

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! Keep Coming Back.

**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#

**Find meetings at [oa.org/find-a-meeting](http://oa.org/find-a-meeting) or**

[www.oalaig.org](http://www.oalaig.org)  
[www.avision4you.info](http://www.avision4you.info)  
[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>

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

# OA Lifeboat – MAY/JUNE 2023

Overeaters Anonymous Inland Empire Intergroup Newsletter

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

Experience, Strength and Hope: 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](mailto:oliviabissell@gmail.com)*

Please send your meeting contact person information to [oa.inlandempire.email@gmail.com](mailto:oa.inlandempire.email@gmail.com)

**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.**

## MEN SUFFER TOO

<https://www.oamen.org/>

## NEW - LIVE MEETINGS!

### RIVERSIDE – NEW!!!!

Thursday 6:00 p.m. – 7:00 p.m.  
OA Big Book and Newcomer Meeting  
Victoria Presbyterian Church  
6091 Victoria Ave., Riverside, CA  
Contact-Amy W. 951-237-6820 text first

### RIVERSIDE - NEWish

Monday 6-7 p.m.  
Literature Study/Speaker  
Community Center for Spiritual Living  
3891 Ridge Rd. (corner of Fairmount)

### TEMECULA/MURRIETA NEWish

Thursday 6:15 p.m. – 7:30 p.m.  
OA Literature  
United Church of the Valley 41685 Date Street, Unit 100, Temecula, CA

### TEMECULA/MURRIETA – COMING SOON

Wednesday 10:00 a.m. – 11:00 a.m.  
Literature Study  
United Church of the Valley 41685 Date Street, Unit 100, Temecula, CA  
*Check IE Meeting list*

### LIVE/HYBRID - SAN BERNARDINO

Tuesday 6:00 p.m. – 7:00 p.m.  
Lutheran Church of Our Savior  
5050 N. Sierra Way, San Bernardino  
Zoom: 878 318 3112 PW Recovery

## SERVICE OPPORTUNITIES

### YOUR INTERGROUP NEEDS YOU

1 time per month//1 hour Zoom Mtg  
2<sup>ND</sup> Monday of Each Month  
Zoom ID: 89692582839 PW Intergrp2  
Fifth Tradition-Public Information and Carrying the Message to the Public

## R2 CONVENTION JULY 7-9 2023

### Hilton - Costa Mesa

3050 Bristol St. Costa Mesa, CA 92626

Registration OPEN NOW:

<https://www.oar2.org/upcoming-convention>

Marathon meetings

OA speakers / panels / workshops

Spanish simultaneous Zoom translation

### MEETINGS AVAILABLE ALMOST ANY HOUR OF THE DAY at:

<http://oafootsteps.com/meetings/>

### LITERATURE AVAILABLE AT:

<http://bookstore.oa.org>

San Diego County Intergroup  
OFFERING Zoom Classes MAY 2023

<https://oasandiego.org>

### 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](https://www.go2oa.org/uploads/1/2/1/9/121911203/go2oa_crisis_hotline_numbers.agreed.pdf).  
OA Inland Empire Intergroup Emergency Hotline.

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](mailto:oliviabissell@gmail.com)