

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

OA IE IG Website:  
[www.go2oa.org](http://www.go2oa.org)

### 7<sup>th</sup> 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](http://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](http://freeconferencecall.com).  
Online mtg ID: ypoafoothill

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

Try also:  
[www.avision4you.info](http://www.avision4you.info)

*\*Find more mtgs at [oa.org/find-a-meeting-or-search-in/](http://oa.org/find-a-meeting-or-search-in/)*

[www.oalaig.org](http://www.oalaig.org)  
[www.oasouthbay.org](http://www.oasouthbay.org)  
[oasandiego.org](http://oasandiego.org)  
[www.oar2.org](http://www.oar2.org)  
[www.oavirtualregion.org](http://www.oavirtualregion.org)  
<https://oavirtualregion.org/>

# OA Lifeboat – MAY/JUNE 2021

Overeaters Anonymous Inland Empire Intergroup Newsletter

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

**OA Members' Experience, Strength and Hope: "Live and Let Live." "One day at a Time". "Keep coming Back".** Program slogans.

*Members are asked for submissions for Lifeboat May/June 2021. Send to [oliviabissell@gmail.com](mailto:oliviabissell@gmail.com). Space is limited so expect editing.*

## WORKSHOPS

### **FORGIVE and LIVE**

**May 8, 2021 1-4 p.m.**  
**Zoom 878 1518 7707**  
**Passcode 217314**

### **12 STEP WORKSHOP ON BODY IMAGE**

**May 1, 2021 10 a.m. to 1:00 p.m.**  
**Zoom 889 4946 0991**  
**Password Workshop**  
**Suggested Donation: \$5 No one turned away for lack of funds**

## OARISE.ORG EVENTS

**May 2, 2021 Sponsoring Chronic Slippers**  
**May 16, 2021 Doing the Do, Being the Be**  
**June 6, 2021 Strengthening my Spirituality**  
**1:00 P.M. PST-Every 2nd Sunday of month**

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

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

YOUNG PERSON PODCASTS AVAILABLE:  
[Oa.org/young-persons-podcasts/](http://Oa.org/young-persons-podcasts/)

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[www.oavirtualregion.org/events/workshops](http://www.oavirtualregion.org/events/workshops)  
Contact Lisa: [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) Contact Carolyn: [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)  
Suggested donation \$5 to [oavirtualregion.org/region/seventh-tradition/](http://oavirtualregion.org/region/seventh-tradition/)

**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>

TRY OUT: [Oa.org/founder-recordings](http://Oa.org/founder-recordings)

## UPCOMING EVENTS

### **2021 Region 2 Convention-Virtual KEYS TO RECOVERY**

**San Diego, California**  
**July 9 to July 11, 2021**  
Go to [oar2.org](http://oar2.org) for more information

**2021 World Service Convention**  
**"Walking in the Sunlight: One Day at a Time"**  
**Orlando, Florida August 16-28, 2021**  
For Information, email [conventioninfo@oa.org](mailto:conventioninfo@oa.org)

**IE INTERGROUP MEETINGS**