



GO2OA.ORG

SEPT/OCT 2023

L I F E B O A T

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

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 Olivia 310-508-9575 or Amy W 951-237-6820.

Need to Talk?

Call our Hotline:
951-715-2080

SERVICE IS SLIMMING Our Intergroup needs a Treasurer. Please read the job description. If you can be of service, please reach out to Olivia at 310-508-9575.

- Be the custodian of all funds received and disbursed by the Intergroup.
- Be a signatory on all Intergroup accounts at financial institutions.
- Build monthly spreadsheet, becoming the annual report. Give accurate, detailed monthly treasurer report at IG meeting.
- Verify the validity of all bills and reimbursement requests charged to the Intergroup and arrange for their payment.
- Collect mail from PO Box (located in Riverside)
- Make bank deposits (US Bank)
- Forward monthly report to Corresponding Secretary for email distribution.

INTERGROUP NEEDS YOU 9/11 & 10/9, 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's 7th Tradition reminds us that we are fully self-supporting, declining outside contributions.
<https://www.go2oa.org/donate.html>



EVENTS & RETREATS

SPONSORSHIP RETREAT, GET ONE! BE ONE!

September 9, 2023; 11a-1p PST

ZOOM ID: 731 088 9762 PASSWORD: BeAbstn8

OA WOMEN'S RETREAT, STEP INTO ACTION

October 6-8, 2023

Holy Spirit Retreat Center, Encino, CA

Contact: Michelle 818/687-5038 or Cindy 818/521-7112

URBAN RETREAT (not an overnight retreat)

October 20-21, 2023, \$20 suggested donation.

Bahai Center, San Diego, CA

Contact: Leslie 619/739-1643 or leslieib@gmail.com

REGION 2 Fall Assembly (Hybrid)

October 27-29, 2023

DoubleTree by Hilton Hotel San Francisco Airport

Contact: Events Coordinator events@oar2.org

OA MEN'S RETREAT IN OCEANSIDE

November 10-12, 2023

Old Mission San Luis Rey Retreat Center, Oceanside, CA

Contact: Dave (619) 787-2937 or davebirge66@gmail.com

Gene K. 760-859-7400 or Genekogan1@gmail.com

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 it to Helen artsygirl2018@yahoo.com Please put "LIFEBOAT" in your subject line.

Mtg #	Day	Time	City	OA Inland Empire Meeting List - August 19, 2023	Format	Contact	Phone
*****	Sun	*****	*****	Find a meeting - Overeaters Anonymous (oa.org) Currently no meeting in the Inland Empire Intergroup on Sunday	*****	*****	*****
57610	Mon	In Person 10:00 - 11:00am	Wildomar	Red Farm Barn, 33430 Harvest Way 92595	Literature Study	Elizabeth S	760-805-4689
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Join Zoom Meeting with Meeting ID: 858 5956 6064 and Passcode: 1234	Literature Study	Michelle G	951-440-5968
55728	Mon	Phone Meeting 5:30 - 6:00 PM	Phone Meeting	Newcomers Information Meeting - All are Welcome! Call 909-936-0439	Informational Welcome	Bryan V	909-936-0439
23177	Mon	In Person 6:00 - 7:00pm	Riverside	Riverside Center for Spiritual Living, 3891 Ridge Rd. 92501 <i>1st Monday of Month is a Speaker Meeting</i>	Literature Study/Speaker	Al W	315-430-3598
00064	Tues	Hybrid 6:00 - 7:00pm	San Bernardino	Lutheran Church of Our Savior, 5050 N. Sierra Way 92404 Join Zoom meeting with Meeting ID: 833 6541 8781 and Passcode: 622260	Literature/Step Study	Dennis B	714-271-6651
	Tues	In Person 6:00 - 7:00pm	Yucaipa	Starting Tuesday, September 5, 2023 Faith Lutheran Church, 12449 California St 92399 - meets in the chapel	Step Study/Writing	Amanda M	951-533-5916
56963	Tues	Zoom Meeting 6:30 - 7:30 PM	Crestline	Join Zoom meeting with Meeting ID: 892 0070 2702 and Passcode: Snowvid23	Literature Study	Dee N	951-337-0681
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Join Zoom meeting with Meeting ID: 721 839 314 and Passcode: 029491	Literature Study	Nikki S	974-3316-6618 message or call contact on WhatsApp only
55244	Wed	Phone Meeting 7:00 - 8:00am	Phone Meeting	Special focus 90-Day meeting featuring 20 minute speaker, discussion, OA tools. Phone in via free conference call. Telephone conference call number is (712) 451-1095 with input code 106702#	Speakers/Tools/Discussion	Barbara C	760-638-3995
57800	Wed	In Person 10:00 - 11:00am	Murrieta	United Church of the Valley #100, 41685 Date St. 92562	Big Book Study	Alisa S	951-203-7675
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Join Zoom meeting with Meeting ID: 846 8057 8420 and Passcode: 411411	Open Big Book Study	Lorian D	951-259-9538
39169	Wed	Zoom Meeting 6:00 - 7:00pm	Riverside	Join Zoom meeting with Meeting ID: 825 1649 7291 and Passcode: Please contact the meeting Contact person for the meeting passcode.	Big Book Study	Nancy L	951-742-3543
800722	Thurs	Zoom Meeting 10:00 - 11:30am	Corona	Join with Zoom: Meeting ID: 851 0980 5905, and Passcode: 582941	Step Study/Writing	Mary Nell J	714-293-2804
54035	Thurs	In Person 3:00 - 4:00pm	Big Bear City	Leisure Bear Travel Park, 41044 Big Bear Blvd, Space 28 92315	Literature Study	Dee Dee	661-609-0207
89030	Thurs	Zoom Meeting 6:00 - 7:00pm	Zoom Meeting	Young People's Focus (ages 18-30 plus those who came into OA at that age) Join Zoom meeting with Meeting ID: 850 6829 9295 and Passcode: Please email ypvi.meetings@gmail.com for meeting passcode.	Young People's Focus Ages 18-30	Email ypvi.meetings@gmail.com	
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	United Church of the Valley, 41685 Date St. 92562	Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-8069
26692	Thurs	Hybrid 6:45 - 7:45pm	Hesperia	The Villas Apt Complex Club House, 13552 Avenal St. 92345 (Call contact person for apartment complex access code.) Join Zoom meeting with Meeting ID: 765 561 163 and Passcode: 842248	Steps/Traditions/Literature	Dari H	760-887-4623
56939	Thurs	In Person 8:00 - 9:00pm	Banning	Our Saviors Lutheran Church, 1320 W Williams St. 92220	Steps/Traditions/Big Book	Rebecca A	714-883-9938
57837	Fri	In Person 1:30 - 2:30pm	Riverside	Victoria Presbyterian Church, 6091 Victoria Ave 92506	OA Literature	Katie W	951-377-3446
46021	Sat	In Person 7:30 - 8:30am	Yucaipa	Faith Lutheran Church, 12449 California St. 92399 - meets in the chapel	"For Today" Literature Study	Amanda M	951-533-5916
800837	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Join Zoom meeting with Meeting ID: 637 296 576 and Passcode: 428481	Literature Study	Kathleen M	734-417-7045
800838	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Join Zoom meeting with Meeting ID: 863 5962 6416 and Passcode: 252385	Step Study/Writing	Olivia B	310-508-9575
800836	Sat	Zoom Meeting 10:00 - 11:45am	Grand Terrace	Join Zoom meeting with Meeting ID: 848 8388 8661 and Passcode: 649963	Step Study	Jamecca M	909-239-8109
IG Mtg 09492	2nd Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	***OA Inland Empire Intergroup Business Meeting - All are Welcome Join Zoom meeting with Meeting ID: 828 2068 2419 and Passcode: 733772	Intergroup Meeting	Dennis B, Chair	714-271-6651