



GO2OA.ORG

L I F E B O A T

May / June 2024

OA Inland Empire, PO Box 56021, Riverside, CA 92517

Need to Talk?

OA Hotline:
951-715-2080
Amy W.:
951-237-6820
Alex A. (Español):
951-834-8069

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

INLAND EMPIRE MEETINGS

SCAN WITH PHONE



EVENTS & RETREATS

Most up to date info: www.go2oa.org/events.html

July 12-14, 2024 (Virtual & In Person)
45th Annual R2 OA CONVENTION
Hilton Hotel Arden West, Sacramento, CA
<https://www.oar2.org/upcoming-convention.html>

Registration is NOW OPEN!

July 12-14, 2024
R2 OA Convention
Sacramento Style!

FOR MORE INFORMATION
CLICK HERE
<https://www.oar2.org/upcoming-convention.html>

Other features: Fabulous Workshops, Awesome Speakers, Recovery from Relapse, Keeping Spirituality Fun, Recovery and Health Challenges, Aging in Recovery, Listen to the Convention Singalong, Attend on ZOOM, Attend in person.

SPEND JULY 4 WITH OALAIG
"IN THE PARK"
MORE INFORMATION COMING SOON

May 17-19, 2024 (In Person)
OA SERENITY RETREAT
Old Mission San Luis Rey, Oceanside, CA
Contact: info@oasandiego.org

The 37th Semi Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat

Fri, Sat & Sun, May 31 - June 1&2, 2024
Sponsored by OALA Intergroup
[@oalaig.org](https://www.oalaig.org)



Old Mission San Luis Rey Retreat Center
4050 Mission Avenue, Oceanside, CA 92057-6402
Tel: 760-757-3659

For a complete description, visit their website at:
www.sanluisrety.org

For further information, please contact:
Dave B. at (619) 787-2937 or email daveb@retreat66@gmail.com
Gene K. at 760-859-7400 or email genes@san11@gmail.com

- Why is the cost?**
- \$275 per man - double occupancy
 - \$325 per man - single occupancy
- Commuters (not staying overnight) Meal Prices:**
- \$50 per day (includes the three meals for that day)
 - \$150 for the weekend (includes all 6 meals for the weekend)
- What do I get?**
- A weekend of fellowship with other men in recovery in the tranquility of beautiful and spacious grounds.
 - Retreat leaders who have worked all 12 Steps and want to help your recovery.
 - Two (2) nights lodging and six meals
- When does it start?**
Dinner starts at 6:00 pm Friday, May 31.
Opening ceremonies begin at 7:30pm Friday, May 31.
- Why should I go?**
Dozens of men have gotten abstinence at this retreat. Many others come every year to reenergize their program. This is the 33rd year of the retreat. Recovery happens here!

May 31-June 2, 2024 (In Person)
OA MEN'S RETREAT
Old Mission San Luis Rey, Oceanside, CA
Contact: Gene K 790-859-7400 or
Dave B. 619-787-2937

179th San Diego OA
Serenity Retreat
MAY 17-19, 2024
Mission San Luis Rey
Oceanside, CA

Our speaker is a long-time member of OA from Winnipeg, Canada with over 30 years of abstinence and recovery from compulsive eating. He will lead an interactive workshop on how to use the Big Book's instructions to work the 12 Steps. He will share on developing a food plan, maintaining abstinence, finding a concept of a HP, working a Fourth Step, making amends, and much more on working for recovery.

4:00pm Friday to 1:00pm Sunday

HYBRID SATURDAY ONLY	SATURDAY ONLY	3 DAYS 0 NIGHTS	3 DAYS 2 NIGHTS SHARED DOUBLE ROOM	3 DAYS 2 NIGHTS PRIVATE SINGLE ROOM
On Zoom	3 meals	6 meals	6 meals	6 meals
\$25	\$45	\$150	\$275	\$325

Prices above do not include 2.9% EventBrite fees

OA 7th TRADITION: Donation Recommendations for Local Meetings:

OA Intergroup - 60%, Overeaters Anonymous Region 2 (R2) - 10%, World Service Office (WSO) - 30%
More info: <https://www.go2oa.org/donate.html>

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.

OA INLAND EMPIRE MEETING LIST - April 29, 2024

Mtg #	Day	Time	City	Format	Contact	Phone
57981	Sun	In Person 3:30 - 4:30pm	Temecula	Leader share meeting	Mahlil B Lucy B	818-522-4454 818-429-0641
57610	Mon	In Person 10:00 - 11:00am	Wildomar	Literature Study	Liz S	760-805-4689
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Menifee	Literature Study	Lorian D	951-259-9538
55728	Mon	Phone Meeting 5:30 - 6:00 PM	Phone Meeting	Informational Welcome	Bryan V	909-936-0439
23177	Mon	In Person 6:00 - 7:00pm	Riverside	Literature Study/Speaker	Al W	315-430-3598
00064	Tues	Zoom Meeting 6:00 - 7:00pm	San Bernardino	Literature/Step Study	Dennis B	714-271-6651
57899	Tues	In Person 6:00 - 7:00pm	Yucaipa	Step Study/Writing	Amanda M	951-533-5916
55736	Tues	Phone Meeting 7:00 - 8:00 PM	Phone meeting	Literature	Rebecca	714-883-9938
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Literature Study	Ken P	951-775-2778
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	Lucy B	818-429-0641
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Open Big Book Study	Lorian D	951-259-9538
801354	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 Nell J	714-293-2804
89030	Thurs	Zoom Meeting 6:00 - 7:00pm	Zoom Meeting	Young People's Focus Ages 18-30	Email ypvi.meetings@gmail.com	
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-8069
26692	Thurs	Zoom Meeting 6:45 - 7:45pm	Hesperia	Steps/Traditions/Literature	Dari H	442-319-6636
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	Charlene B	951-203-9868
800838	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Step Study/Writing	Olivia B	310-508-9575
57976	Sat	In Person 10:00 - 11:30am	Corona	Literature/Writing	Melanie	951-496-7289
800836	Sat	Zoom Meeting 10:00 - 11:45am	Grand Terrace	Step Study	Jamecca M	909-239-8109
IG Mtg 09492	2nd Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	Intergroup Meeting	Olivia B	310-508-9575