

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?
(All are Pacific Time)

• **Big Book/ Newcomer Mtg**
Tues 10am
[712-451-0951](tel:712-451-0951)
PIN: 916207#

• **Young Person's Focus Mtg:**
Thurs 6:30pm
[605-472-5395](tel:605-472-5395)
Pin: 378978#

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

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

OA Hotline:

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

OA Lifeboat – March/April 2020

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org.

"Cleaning the Cobwebs Out for the New Year!!!" Step 4 Inventory Writing Workshop.
Come to an interactive Big Book-based Step 4 inventory writing workshop.

****Note: DATE AND LOCATION CHANGE:**

Saturday March 21st 10-4pm

Arlington Library, 9556 Magnolia Ave., Riverside, CA

Contact: Bob K, (909) 910-0079. Suggested donation \$10, but no one will be turned away.

Presented by our OA Inland Empire Intergroup.

****New AA Big Book Weekly Workshop!****

We will be using the AA Big Book Study Guide, which has a blank page for your own notes after every page.

We will be doing an in-depth study of the first 164 pages of the Big Book.

Date: **Tuesdays, 6-7pm (Weekly)**

Location: Church of Our Savior
5050 N. Sierra Way, San Bernardino, CA 92404.

Contact: Bob K, (909) 910-0079.

OA Resources for Men

Are you a man in OA who needs a male sponsor or wants to talk with your brothers in recovery? Check out www.oamen.org. It has resources and links to online OA groups for men.

--Sponsorship

--Phone Lists

--Online Groups

--Men's Focus Meeting Links

You are not alone! Come check it out!

www.oamen.org.

Come join our new Outreach Committee!

The 5th Tradition Outreach Committee is looking for OA members who want to help spread the lifesaving message of recovery and hope through the 12 steps.

We will share pamphlets, literature, and meeting lists with doctors' offices, schools, hospitals, senior and community centers.

We will be offering panels and starting meetings in local communities as well.

All are welcome!

Contact: Rebecca (Call or text) 714-883-9938.

Committee mtg location TBD.

"Got representation?" Give your meeting a voice.

Upcoming Monthly Intergroup Meetings:

Mon March 9, 7pm

Mon April 13, 7pm (2nd Mon of each month!)

Location:

Community Ctr for Spiritual Living,
3891 Ridge Rd., Riverside, CA 92501

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

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

Join us via conference call:

(712) 770-4598

PIN: 917518#