

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!

Need a phone mtg?

• **Men's Focus Speaker Mtg**
Sundays 5:30pm
(712) 770-4160
PIN: 409092#

• **Anorexia/Bulimia Focus Mtg**
Sundays 7pm PST
(515) 604-9094
Pin: 950897#

• **100-Pounders Mtg**
EVERY DAY 6pm
(712) 432-5200
PIN: 4285115#

****Find more mtgs at oa.org/find-a-meeting. There's a variety of them!**

OA Hotline:

(951) 715-2080

Remember to call or reach out to someone before acting out with food. We're in this together!

OA Lifeboat – Sept/Oct 2019

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org.

Local Intergroup Event sponsored by Inland Empire IG - Coming up **FAST!**

"Bringing HOPE to your program and your life: A workshop on Steps 10, 11, and 12."

What: Drumming, writing, meditation with music, support, and fellowship, with specific focus on Steps 10-12.

Date: Sunday September 15, 2019

Time: 1-4pm

Location: "HOPE Tennessee Plaza"
414 Tennessee Plaza, Suite Y,
Redlands CA 92373.

Contact: Bob (call after 1pm):
909 910-0079 to reserve a space.
Suggested donation \$10, no one will be turned away.

Upcoming Event:

San Diego Urban Retreat: Big Book Love and Forgiveness Workshop

September 27-28, 2019

Fri 7-9pm, Sat 9-5pm

At San Diego Baha'i Center 6545 Alcala Knolls Drive, San Diego 92111

Contact Melissa for more information, at: melforte@yahoo.com, (619) 454-4450

There is a fridge to bring your own food.
Suggested donation \$10.
Accommodations/food not included.

Plan ahead – OA Birthday Party 2020!!!

Early Bird Registration has now begun for the 60th Annual OA Birthday Party!

The OA Birthday Party is a big celebration/convention with workshops and special focus groups, Big Book workshop, standup comedy, amazing speakers, lots of sponsors, etc. Come check it out!

Theme: Great Events Will Come to Pass

When: January 17-19, 2019

Where: LAX Hilton

Sponsored by OA LA Intergroup

Link: www.oalaig.org/oa-birthday-party

*****Register now for the low price of \$45 until Oct.1.*****

Hotel accommodations at the Hilton are \$139/night; you can share a room. Consider carpooling/sharing! See you there!

*****Got Representation???** Have your meeting send a delegate to vote and bring back information from our monthly Intergroup Mtg. **In-person or conference calls are fine! Every mtg can have one rep. See below:**

Upcoming Monthly Intergroup Meetings:

Mon Sep 9, 7pm

Mon Oct 14, 7pm (2nd Mon of each month!)

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:

(712) 770-4598

PIN: 917518#