

Welcome!

We are the Inland Empire Intergroup of Overeaters Anonymous.

OA IE IG Website:

www.go2oa.org

Whatever your problem with food, OA welcomes you. OA's Tradition Three states, "The only requirement for OA membership is a desire to stop eating compulsively." All are welcome!

Need a phone mtg?

"Hundred Pounders"
EVERY DAY 6pm
(712) 432-5200
PIN #4285115

Men's Focus:
Sundays 5:30pm
(712) 770-4160
PIN: 409092#

**En español
(Big Book/
Newcomer):**
Mon 4:30pm
(712) 770-4010
PIN 895862#

**Young People's
Focus Mtg**
Thurs 7pm Pacific
(605) 472-3595
PIN #378978

Announcement:

The Region 2 June
Convention in Pomona
has been cancelled.

The next R2 Convention is
June 2020. in Oakland. CA.

OA Lifeboat – Mar/Apr 2019

Overeaters Anonymous Inland Empire Intergroup Newsletter

Mark Your Calendar: April 20, 2019

Our neighbors at the San Gabriel Valley/IE Intergroup (SGVIE) present:

"Spring Cleaning: Do you feel like all signs lead nowhere? Come try something new"

April 20, 2019 10am-noon



SPRING CLEANING

"Do You Feel Like All Signs Lead Nowhere?"
Come Try Something New.

Where:
SGVIE OA meeting Room
1157 East Arrow Highway Suite #4
Glendora, CA 91740

When: April 20, 2019
Time: 10 AM – 12 PM

Topics:
Commitment to Abstinence
Willingness to Change Attitude
Surrendering to HP of your understanding

Suggested Donation: \$15
(None will be turned away for lack of funds)
Information Call: Andie G (909) 706-9180
www.ie.oa.org

YIELD TO NEW THINKING **GO**

DISSEMINATES RECOVERIES

**1157 E. Arrow Hwy Ste. 4, Glendora CA
(OA SGVIE Office)**

***Commitment to Abstinence**
•Willingness to Change Attitude
•Surrendering to Higher Power of Your Understanding

Suggested donation \$15, no one will be turned away for lack of funds.

Contact Andie G. (909) 706-9180

Got Birthday Party Audio Recordings?



If you were not able to make it to the 2019 OA Birthday Party, consider checking out the website below to buy digital downloads and CDs of the speakers/panels:
www.allstartapes.com/the-59th-annual-oa-birthday-party/

Recordings can be purchased as a whole or as individual sessions. (Birthday Parties from 2018 and prior are available at a discount.)

UPCOMING EVENT: March 30, 2019

"Spring Into Recovery!"

Sat, March 30, 2019 1-5pm

- A Marathon led by 4 Speakers who will share their Experience, Strength and Hope!
- Come join us for Fellowship & Recovery!



Spring Into Recovery

• A Marathon led by 4 Speakers who will share their Experience, Strength and Hope
• Come join us for some Fellowship & Recovery

Where: Grand Terrace Library
22795 Barton Rd.
Grand Terrace, CA 92313

When: Mar 30, 2019
Time: 1 - 5 pm

Sponsored by:
Overeaters Anonymous of Inland Empire Intergroup
Questions or information call: Bob K. 909-825-7543
Suggested Donation \$10.00

**Location: Grand Terrace Library
22795 Barton Rd. Grand Terrace, CA 92313**

Contact Information:

Call Bob K. at (909) 825-7543.

Suggested donation \$10, no one will be turned away. See you there!

(Presented by our OA Inland Empire Intergroup)

Upcoming Intergroup Meetings:

Mon Mar 11, 7pm

Mon Apr 8, 7pm

Location:

Community Ctr for

Spiritual Living,

3891 Ridge Rd

Riverside, CA

****Want to represent your meeting, but live far away?*****

Join us via conference call:

(641) 715-0700

PIN: 917518#