

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 or oar.is.org/meetings/

***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 – MAY/JUNE 2022

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org.

OA Members' Experience, Strength and Hope: By Anonymous: "After reading passages in The Big Book, I chose to write on the sentence, "But the program of action, though entirely sensible, was pretty drastic." (pg.42) No kidding! Action. What do they mean by action? You mean I actually have to DO something to get better? I have to attend meetings? Well, ok I can do that. Share. Yikes! I'm an introvert. I don't like sharing! Give service to others. Ok, I can do that. Utilize a sponsor. Oh boy! I have to talk to a total stranger about my food choices? How am I going to do this? Use the telephone to reach out to others. Darn it! I don't even want to call my own family members let alone an OA member. Practice writing as suggested by a sponsor. Ok, I can do that. Gee, I don't feel as articulate as other members. A character defect. Develop a plan of eating. I found this to be the hardest. I have food in my house. I swear I'll eat only 3 meals a day lady! Two years later, I can do this! I am doing this! I actually like the meetings. I totally relate to my sponsor and fellow members. This is indeed a new way of living". **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. Space is limited so expect editing.**

YOUR INTERGROUP NEEDS YOUR HELP OPEN POSITIONS ON I.E. BOARD

- a. FIFTH TRADITION
- b. R2 REPRESENTATIVE

**WE MEET ONE TIME PER MONTH FOR 1 HOUR VIA ZOOM –SERVICE IS ITS OWN REWARD
OPEN IN JUNE - OPPORTUNITIES TO BE OF SERVICE ARE:**

1. CORRESPONDING SECRETARY
2. R-2 ALTERNATE REPRESENTATIVE
3. FIFTH TRADITION

<https://www.go2oa.org/trusted-servants.html>

WE NEED YOUR MEETING CONTACT PERSON UPDATED.

PLEASE EMAIL CONTACT INFO TO oa.inlandempire.email@gmail.com

Workshops and Conventions

May 14, 2022 CHARACTER DEFECTS WORKSHOP
ZOOM: 847 9340 0159 PW 924985 1-4 P.M. PST

June 12, 2022 GRATITUDE IS AN ACTION WORD
ZOOM: 891 6554 0024 PW 120912 NOON PST

JULY 8-10, 2022 REGION 2 CONVENTION
CARRY THE MESSAGE, BURLINGAME, CALIFORNIA
CONTACT: convention@oar2.org

New Meetings

1. Big Book Study (Zoom) Thursdays 3:30 p.m. to 4:30 p.m. Zoom: 84026830975 Passcode 989133 Contact: Bob K. (909) 910-0079
2. Literature Study and Writing Meeting 10-11:30 AM ZOOM ID 850 6542 6179 PW 961521 Contact: Tonya C 951-314-4499

**MEETINGS GOING LIVE/STILL ZOOM
Check the Meeting List on the Inland Empire OA Website for Status
oa.inlandempire.email@gmail.com**

ARE YOU IN CRISIS

If you need to talk with someone NOW, our Hotline is:
https://www.go2oa.org/uploads/1/2/1/9/121911203/go2oa_crisis_hotline_numbers.agreed.pdf.
It is our OA Inland Empire Intergroup Emergency Hotline. Call now.

OA RETREATS BEING OFFERED

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Bitterroot Intergroup Retreat – OA is an Adventure
May 20-22 Camp Bighorn, Plains, MT
www.campbighorn.com

OA Western Mass 44th Annual Retreat
June 3 – 5, 2022 www.oawmass.org

Serenity Retreat 2022 – Twin Rocks, Oregon
September 9 – 11 More Information Later