



**Want help starting a FACE TO FACE meeting?**

Intergroup will pay a max of \$200 for 3 months rent to open a FACE TO FACE meeting. If interested, please contact Michele C. at [oa.inlandempire.email@gmail.com](mailto:oa.inlandempire.email@gmail.com)

**Need to Talk?**

OA Hotline:  
951-715-2080  
Amy W.:  
951-237-6820

**INTERGROUP NEEDS YOU 2nd Monday of Each Month, 7:00 PM We would really love to see at least one person from each meeting attend our monthly Board Meeting!**

1 hour Zoom Mtg, 2nd Monday of Each Month  
Zoom ID: 828 2068 2419  
and Passcode: 733772

**Welcome Newcomer!** by Renee

We're so glad you're here. If you found us, it's most likely because you're having an issue with food. We want you to know that there is a place for you in OA. Whether you are experiencing compulsive overeating, undereating, restricting anorexia or bulimia, there are people here in OA who understand. You are not alone! Is OA for you? Only you can decide that, however we encourage you to attend at least six different meetings before you decide if OA is for you or not. There are many different types of meetings that can help support your recovery. We are here for you, so please feel free to reach out. We're so glad you're here! WELCOME HOME

Here is some info you may find helpful:

- What is OA: <https://www.go2oa.org/what-is-oa.html>
- Take the OA quiz: <https://oa.org/quiz/>
- Your journey begins: <https://oa.org/and-your-journey-begins/>
- OA Tools of Recovery <https://www.go2oa.org/tools-of-recovery.html>
- OA.org Meeting Schedule: <https://oa.org/find-a-meeting/?type=1>
- Inland Empire local meeting schedule: <https://www.go2oa.org/local-meetings.html>

**INLAND EMPIRE MEETINGS**



**SCAN ME**



**FREE PDF**



**OA's 7th Tradition** reminds us that we are fully self-supporting, declining outside contributions. <https://www.go2oa.org/donate.html>

**Tradition 5** by Sheree W.

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

In August, I attended a virtual workshop to learn more about “carrying the message.” I had volunteered for the 5th Tradition service position in our intergroup and needed to learn more about the role, which is sometimes referred to as “hospitals and institutions” because suffering compulsive overeaters are often found in treatment centers and doctor’s offices. The aim is to ensure that those who need OA know about OA.

One of the questions I had was how we practice the . . . **(Cont. on pg 3)**

# EVENTS & RETREATS

November 10-12, 2023

## OA MEN'S RETREAT IN OCEANSIDE

Old Mission San Luis Rey Retreat Center, Oceanside, CA  
Contact: Dave (619) 787-2937 or Gene K. 760-859-7400

November 5, 2023, 10:00 am to 11:30 am (Virtual)

## Step 11 Two-Way Prayer Writing Workshop

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing. Please join us! Zoom info: Meeting ID: 828 6154 9717  
Passcode: 247365 questions@oceanandbay.org

November 11, 2023, 11:00 am-1:00 pm (Virtual)

## Strategies for Ending Slipping and Sliding

Want long-term abstinence? Want to stop slipping?  
Want help saying "no" to that first bite?  
Meeting ID: 854 2974 9682 (no passcode)  
Questions: Email workshops@oasandiego.org

November 11, 2023, 1:00-3:00 pm (Hybrid)

## Service Traditions & Concepts Workshop

When Registering: Please indicate if you will be attending "online" or "in-room."  
Donation: \$10.00 Pre-registration advised. (No one will be turned away for lack of funds.)  
Program presenters are Region 2 board members.  
Physical location for the workshop is SGVIE IG meeting room, 1157 E. Arrow Hwy, Ste. 4 Glendora, CA 91740; 626.335.3355; oasgvie.org. Contact: My (626) 831-1487

November 11, 2023, 4:00 pm (Virtual)

## "FRAMILY SHARE" CREATIVITY AND FELLOWSHIP

("FRAMILY" = FRIENDS WHO FEEL LIKE FAMILY)  
Join us for this fun, second-Saturday, evening activity.  
Topics may include: Sharing personal artwork (show and tell), Art tutorials, Speakers, Interactive activities  
Sponsored By: OA Creative Reprieve  
<https://us06web.zoom.us/j/81738885598?pwd=T-Ed6U285bG1YRIJSY3o5cUdDMjB5Zz09>  
Password: 1212 Contact: THERESA 773-879-6151

November 18, 2023 (Virtual)

## A Look in the Mirror: Diversity and Inclusion Survey Findings and Reflections: A Virtual Event.

Please pre register as space is limited. Sponsored by R2

For More Info: contact diversity-chair@oar2.org

November 18, 2023 10:00:am (Virtual)

## RENEWING YOUR COMMITMENT TO ABSTINENCE SPEAKER PANEL FOR INTERNATIONAL DAY EXPERIENCING ABSTINENCE (IDEA)

Join us to hear three speakers with long term program and abstinence. There will also be opportunity for participant sharing. Participants are asked to have their video when entering the meeting. Zoom ID: 827 3581 3760  
Password: 006317  
For More Info: RENAUD, text only 508-269-2279

November 23, 2023 9:00 –11:00 am (In Person)

## Thanksgiving in the Park

We will have three main speakers and time for 3-minute pitches. Cheviot Hills Park, 2551 Motor Ave., Los Angeles, CA

For More Info or to offer service: Marc at 310-804-0979 or vicechair@oalaig.org

December 9, 2023 4:00 pm (Virtual)

## "FRAMILY SHARE" CREATIVITY AND FELLOWSHIP

See November 11 listing for details

January 12th – January 14th 2024 (In Person)

## The 64th OA Birthday Party

LAX Hilton – 5711 W Century Blvd, Los Angeles, CA 90045. REGISTER NOW, Early Bird Registration: \$45 (Through Nov. 30), General Registration: \$55 (Through Jan. 7), Final Registration: \$65 (Through Jan. 14) For More Info: bdp@oalaig.org  
<https://www.oalaig.org/oa-birthday-party/>  
*GAS DONATION \$30 for any member of the intergroup to attend the birthday party in January, reach out to Michele C. at oa.inlandempire.email@gmail.com*

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## NEWSLETTER SUBMISSIONS

If you have info or a story of experience, strength, and hope you would like to add to our next Lifeboat Newsletter, please email it to Helen at artsygirl2018@yahoo.com. Please put "LIFE-BOAT" in your subject line.

# GRATITUDE WORDSEARCH

Z R X M T Z A N K H Y F N H L  
 F N E P G K D J R G T O U S U  
 Y P P A H N H F R Y I X P N F  
 Y T N U O B I A I S N I U B Y  
 C Q I A Y P T R S K U G R Q O  
 E I R I L I E A A B M A P D J  
 H C Q K T U P P L C M T O F W  
 E W I U L M F E V S O H S M W  
 O J D V O D S P S G C E E M A  
 Q E V C R S I E L K K R A W P  
 F J T C I E N F R E E I K N W  
 L C Q N Z D S V A J H N R U W  
 W O G H N Y U W S P C G M Q V  
 Y S V I L A U G H T E R O E T  
 T I K E Y R E V O C E R O K W

BLESSINGS	FREE	HELPFUL	LOVE
BOUNTY	FUN	JOYFUL	PURPOSE
CARING	GATHERING	KINDNESS	RECOVERY
COMMUNITY	GRATITUDE	LAUGHTER	SERVICE
COMPASSION	HAPPY		

**SERVICE IS SLIMMING** ~ Are you looking for a place to serve? A place to practice the 12th Step? Or maybe these topics just pique your interest?

**Our Intergroup needs a Treasurer and a Spanish Speaking Outreach person.** If you can be of service, please reach out to Olivia at 310-508-9575.

**The 64th OA Birthday Party** Please express your interest in event volunteering (ex. boutique staff, literature table, registration attendant) on the registration form when you purchase your ticket.

**World Service Business Conference** 2024 May 7-11, 2024

For information on volunteering for Conference, please download the Volunteer Information or contact the World Service Office at 1-505-891-2664.

**Region 2 offers some great opportunities;** Diversity Community, Bylaws Committee, Public Information Committee, 12th Step Within Committee, etc. If you have questions, or just want to reach out, contact Michele C. at [oa.inlandempire.email@gmail.com](mailto:oa.inlandempire.email@gmail.com)

**(Cont. from pg 1)** 5th tradition while also observing the 11th tradition which states the following: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

During the workshop, I learned that tradition 5 and tradition 11 work together. I also learned the difference between promoting OA and creating general public awareness. We don't try to entice people to OA as yet another weight loss gimmick. We don't have superstar spokespeople but we can speak to the press anonymously. Essentially, we can create public awareness of OA but before we do that, we must first make sure that we are an organization of attraction for newcomers.

As we look toward January, a time when many newcomers walk through the doors, are the meetings you attend ready to welcome newcomers? Do you have available sponsors or temporary sponsors? How is your own recovery? Are you ready to welcome newcomers?

Below are three tools OA offers to help you check your recovery, the health of meetings, and temporary sponsors.

**1. Recovery checklist.** The recovery checklist provides questions we can use to assess our own recovery, understanding that we have a cunning and baffling disease which waits for moments of weakness. This tool is like lifting weights—it keeps us strong to defend against this disease.

<https://bookstore.oa.org/pamphlets/recovery-checklist-105.asp>

**2. Group inventory.** Like a 4th step, the group recovery tool helps members assess if their meetings are aligning with OA steps, traditions, and concepts of service. Some meetings incorporate these tools into the meeting format, asking inventory questions at regular intervals. Others might use an entire meeting to address these questions. For members, participating in a meeting inventory reinforces and provides an example of working the 4th step.

<https://bookstore.oa.org/pamphlets/recovery-checklist-105.asp>

**3. Temporary sponsors.** OA suggests temporary sponsors help new members with 12 days of readings and questions.

<https://media.oa.org/app/uploads/2022/09/22222120/temporary-sponsors-newcomers-first-twelve-days.pdf>

**OA INLAND EMPIRE MEETING LIST - October 30, 2023**

Mtg #	Day	Time	City	Format	Contact	Phone
					<a href="http://findameeting.com">Find a meeting - Overlappers Anonymous (oa.org)</a>	
	Sun	In Person 3:30 - 4:30pm	Temecula	Leader Meeting	Mehli	818-522-4454
57610	Mon	In Person 10:00 - 11:00am	Wildomar	Literature Study	Elizabeth S	760-805-6869
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Literature Study	Michelle G	951-440-6968
55728	Mon	Phone Meeting 5:30 - 6:00 PM	Phone Meeting	Informational Welcome	Bryan V	909-936-0439
23177	Mon	In Person 8:00 - 7:00pm	Riverside	Literature Study/Speaker	Al W	315-430-3568
00064	Tues	Hybrid 8:00 - 7:00pm	San Bernardino	Literature/Step Study	Dennis B	714-271-8851
57899	Tues	In Person 8:00 - 7:00pm	Yucaipa	Step Study/Writing	Amanda M	951-533-5916
56963	Tues	Zoom Meeting 6:30 - 7:30 PM	Crestline	Literature Study	Deo N	951-337-0681
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Literature Study	Nikki S	974-3316-6618 message or call contact on WhatsApp only
55244	Wed	Phone Meeting 7:00 - 8:00am	Phone Meeting	Speakers/Tools/ Discussion	Barbara C	760-638-3995
57800	Wed	In Person 10:00 - 11:00am	Murrieta	Big Book Study	Alicia S	951-203-7675
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Open Big Book Study	Lorian D	951-259-8638
39169	Wed	Zoom Meeting 6:00 - 7:00pm	Riverside	Big Book Study	Nancy L	951-742-3543
800722	Thurs	Zoom Meeting 10:00 - 11:30am	Corona	Step Study/Writing	Mary Neil J	714-283-2804
64035	Thurs	In Person 3:00 - 4:00pm	Big Bear City	Literature Study	Dee Dee	661-608-0207
89030	Thurs	Zoom Meeting 8:00 - 7:00pm	Zoom Meeting	Young People's Focus Ages 18-30	Email ypvf.meetings@gmail.com	
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/improvise	Alex A	951-834-8069
26692	Thurs	Hybrid 6:45 - 7:45pm	Hesperia	Steps/Traditions/Literature	Dani H	442-318-6638
56939	Thurs	In Person 8:00 - 9:00pm	Banning	Steps/Traditions/Big Book	Rebecca A	714-883-8938
57537	Fri	In Person 1:30 - 2:30pm	Riverside	OA Literature	Katie W	951-377-3448
46021	Sat	In Person 7:30 - 8:30am	Yucaipa	"For Today" Literature Study	Amanda M	951-533-5916
800837	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Literature Study	Kathleen M	734-417-7045
800838	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Step Study/Writing	Olivia B	310-509-9575
800836	Sat	Zoom Meeting 10:00 - 11:45am	Grand Terrace	Step Study	Jamecca M	809-239-8109
IG Mtg 09492	2nd Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Intergroup Meeting	Olivia B	310-508-8575