

Welcome! We are the Inland Empire Intergroup of Overeaters Anonymous.

OA IE IG Website:
www.go2oa.org

7th Tradition On Line
<https://oa.org/contribute/>

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 ZOOM mtg or a Phone mtg?
(All are Pacific Time)

• **Men's Focus:** Check out oamen.org for meetings, sponsors, and resources for men in OA.

• **Young Persons Focus – Speaker Mtg Mon 7pm (605) 313-5111** PIN: 713988# or visit freeconferencecall.com.
Online mtg ID: ypoafoothill

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

Try also:
www.avision4you.info

**Find more mtgs at oa.org/find-a-meeting-or-search-in/*

www.oalaig.org
www.oasouthbay.org
oasandiego.org
www.oar2.org
www.oavirtualregion.org
<https://oavirtualregion.org/>

OA Lifeboat – SEPT/OCT. 2021

Overeaters Anonymous Inland Empire Intergroup Newsletter

Visit us at www.go2oa.org.

OA Members' Experience, Strength and Hope: DO YOU HAVE EXPERIENCE, STRENGTH AND HOPE TO SHARE? We invite your stories because without the "we" who included our Founder, Rosanne, sharing her ESH, "we" would be lost. *Members are asked to submit for Lifeboat Nov/Dec 2021. Send to oliviabissell@gmail.com. Space is limited so expect editing.*

WORKSHOPS

Quick Steps Workshop – Part 1

September 18 @ 9:00 a.m. to 12:30 p.m. CT

Quick Steps Workshop – Part 2

October 2 @ 9:00 a.m. to 12:30 p.m. CT

To register for this Central Date time Workshop, contact unityquicksteps@gmail.com
Registration is required as class size is limited. The Zoom Link will be sent to Registrants only. Registrants are expected to attend both Part 1 and Part 2.

The Promises of the Program

September 12 @ 3:00 p.m. to 4:30 p.m. EDT

Virtual Region Zoom: 891 6554 0024
Password: 120912 For more Information:
oavirtualregion.org (Lisa)

Applying the Traditions In Daily Life

October 10 @ 3:00 p.m. to 4:30 p.m. EDT

Virtual Region Zoom: 891 6554 0024
Password: 120912 For more Information:
oavirtualregion.org (Lisa)

OA Virtual Region e-Workshops!
2nd Sunday of The Month 12-1:30pm PST
www.oavirtualregion.org/events/workshops
Contact Lisa: workshop@oavirtualregion.org
Contact Carolyn: vicechair@oavirtualregion.org
Suggested donation \$5 to
oavirtualregion.org/region/seventh-tradition/

New Format Step and Tradition Study
from South Bay IG – STARTED 1/7/2021
Thursday 6:00 to 7:00 p.m.
Zoom 732348187 Passcode: Southbay
Dial In: 1-253-215-8782 Dial In Passcode: 143361

Focus on Men in Recovery

<http://OAMen.org/meetings>

TRY OUT: Oa.org/founder-recordings

MEETINGS GOING LIVE/STILL ZOOM
Check the Meeting List on the Inland Empire OA Website for Status

July 7, 2021 Riverside Wednesday

Morning Zoom HAS STOPPED and is now
IN PERSON Meeting # 54913

10 a.m. to 11:30 a.m.

First Baptist Church 5500 Alessandro Boulevard,
Riverside 92506 Meeting In Rear of Church
Building Downhill on Left Side

WHAT OTHER MEETINGS ARE GOING LIVE OR HYBRID? Email your Intergroup Reps and let us know.

New Meetings

1. Big Book Study (Zoom) Thursdays 3:30 p.m. to 4:30 p.m. Zoom: 84026830975 Passcode 989133 Contact: Bob K. (909) 910-0079
2. Literature Study and Writing Meeting 10-11:30 AM ZOOM ID 850 6542 6179 PW 961521 Contact: Tonya C 951-314-4499

OA RETREAT BEING OFFERED

Silent Retreat-Acceptance is the Answer

October 15 (Fri) to October 17 (Sun)

Location: Pecos, New Mexico

Offered by Central New Mexico Intergroup

Must Register In Advance

Contact: Pat O. at 505 -281 -3638 or Mary S. at 505 -977 -3445 email: cnmiretreat@gmail.com

UPCOMING EVENTS