 22nd, 2024, 11:00 am - 5:00 pm EDT , UTC-4 (Virtual)

### **Newcomer Open House**

Newcomer orientation. Various topics including: where do I start? what are the twelve steps, etc. Including meetings in Spanish, English, Greek, French. Sponsored by OA Virtual Region.

ZOOM ID: 880 5127 6988 PASSCODE: 101112

CONTACT: [help@oavirtualregion.org](mailto:help@oavirtualregion.org)

October 19th, 2024, 10:30 am - 12:30 pm PDT (Virtual)

### **Welcoming Members with Diverse Experiences: Inclusivity in OA**

Bienvenida a miembros con diversas experiencias: Inclusividad en OA. A panel of OA speakers. Sponsored by OAR2 Diversity Community.

CONTACT: [diversity-chair@oar2.org](mailto:diversity-chair@oar2.org) for more info and zoom link.

October 26-27th, 2024 (In Person)

### **R2 FALL ASSEMBLY**

Double Tree by Hiltor Hotel San Francisco Airport, Burlingame, CA

CONTACT: [events@oar2.org](mailto:events@oar2.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](mailto:oaserenityretreat@gmail.com)

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

## My concept and relationship with a Higher Power by Jamie M.

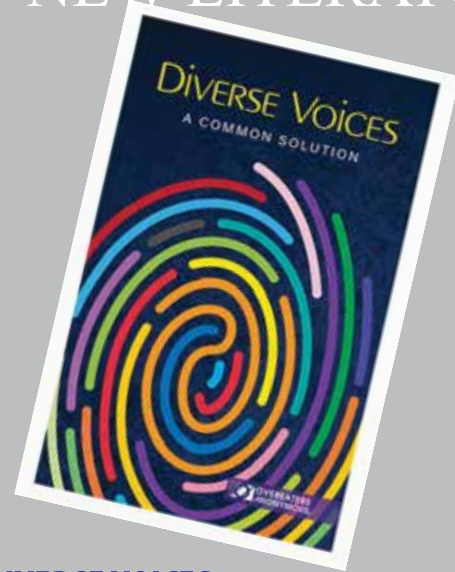
Today I am ever so gently coming to terms with my body. It has been here for me day after day, year after year, decade after decade. I have abused my body to the extreme. I was at war with my body, I thought it was the enemy. I thought it was trying to kill me, but as it turns out I was the only one taking aim.

**My concept and relationship with a Higher Power** has been a road in and of itself. For years I turned to the ocean as my Higher Power. It's bigger than me and I can't control the waves. Today, I still consider that my building block on the pathway to what it has morphed into, Love. Love is kind, healing, an endless well that never runs dry, gentle, yet strong, and doesn't take anyone's crap- even mine.

I realize that while I trust my inner knowing, my thinking is not sane. I have learned my first thought is not my fault. That first thought is 30+ years and over 100 excess pounds of disease wanting to kill me and take control. However, that second thought? That is my responsibility. When I lean into the tools of program, principles and traditions, my sponsor, fellows, and when I take time to get centered with my Higher Power; it is only then that I am in a state where I can hear Love and take direction from something that knows the path to freedom. . . .

... continued on page 3

## NEW LITERATURE



**DIVERSE VOICES:** A collection of member stories that honors the incredible variety of people and experiences within the membership of OA. Diverse Voices illuminates how that variety shapes individual journeys to healing through our Twelve Steps of recovery. Softcover; 209 pages. Available on <https://book-store.oa.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 contact Michele C. at [oa.inlandempire.email@gmail.com](mailto:oa.inlandempire.email@gmail.com)

### OA 7th TRADITION:

OA Intergroup , OA Region 2 (R2) World Service Office (WSO)	60%, 10%, 30%
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Disbursement  
Recommendations  
for Local Meetings:

### Need to Talk ?

OA Hotline:

951-715-2080

Amy W.:

951-237-6820

Alex A. (Español):

951-834-8069

## ...Higher Power

... cont. from page 2

Being kind to myself has not been the norm for the entirety of my life, however a few short years ago the best teachers came into my life, my four year old nieces. In times of struggle, when I am lacking compassion for myself I often think, how would I respond to them? Would I yell at them, scold them, tell them “you should know better!” anytime I think I haven’t done what’s best, said the nicest thing, or eaten what I consider “bad”? No way! Every single time I would meet them with tenderness, love, redirection in their thinking, show them the next right action, and all with a gentle embrace. I am like a toddler in OA, I don’t know what’s best for me.

I don’t have the answer as to why I am a compulsive overeater, I may never have it, and that’s okay. I have a program today that gives me freedom from the obsession. I get to live.

—Jamie M.

# Steps 9 & 10 WORDSEARCH

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

PERSONAL

AWARENESS

FORGIVENESS

DIRECT

ADMIT

INJURE

PROMPTLY

SPOTCHECK

APOLOGIZE

HUMILITY

RESPONSIBILITY

MAINTENANCE

HARMED

AMENDS

INVENTORY

WRONGED

**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 October for next edition.

**OA INLAND EMPIRE MEETING LIST - August 26, 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 818-428-0641
57810	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	315-430-3698
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	Anianda M	951-533-6916
55736	Tues	Phone Meeting 7:00 - 8:00 PM	Phone meeting	Literature	Rebecca A	714-883-9938
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	760-638-3985
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
86030	Thurs	Zoom Meeting 6:00 - 7:00pm	Zoom Meeting	Young People's Focus Ages 18-30	Email ypyvl.meetings@gmail.com	
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-8089
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	951-533-6916
800837	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Literature Study	Charlene B	951-203-9688
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 09482	2nd Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Intergroup Meeting	Olivia B	310-508-9575