Experience, Strength and Hope: Reading from Acceptance Was the Answer in the Big Book, at p. 407 “If there ever was anyone who came to AA by mistake, it was I. I just didn’t belong here. Never in my wildest moments had it occurred to me that I might like to an alcoholic…I didn’t even feel that I had all that much of a drinking problem! Of course, I had *problems* all sorts of problems. ‘If you had my problems, you’d drink too’ was my feeling”. We invite your stories because without the “we” who included our Founder, Rosanne, sharing her ESH, “we” would be lost. *Members are asked to submit for Lifeboat. Send to* *oliviabissell@gmail.com*

Please send your meeting contact person information to oa.inlandempire.email@gmail.com

MONTHLY TREASURERS'S REPORT - January 2023 Ending Bal after expenses $9,018.06

**Intergroup will pay a maximum of $300 for 3 months rent if you are opening a new FACE TO FACE meeting. If you are interested, contact Olivia 310-508-9575 or Amy W 951-237-6820.**

Congratulations and thank you to Michele C from the Thursday PM Hesperia for volunteering for Intergroup position! We need two more positions filled. NEXT INTERGROUP MTG – 1/9/23

**OA Lifeboat – MAR/APRIL 2023**

**Overeaters Anonymous Inland Empire Intergroup Newsletter**

**Visit us at** [**www.go2oa.org**](http://www.go2oa.org)

Welcome! We are the Inland Empire Intergroup of

Overeaters Anonymous.

**OA IE IG Website:**

[**www.go2oa.org**](http://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!

Keep Coming Back.

**Need a ZOOM mtg or a Phone mtg?**

***(All are Pacific Time)***

**• Men’s Focus: Check out** [**oamen.org**](file:///C%3A%5CUsers%5CCynthia%5CDownloads%5Coamen.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**](file:///C%3A%5CUsers%5CCynthia%5CDocuments%5Cfreeconferencecall.com)**. Online mtg ID: ypoafoothill**

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

Find meetings at [oa.org/find-a-meeting](file:///C%3A%5CUsers%5CCynthia%5CDownloads%5Coa.org%5Cfind-a-meeting) or

[www.oalaig.org](http://www.oalaig.org)

www.avision4you.info

www.oasouthbay.org

oasandiego.org

www.oar2.org

www.oavirtualregion.org

<https://oavirtualregion.org>

**NEWCOMER MATERIALS FREE** https://oa.org/and-your-journey-begins/

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**WORKSHOPS**

**CONVENTIONS**

* 178th San Diego OA April 28-30, 2023 Oceanside Serenity Retreat **SCHOLARSHIPS AVAILABLE**

ONLINE REGISTRATION ONLY

[www.tinyurl.com/OAretreat](http://www.tinyurl.com/OAretreat)

* OA Silicon Valley – Big Book Bootcamp Theme April 21-23 go to <https://oasv.org/oasv-retreat/>
* OA Region 2 Convention July 7-9, 2023 Hilton [Orange County Costa Mesa - 3050 Bristol Avenue](https://www.google.com/maps/search/Orange%2BCounty%2BCosta%2BMesa%2B-3050%2BBristol%2BAvenue?entry=gmail&source=g), Costa Mesa
* OA Virtual Region Convention March 3-5 https://www.eventbrite.com/e/there-is-a-solution-2023-oa-virtual-region-convention-registration-515698918347

**SERVICE OPPORTUNITIES**

***SERVICE IS SLIMMING***

***R2 CONVENTION COMING JULY 7-9 2023***

***GREAT SERVICE OPPORTUNITY***

**Join R2 Planning Via Zoom**

**March 13, 2023 6:30 p.m.**

**April 10, 2023 6:30 p.m.**

**Zoom 825 8071 6997**

**PW 123**

**YOUR INTERGROUP NEEDS YOU**

**1 time per month/1 hour Zoom Mtg**

**2ND Monday of Each Month**

**Zoom ID: 89692582839 PW Intergrp2**

**Fifth Tradition-Public Information and Carrying the Message to the Public**

**LIVE MEETINGS!**

1. **Murrieta, United Church of the Valley, 41685 Date Street, Unit 100 THURSDAY 6:30 PM to 7:30 P.M.**
2. **Wildomar, The Farm, 33430 Harvest Way, Wildomar MONDAY 10:00 A.M.**
3. **Riverside Monday 6-7 p.m. is LIVE and needs speakers.**
4. **San Bernardino Tuesday PM meeting is HYBRID – Live and Zoom**

**MEETINGS AVAILABLE ALMOST ANY HOUR OF THE DAY at:** http://oafootsteps.com/meetings/

**ARE YOU IN CRISIS? CALL NOW!**

If you need to talk with someone NOW, Hotline is:

https://www.go2oa.org/uploads/1/2/1/9/121911203/go2oa\_crisis\_hotline\_numbers.agreed.pdf.

OA Inland Empire Intergroup Emergency Hotline.

**MEN SUFFER TOO**

[**https://www.oamen.org/**](https://www.oamen.org/attracting-and-retaining-men/)

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Do you have an OA event that you would like our LifeBoat to communicate to others? Please let us know and we will put it into the Mar/April 2023 LifeBoat. Email to oliviabissell@gmail.com