

Welcome! We are the Inland Empire Intergroup of Overeaters Anonymous.

OA IE IG Website:
www.go2oa.org

7th Tradition On Line

<https://oa.org/contribute/>

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 ZOOM mtg or a Phone mtg?
(All are Pacific Time)

• **Men's Focus:** Check out oamen.org for meetings, sponsors, and resources for men in OA.

• **Young Persons Focus – Speaker Mtg Mon 7pm**
(605) 313-5111 PIN: 713988# or visit freeconferencecall.com.
Online mtg ID: ypoafoothill

• **100-Pounders Mtg EVERY DAY 6pm (712) 432-5200** PIN: 4285115#

Try also:
www.avision4you.info

**Find more mtgs at oa.org/find-a-meeting-or-search-in/*

www.oalaig.org
www.oasouthbay.org
oasandiego.org
www.oar2.org
www.oavirtualregion.org
<https://oavirtualregion.org/>

OA Lifeboat – MAR/APRIL 2021

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org.

OA Members' Experience, Strength and Hope: Keep coming back! It works and you are worth it. So work it baby!

Members are asked for submissions for Lifeboat May/June 2021. Send to oliviabissell@gmail.com. Space is limited so expect editing.

CHECK OUT OARISE.ORG

EVENTS ARE 3/7/21 AND 3/21/21 @ 1:00 P.M. PST and Every Second Sunday of each month

New Young Person's Phone Meetings!

6 days a week, Monday thru Saturday, open to all, with young person's focus. Six different formats. <https://www.oafoothill.org/young-persons-meetings.html> for downloadable list (.jpg form).

OA Virtual Region e-Workshops!
2nd Sunday of The Month 12-1:30pm PST
www.oavirtualregion.org/events/workshops
Contact Lisa: workshop@oavirtualregion.org
Contact Carolyn: vicechair@oavirtualregion.org
Suggested donation \$5 to oavirtualregion.org/region/seventh-tradition/

12/13 "Young Persons in OA"
Zoom: 89165540024
Password: 120912

New Format Step and Tradition Study from South Bay IG – STARTS 1/7/2021
Thursday 6:00 to 7:00 p.m.
Zoom 732348187
Passcode: Southbay
Dial In: 1-253-215-8782
Dial In Passcode: 143361

New Meeting: Big Book Study (Zoom)
Thursdays 3:30 p.m. to 4:30 p.m.
Zoom: 84026830975 Passcode 989133
Contact: Bob K. (909) 910-0079

Focus on Men in Recovery
<http://OAMen.org/meetings>

UPCOMING EVENTS

OA Young People Focus eTreat (Zoom Retreat)

Date: Saturday, March 6

Time: 12pm to 12am CST

Location: Zoom-Virtual

Suggested donation: \$10, no one turned away
Info: <https://www.metrowestoa.org/ypretreat-2/>

Subject: "Entire Psychic Change" Twelve hours of recovery focusing on topics of relevance to Young People (age 18 to 30, or entered OA before age 30) in OA

Format: Speakers, panels, and happy hours
Hosted by: Metrowest Intergroup, Arizona Serenity in the Desert Intergroup*, Foothill

2021 Region 2 Convention-Virtual KEYS TO RECOVERY

San Diego, California

July 9 to July 11, 2021

Go to oar2.org for more information

IE INTERGROUP MEETINGS

"Got representation?" Give your meeting a voice. Join us at the next Intergroup Meeting. All are welcome! Being present is a service to us all.

Upcoming Monthly Intergroup Meetings:

Mon Mar 8, 2021 7 p.m.

Mon April 12, 2021 7 p.m.

Open to All! Join us via Zoom (until further notice):

Zoom ID # 896 9258 2839

Password: Intergp2 (first letter is a capital I)

Note: To receive monthly email notices about the Intergroup Meetings, please email Laurie at OA.inlandempire.email@gmail.com.

OA Hotline: (951) 715-2080 Remember to call or reach out to someone before acting out with food. We're in this together!