

INLAND
EMPIRE
MEETINGS



SCAN ME



THIRD STEP PRAYER

God, I offer myself to Thee to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

I Was Binge Eating Large Pizzas, Pints of Ice Cream, and Boxes of Cookies Until I Found Remarkable Recovery Through Overeaters Anonymous —by A.K., Wyoming USA

It was the darkest period of my life. Food had become an obsession, a coping mechanism for dealing with the stresses and disappointments that seemed to pile up relentlessly. What started as an innocent indulgence had spiraled into a dangerous addiction, leaving me trapped in a cycle of bingeing and self-loathing.

My struggles with overeating had always been a lifelong battle, but things really went downhill after the second of my two divorces started. The emotional turmoil left me seeking solace in the one thing that had always brought me comfort: food. At first, it was just an extra helping here and there, but before long, I found myself consuming multiple pints of ice cream and boxes of cookies in a single sitting.

The weight piled on, and with it came a crushing sense of shame and self-hatred. I withdrew from my friends and family, too embarrassed to face them in my current state. My once vibrant personality was replaced by a sullen, reclusive version of myself, consumed by the demons of my addiction.

It was during one of my darkest moments, while eating the second large pizza on a day when I was on a particularly intense binge, that I finally hit rock bottom. As I stared at myself in the mirror, I knew something had to change. I couldn't go on living like this, trapped in a prison of my own making. (CONT. ON PG. 3)

SERVICE IS SLIMMING ~ Our Intergroup **needs** someone to chair Ways & Means. If you can be of service, please reach out to Olivia at 310-508-9575.

EVENTS & RETREATS

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

Friday, Saturday and Sunday Feb 28, March 1 & 2, 2025 (Virtual)

Roadmap to Recovery, OA Virtual Region 2025 Convention

Registration is Open

<https://oavirtualregion.org/registration2025/>

Friday Evening and all day Saturday, March 28–29, 2025 (In Person Only)

Region 2 Spring Assembly

Sponsored by Region 2

DoubleTree by Hilton Hotel San Francisco Airport, Burlingame, CA

CONTACT: events@oar2.org

Saturday March 29, 2025, 11:00 am PST - Noon

ALOHA! Polynesian Dance Class (In Person)

All abilities welcome. Sponsored by Orange County Intergroup

Moana Nui School of Dance, Orange, CA

Suggested Donation \$10, Register at OAOI.ORG/REGISTER

Saturday March 29, 2025, 1:00-3:00pm PST (Virtual)

Relapse Through the Eyes of The Big Book

Quarterly Region III Relapse Prevention Workshop

ZOOM ID: 842 4509 9831 PASSCODE: itworks

Info: [Annette H. ortzow@hotmail.com](mailto:Annette.H.ortzow@hotmail.com)

Friday-Sunday, April 4-6, 2025 (In Person)

OA Men's Retreat in Oceanside

Sponsored by the 39th Annual Southern California OA Men's Retreat Committee

Old Mission San Lise Rey Retreat Center, Oceanside, CA

Info: Dave B. 619/787-2937 or Gene K. 760/859-7400

Saturday, April 5, 2025, 10:00 a.m –12 noon PST (Virtual)

Right Side Out

Speakers and open shares on emotions such as fear, joy, anxiety, and grief.

Sponsored by Orange County Intergroup, Register at oaoci.org

7th Tradition Contribution: \$7

ZOOM ID: 873 8582 7733 Passcode: (will be emailed to participants)

Info: 12thstepwithin@oaoci.org

Friday – Sunday, April 25 –27, 2025 (In Person)

OA Serenity Retreat

Sponsored by Silicon Valley Intergroup

Villa Maria Del Mar in Santa Cruz, CA

Info: oaserenityretreat@gmail.com

SAVE THE DATE!

MAY 2–4, 2025

OC Intergroup 40th Women's
Sweet Surrender Retreat
Pathfinder Ranch, Idyllwild, CA
info: Alice N. (949) 793-3332

AUGUST 21–23, 2025

Recovery Convention
Orlando, FL
info: conventioninfo@oa.org

Attention OA Groups: Suggested Seventh Tradition Split of 50/10/40 Starts in 2025

The OA Board of Trustees has approved a change in the suggested Seventh Tradition contribution split for groups, effective January 1, 2025. The new recommended allocation is 50% to intergroup or service board, 10% to region, and 40% to the World Service Office (WSO), reflecting a shift from the previous 60/10/30 split.

This adjustment supports OA's commitment to self-sustainability, helping the WSO meet growing service needs and rising costs. A revised *Seventh Tradition of OA* pamphlet with these updates will be available by January 2025. We encourage all OA groups to review this change in their next group conscience meeting.

Thank you for helping us strengthen OA's future!

Want to start an In Person meeting.

Intergroup will pay a max of \$200 for 3 months rent to open a FACE TO FACE meeting. Please reach out to our Treasurer Natalie B. at 909/703-0157.

LET'S KEEP INTERGROUP STRONG

Please be sure each meeting has a representative attend the Intergroup meeting.

2nd Monday of Each Month

7:00-8:00 p.m.

Zoom ID: 828 2068 2419

unwavering support of my OA group and sponsor, and the use of the OA Tools and Twelve Steps, I am slowly but surely regaining control over my eating habits.

The transformation has been remarkable. Not only am I shedding physical weight that has been weighing me down, but I have also experienced a profound emotional and spiritual shift. I'm rediscovering my self-worth, my confidence, and my zest for life. Now, when I stand in front of a mirror, I can admire the healthy, radiant woman staring back at me; I feel an overwhelming sense of gratitude.

Overeaters Anonymous has not only saved me from the depths of my addiction but has also given me the tools to live a fulfilling, balanced life. I know that the journey will never truly end, but with the support of my OA family, I am equipped to face whatever challenges lay ahead, one day at a time.

—lifeline.oa.org

(BINGE . . . CONT. FROM PG 1)

It was then that I took my therapist's advice and started looking into Overeaters Anonymous, a fellowship for those struggling with compulsive overeating. With a mixture of trepidation and hope, I mustered the courage to attend my first meeting.

The warmth and understanding I encountered at that first online meeting was like a lifeline. For the first time in years, I felt seen and understood, surrounded by others who had walked the same painful path. As I listened to their stories of struggle and triumph, I realized I wasn't alone in my battle.

With the support of my new-found OA family, I began the journey towards recovery. It hasn't been easy—there have been setbacks and moments of weakness—but I never lose sight of my goal. Through a combination of professional therapy, mindfulness techniques, the

Mtg #	Day	Time	City	OA INLAND EMPIRE MEETING LIST - February, 25, 2025			Format	Contact	Phone
	Sun			Find a meeting - Overseas/ers Anonymous (oa.org)					
				Currently no meeting in the Inland Empire intergroup on Sunday					
57810	Mon	In Person 10:00 - 11:00am	Wildomar	33379 B Mill Pond Dr. 92595		Literature Study	Liz S	760-905-4689	
48306	Mon	Zoom Meeting 10:00 - 11:15am	Sun City/Merilee	Join Zoom Meeting with Meeting ID: 668 6966 6064 and Passcode: 1234		Literature Study	Lorian D	951-259-9538	
55128	Mon	Phone Meeting 5:30 - 6:00 PM	Phone Meeting	Newcomers Information Meeting - All are Welcome! Call 909-936-0439		Informational Welcome	Bryan V	909-936-0439	
23177	Mon	In Person 6:00 - 7:00pm	Riverside	Riverside Center for Spiritual Living, 3891 Ridge Rd 92501 1st Monday of Month is a Speaker Meeting		Literature Study/Speaker	Al W	315-430-3596	
801368	Tues	Zoom Meeting 6:00 - 7:00pm	San Bernardino	Join Zoom meeting with Meeting ID: 633 6641 8781 and Passcode: 110824		Literature/Step Study	Dennis B	714-271-6651	
57869	Tues	In Person 6:00 - 7:00pm	Yucaipa	Faith Lutheran Church, 12449 California St 92399 - meets in the chapel		Step Study/Writing	Amanda M	951-533-5916	
89004	Tues	Zoom Meeting 7:00 - 8:00pm	Zoom Meeting	Join Zoom meeting with Meeting ID: 845 1141 0076 and Passcode: 029491		Literature Study	Ken P	951-775-2778	
55244	Wed	Phone Meeting 7:00 - 8:00am	Phone Meeting	Special focus 90-Day meeting featuring 20 minute speaker, discussion, OA tools. Phone in via free conference call. Telephone conference call number is (712) 451-1095 with input code 106702#		Speakers/Tools/ Discussion	Barbara C	760-638-3995	
57800	Wed	In Person 10:00 - 11:00am	Temecula	New meeting location starting 1/8/25 United Del Rio, 41743 Enterprise Circle N, Ste 102, 92590		Big Book Study	Lucy B	818-429-0641	
800706	Wed	Zoom Meeting 10:00 - 11:00am	Zoom Meeting	Join Zoom meeting with Meeting ID: 846 8057 8420 and Passcode: 411411		Open Big Book Study	Lorian D	951-259-9538	
801354	Wed	Zoom Meeting 6:00 - 7:00pm	Riverside	Join Zoom meeting with Meeting ID: 893 0265 8373 and Passcode: Please text the meeting Contact person at least 15 minutes prior to the meeting for the meeting passcode.		Big Book Study	Nancy L	951-742-3543	
800722	Thurs	Zoom Meeting 10:00 - 11:30am	Corona	Join Zoom meeting with Meeting ID: 851 0980 5905 and Passcode: 682941		Step Study/Writing	Mary Nell J	714-293-2804	
88030	Thurs	Zoom Meeting 6:00 - 7:00pm	Zoom Meeting	Young People's Focus (ages 18-30 plus those who came into OA at that age) Join Zoom meeting with Meeting ID: 850 6829 9295 and Passcode: Please email yppi.meetings@gmail.com for meeting passcode.		Young People's Focus Ages 18-30	Email yppi.meetings@gmail.com		
50795	Thurs	In Person 6:15 - 7:30pm	Murrieta	United Church of the Valley, 41665 Dale St., Ste 100, Murrieta, CA 92562		Steps/Traditions with 7-10 minutes to journal/meditate	Alex A	951-834-6069	
801368	Thurs	Zoom Meeting 7:00 - 8:00pm	Hesperia	Join Zoom meeting with Meeting ID: 765 561 163 and Passcode: 842248		Steps/Traditions/Literature	Michele C	909-838-4204	
	Fri			Currently no meeting in the Inland Empire intergroup on Friday					
48021	Sat	In Person 7:30 - 8:30am	Yucaipa	Faith Lutheran Church, 12449 California St 92399 - meets in the chapel		"For Today" Literature Study	Amanda M	951-533-5916	
58356	Sat	In Person 8:00 - 9:00 am	Moreno Valley	Awakenings Club, 21516 Dracaea Ave, Moreno Valley, CA 92553Aw		Literature: 12 & 12, Voices of Recovery, Big Book	Dawn K.	951-809-5135	
800637	Sat	Zoom Meeting 8:30 - 9:30am	Temecula	Join Zoom meeting with Meeting ID: 637 296 676 and Passcode: 428481		Literature Study	Charlene B	951-203-9868	
800638	Sat	Zoom Meeting 10:00 - 11:30am	Corona	Join Zoom meeting with Meeting ID: 863 5862 6416 and Passcode: 252385		Step Study/Writing	Olivia B	310-508-9575	
57878	Sat	In Person 10:00 - 11:30am	Corona	Hope Recovery Center, 9036 Pulsar Ct. Unit H 92883		Literature/Writing	Melanie M	951-496-7289	
800636	Sat	Zoom Meeting 10:00 - 11:45am	Grand Terrace	Join Zoom meeting with Meeting ID: 848 8386 8661 and Passcode: 649963		Step Study	Jamecca M	909-239-8109	
09492	Mon	Zoom Meeting 7:00 - 8:00pm	Riverside	***OA Inland Empire Intergroup Business Meeting - All are Welcome Join Zoom meeting with Meeting ID: 826 2068 2419 and Passcode: 733772		Intergroup Meeting	Olivia B	310-508-9575	

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 your idea to artsygirl2018@yahoo.com. Please put "LIFEBOAT" in your subject line. Submissions needed by **mid April** for next edition.