

Welcome!

We are the Inland Empire Intergroup of Overeaters Anonymous.

OA IE IG Website:

www.go2oa.org

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!

Selected phone meetings:

*Newcomers Mtg
Sundays 4pm
Sundays 8pm
712 432 5200
4285115#

*"Hundred Pounders" mtg
EVERY DAY 6pm
(712) 432-5200
PIN: 4285115#

*Anorexia/Bulimia
Sundays 7pm
Access Number:
(515) 739-1458
PIN #781502

(Find more phone mtgs at
<http://oa.org/find-a-meeting/>

OA IE
HelpLine:
951-715-2080

Website:
<http://www.go2oa.org>

OA Lifeboat – Sept/October 2018

Overeaters Anonymous Inland Empire Intergroup Newsletter

****Service Opportunity: Convention!!****

R2 Convention Planning Committee
(Pomona 2019, June 28-30) Needs Help!

*Theme: "Come to the F.A.I.R.:
Freedom and Abstinence in Recovery"*

Come help OA's local Region 2 plan something awesome to carry the message in 2019. We need all types of volunteers for all positions.

*The next planning meetings are
Saturday Sept 1, and Oct 6, 8-10am.*
Use conference call (909) 736-0615 (no PIN) or access online at
uberconference.com/R2convention.

Email Convention Chair Marjorie at
r2specialevents@gmail.com or text her
at 559.273.8560 if you have questions.

Grow your recovery and help OA carry the message! We need everybody!

We have chair and/or volunteer positions open for many areas including T-Shirts/Fundraising, Boutique, Entertainment, Security, Registration, Decorations, Hotel Liaison, etc. Many positions have no abstinence length requirement. All are welcome to join.

See you at the F.A.I.R!

UPCOMING EVENT:

"A Chain of Recovery" Marathon! (5 Great Speakers!)

Date: Sat Oct. 13, 1-5pm. Perris Branch Library.

Address: 163 E. San Jacinto Ave. Perris, CA 92570

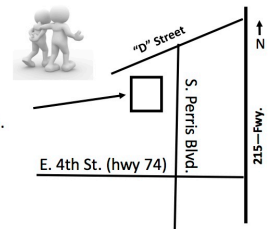
Contact Bob K. for details at 909-825-7543.

See details below:

A Chain Of Recovery



- A Marathon led by 5 Speakers who will share their Experience, Strength and Hope
- Come join Us for some Fellowship & Recovery



Where: Perris Branch Library
163 E. San Jacinto Ave.
Perris, CA. 92570

When: Oct. 13, 2018

Time: 1 - 5 pm

Sponsored by & Fund Raiser for:

Overeater's Anonymous of Inland Empire Intergroup

Questions or information call: Bob K. 909-825-7543

Suggested Donation \$10.00

(No one will be turned away)

*****ABC's of Abstinence Workshop coming to neighboring OA SGVIE intergroup! "How to find YOUR abstinence and YOUR food plan and knowing the difference"**

Led by an OA speaker from LA/SFV with 28 yrs abstinence and maintaining 100-pound weight loss.

Sat October 20. 10am-4pm. 1157 East Arrow Hwy #4 (SGVIE intergroup office) Glendora, CA 91740

See www.oasgvie.org/events/index.htm

Call Sandy at 626 272 7708 for details. Pre-registration recommended. Suggested donation \$15 but no one will be turned away. This workshop fills up FAST! See you there!

Upcoming Intergroup Meetings:

Mon Sept 10, 7pm

Mon Oct 8, 7pm

Location:

Community Ctr for
Spiritual Living,
3891 Ridge Rd
Riverside, CA

****Want to represent your meeting, but live far away?*****

**Join us via conference call:
(641) 715-0700**

PIN: 917518#