

Welcome Home



SGVIE



**OVEREATERS
ANONYMOUS®**

SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP

Briefs

F E A S T O R F A M I N E

When something is eating away at me,
I can discuss it with program friends.

When there's too much on my plate, and
I've bitten off more than I can chew,
I can ask my Higher Power
to help me prioritize.

When I want to have my cake and eat it too,
I can remember it's all in God's hands.

When I'm dying to be thin,
I can be sure my worth is not determined
by the number on the scale.

When I can't stomach something,
or when I have a beef with someone,
I can say a prayer.

When I'm stewing over an issue,
I can remember I must accept life
on life's terms.

When I feel like I'm going bananas,
God can restore me to sanity.

When I just can't cut the mustard,
program teaches me I am enough.

Whether it's feast or famine, I sink my teeth into recovery.

-Tara M.

K E E P C O M I N G B A C K !

San Gabriel Valley — Inland Empire Intergroup of OA (SGVIE)
1157 E. Arrow Hwy., Suite 4
Glendora, CA 91740

Call us: (626) 335-3355 or find us online at www.oasgvie.org

August 12
Time to Commit
after Relapse

August 12
SGVIE Board
Meeting

July 16–Oct 22
Workshop on the
Twelve Steps

**INSIDE THIS
ISSUE:**

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WE ARE SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS

CDs from the "Body Image" and the "Acceptance & Gratitude" Workshops are available at SGVIE for \$10.

Suggested donation for meetings is \$3

SGVIE FINANCIAL SUMMARY 2017

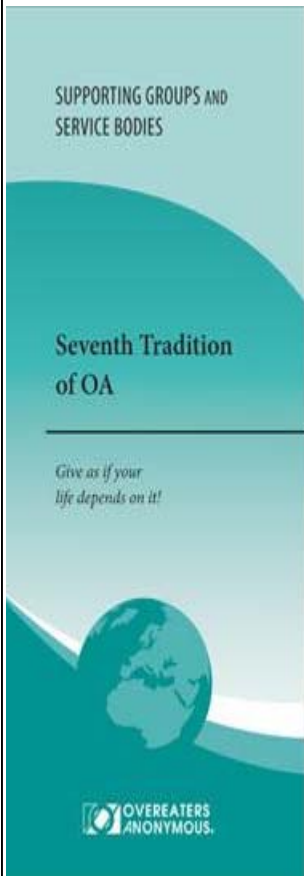
<u>Income</u>	<u>Budgeted</u>	<u>YTD (As of 06.2017)</u>
Meeting Rent:	\$6,540	\$3,189.88
Meeting Donations:	\$4,300	\$2,374.75
Other Donations:	\$200	\$0
Region 2/WSO Donations:	\$1,700	\$1060.00
Literature:	\$2,200	\$1,122.53
Workshops:	\$2,300	\$784.60
Other Merchandise:	\$380	\$109.18
Soda & Recycling:	\$570	\$339.33
Total 2016 Income:	\$18,190	\$8,980.27

<u>Expenses</u>	<u>Budgeted</u>	<u>YTD</u>
SGVIE Rent:	\$9,000	\$4,500
Utilities:	\$2,910	\$1,594.19
Supplies/Printing:	\$885	\$186
R2 Assemblies & WSBC:	\$2,350	\$1,351.56
Literature:	\$2,200	\$1,256.83
Insurance:	\$315	\$0
Other Expenses^:	\$530	\$241

(^bank fees, professional fees, tax, licenses, reimbursements, professional out reach)

Total Expenses:	\$18,190	\$9,129.58
NET INCOME/(LOSS)		(-\$149.31)

To obtain a copy of the entire SGVIE Financial Report, please speak to any board member.



OA Seventh Tradition*:

"Every OA group ought to be fully self-supporting, declining outside contributions."

Speakers List Available.

Contact Susan T. – (909) 447-0977



Time to Recommit after a Relapse

Ready, Set, Let's Go!

A full day packed with information
To help us to not keep relapsing.

Where: SGVIE OA meeting Room
1157 East Arrow Highway Suite #4
Glendora, CA. 91740

 **OVEREATERS
ANONYMOUS.**
SAN GABRIEL VALLEY INLAND-EMPIRE IG

When: August 12, 2017

Time: 12-4:30 PM

Topic: Relapse

Great Speaker

Suggested Donation: \$15 (No one will be turned away for lack of funds)

Information Call: Sandy (626)272-7708 626-335-3355 oasgvie.org

Space is limited Pre-Registration is advised (Your set will be saved). Also, extra Door-Prize for those that Pre-Register

-----Clip and mail-----

Name _____ Phone _____

Address _____

E-Mail _____ Amt. Enclosed _____

Checks Pay to: OA- SGVIE

Mail to: OA- SGVIE; Attention: RELAPSE

1157 East Arrow Highway Suite #4, Glendora, CA. 91740

Overeaters Anonymous Workshop on the Twelve Steps

*A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps
We will be using the OA Twelve Step Workshop and Study Guide*

July 16 - October 22, 2017
Sundays 12:00 to 2:00 p.m.

July 16 is the introductory session

The following OA-approved literature will be used in the workshop sessions and homework assignments:

**The Twelve Steps and Twelve Traditions of Overeaters Anonymous
Alcoholics Anonymous, Fourth Edition (the Big Book)
Twelve Steps and Twelve Traditions by Alcoholics Anonymous
Overeaters Anonymous, Third, Edition
Voices of Recovery
For Today**

Participants need their own copies.

Workshop Location

**Where: SGVIE Office
1157 E. Arrow Hwy.
Glendora, CA 91740**

Contact: Teri L. 626-825-0831

**Donation: 7th Tradition donation will be collected at each session.
No one will be turned away for lack of funds.**

Overeaters Anonymous®
SAN GABRIEL VALLEY INLAND-EMPIRE IG



SAN GABRIEL VALLEY INLAND-EMPIRE INTERGROUP

This is a closed workshop for 4 to 12 participants. No new members may join after the Introductory Session. Participants commit to attend and fully participate in all sessions.

Meeting Directory for SGVIE Intergroup of Overeaters Anonymous

Time/Day	City	Meeting Name & Location	Contact Person	WSO Mtg#	Format	Mtg Status
Sunday						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Andie: 909-706-9180	23893	LS OP NC	Open
3:00-4:00 pm	Monrovia	Attitude Adjustment 2701 South Peck Rd.	Sandy M: 626-272-7708	53266	OP NC	Open
6:00-7:00 pm	Glendora	Speaker Meeting 1157 E Arrow Hwy Ste 4	Stacey: 626-354-2334	00492	OP SP	Open
7:30-8:30 pm	Glendora	Men's Stag 1157 E Arrow Hwy Ste 4	Darryl: 626-858-2864	24353	OP MS	Open
Monday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Susan T: 909-447-0977	23869	OP NC	Open
9:00-10:00 am	Claremont	Pass It On@Joslyn Senior Center 660 N Mountain Ave	Marissa: 909-851-5522	36914	LS OP	Open
12:00-1:00 pm	Glendora	What is Abstinence? 1157 E Arrow Hwy Ste 4	Shirlene: 909-593-8040	53319	LS OP	Open
6:30-7:30 pm	Claremont	BB Study Reflection Rm OLA Church 435 Berkeley	Alicia: 909-624-3102	51333	BB	Open
8:00-9:00 pm	Hacienda Heights	Hacienda Heights 1st Baptist Church, 2100 Stimson	Teri D: - 562-693-2830	06696	LS OP	Open
Tuesday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Toni: 626-991-4477	23873	OP NC	Open
10:00-11:00 am	Claremont	Med & BB @Joslyn Senior Cntr Annex 660 N Mountain Ave	Karen 323-637-9676	51025	MD BB	Open
5:30-6:30 pm	Claremont	11th Step Friends Meeting House(front) 727 Harrison	Jean: 909-967-2065	29956	MD	Open
5:15 - 6:15 pm	Arcadia	4165 E. Live Oak Blvd	Thora: 626-445-6849	54311		Open
7:30-8:30 pm	Glendora	Newcomers 1157 E. Arrow Hwy Ste 4	Darryl: B:626-858-2864	53267	NC	Open
Wednesday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Deborah: 909-237-3448	23855	OP NC	Open
12:00-1:00 pm	Glendora	10th Step 1157 E Arrow Hwy Ste 4	Connie A: 626-893-9811	49291	WW	Open
6:30-7:30 pm	Glendora	Step Study 1157 E Arrow Hwy Ste 4	Susan T: 909-447-0977	21791	SP SS	Open
Thursday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Chris: 909-599-3315	23818	OP NC	Open
10:00-11:15 am	Claremont	St. Ambrose Episcopal Church 830 W Bonita	Debbie 951-202-3977	37014	OP	Open
6:30 - 7:30 pm	Glendora	Voices of Recovery 1157 E Arrow Hwy Ste 4	Donna L 909-225-3642	52598	LS	Open
7:00-8:00 pm	Rancho Cucamonga	RC Family Resource Center, 9791 Arrow Route	Barbara J: 626-862-3776	54678	SS	Closed
Friday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Darryl: 626-858-2864	23803	OP NC	Open
12:00-1:00 pm	Claremont	For Today, Joslyn Senior Ctr 660 N Mountain Ave	Alicia: 909-624-3102	23866	LS OP	Open
6:30 - 7:30 pm	Glendora	TGIF @ SGVIE 1157 E. Arrow Hwy Ste 4	Susan: 909-447-0977	52695	LS OP	Open
Saturday						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Connie A: 626-893-9811	23784	SP/Topic	Open
Legend: CO = Children OK CNO = No children LS = Literature Study OP = Open Pitch SP = Speaker SS = Step Study BB = Big Book MD = Meditation MS = Men's Stag WW = Writing ES = Espanol NC = Newcomer YP = Young Persons						
Meeting Status:						
Open Meeting: Open to OA members & non OA visitors.						
Closed Meeting: Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food). According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.						
SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP (SGVIE) group # 09009						
1157 East Arrow Hwy Ste 4, Glendora, CA 91740 626-335-3355 http://www.oasgvie.org						
Contact Information for OA outside SGVIE						
San Fernando Valley	818-881-4776	oasvalley.org	San Diego	619-521-2538	oasandiego.org	
Channel Islands	805-899-3250	oaciig.wordpress.com	South Bay	562-493-3030	oasouthbay.org	
Foothill	626-568-7511	oafoothill.org	Los Angeles	323-653-7652	oalaig.org	
Orange County	714-953-0900	oaoci.org	Region 2	949-644-6997	oar2.org	
Inland Empire	951-715-2080	go2oa.org	WSO	505-891-2664	oa.org	
PLEASE SUBMIT CHANGES TO DONNA L - dllittlej4@ca.rr.com (updated 05/18/2017)						

SAN GABRIEL VALLEY INLAND EMPIRE SERVICE BOARD

Chair: Teri L. (626) 825-0831
Vice Chair: OPEN
Secretary: Shelby V. (626) 272-6899
Treasurer: Mike B. (909) 579-3044
Special Events: Sandy M. (626) 272-7708
12 Steps Within: Teri Mc. (909) 260-9237
Region 2 Rep: Agnes A. (559) 917-4313
Meeting Liaison: Donna L. (909) 225-3642
Briefs/Webmaster: OPEN
Public Information: Lorraine (951) 295-0709
Prof. Outreach: OPEN
Literature: OPEN

SECRETARY'S CORNER

We still need volunteers as literature chair, vice chair, briefs/web chair and professional outreach at the inter-group level. If anyone is willing to help by becoming a member of the board OR simply help with some of the tasks pertaining to those roles please contact any board member.

12 STEP WORDS

Will
Sobriety
Recovery
Prayer
Meditation
Inventory
Higher
Abstinence
Resentments
Promises
Power
Length
Insecurity
Conscious
Twelve
Reprieve
Principles
Personalities
Isolation
Insanity
Anonymity

C F S E I T I L A N O S R E P V M D J D K M R N
K P S C Q S T A R N C D T E T L Y N Y M S H F V
U R R I Z F A Y Y I V Q I U W Q H K C Y H Z F U
Y I Y O O P Q Z R X W P I S O L A T I O N E R M
M C E B M P H Y O O Z Q E V E I R P E R D C U Y
I E U K S I R J S S T U I I L N P E V C Q N T T
J C N D G E S J C Z I N V N T H I J X L T E F I
R H H H V X X E G D U K E V S Z N G F B L N Z M
F V E O A W U B S I A S M V Z E N N Y I J I A Y
H R C J S O X Y L E E A V I N Z C X M K N T W N
Q E E E V L E W T L B F P K H I S U P F F S V O
R O X C N S M A P I P W M X L P U S R N W B T N
H D M Y P O U I Q S N Q B U V R O J T I U A K A
T A R M M J C W E K L A I S Z E I S L L T H M Q
G E V P E N M F B Q B F S R T S C Z Y K E Y K G
N X W M I D O H F K H T E N F E S Q T Y B F M M
E R G R S B I S O Z K W E A I N N K E Q N F X G
L H P M Y X G T A M O W O R W T O Z I Q Y N S I
V S F D I J R Q A P J I B P A M C T R Z P B A S
O Q C T Y B C E V T Y C H T L E X B B M K U T A
K T I R X C D B Y O I H B P H N E D O L V O W G
Q W Y T A X S V L A K O O U H T M D S S Z Q J U
H K P H P N G A Z E R E N I N S Z G P M T W C O
B C R Y P D L H R P H P M R C K B T E O F V I C

BOARD MEETING SUMMARY

Vice Chair:

MEETING DATE 07.08.17

- Vice Chair position is open. Anybody willing to be of service at the intergroup level, please contact any member of the board.

Treasurer:

- Thank you to all meetings that donated their entire 7th tradition to SGVIE. The donations were reflected in June's financials (\$825.73).
- Net income for the month of June is -\$1,478.09 and YTD -\$149.31. Total bank account balance \$4,771.94 minus the cash that has been provided for literature, events and printing. The prudent reserve is back up to \$2,500.00.
- Recycling increased this month (up to \$83.43, YTD \$339.33). Thank you to those people who brought their recycling and please continue to announce that people can bring their recycling to SGVIE if they wish.
- This is Mike B.'s last year as treasurer, start thinking about treasurer for next year.

Public Information:

- Lorraine has put together a resource directory of Student Health Centers for area colleges. Also, a directory for area Health and Wellness Expos (i.e., community, hospital, social services orgs). She also plans to work on the Glendora Wellness Expo which is in October.

Literature:

- For the month of June, SGVIE collected \$8.17 in tax, sold \$103.07 and bought \$112.00 of literature, -\$3.66 carryover. The R2 journal will no longer be ordered by SGVIE. People are encouraged to order online or print out the pages.
- The 10 minute chip is not approved by Region 2. We only should be using chips that are approved.
- Literature Chair is open. Anybody willing to be of service at the intergroup level, please contact any member of the board.

Special Events:

- August workshop "Time to Recommit After Relapse" is scheduled for August 12th at the SGVIE office.

Briefs and Web:

- Isa has relocated to Downtown Los Angeles and resigned as briefs and web chair. She will continue to support website updates until a new chair is identified. Anybody willing to serve in this position please contact any member of the board.



SGVIE's on Facebook, Instagram and Twitter!

Facebook: <https://www.facebook.com/groups/oasgvie/>

Instagram & Twitter: @oa_sgvie

Questions/Comments about SGVIE Briefs or Website?

Contact Isa (909) 263-1974 or email isa.p@me.com

Everyone is welcome to submit articles, drawings or suggestions for our upcoming publications.

The personal articles and stories express the experience of the individual members and not of OA as a whole. Any other OA group is welcome to reprint and/or distribute without permission.