

SGVIE BRIEFS

1157 E. Arrow Highway, Suite 4, Glendora, CA 91740; 626/335-3355; www.oasgvie.org

SGVIE Board & Committee Chairs

Chair	Cindy S.
	sgvie.igchair@gmail.com
	(626) 335-7548 (landline)
Vice-Chair	Open
Secretary	LaVonne S.
	sgvie.secretary@gmail.com
	(253) 691-6891
Treasurer:	Open
Region 2 Rep	Open
Public Information	Shelby M.
	SGVIE.WebMaster@gmail.com
	(626) 272-6899
SGVIE Briefs	Iris J.
	madewithlovebyiris@outlook.com
	(562) 965-6975
Special Events	Open
Professional Outreach	Open
Meeting Liaison	Open
12 Steps Within	Open
Literature	Open

Ad hoc Committee Chairs

Website/Social Media	Shelby
	SGVIE.webmaster@gmail.com
	(626) 272-6899
Phone Net	Susan T.
	(909) 447-0977
Facilities Coordinator	Open
Zoom Administrator	Jill A.
	Jilly670@gmail.com
	(505) 850-5586

SGVIE IG Board meets @ 9:45am
2nd Saturday of the month
1157 E. Arrow Hwy, Ste. 4
Glendora, CA 91740



**And just
like that,
we'rrrrre back!**

Allow me to introduce myself: My name is Iris J.

I came to my first SGVIE meeting April 25, 2022. God made sure to keep me here so that I would be of service and find spiritual and emotional growth as I work daily with my sponsor and sponsees around food and other issues.

Now, here I am as your newest member of the board. God and my fellows surely will help me along the way as I do my best to bring the fellowship an exciting and informative SGVIE newsletter as your Briefs Coordinator. It is my privilege to serve at this level.

If you would like to suggest or submit an article, or have ideas you would like to see featured in the *Briefs*, please don't hesitate to contact me.

In service and love,
 Iris J.
 SGVIE Briefs Coordinator

To the Newcomer -- Happy New Year 2024

What you will find at OA meetings:

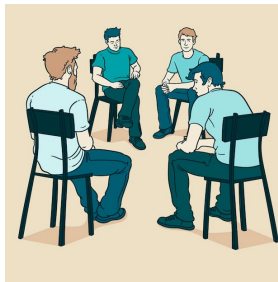
- ✦ Understanding of the problems you now face – problems often shared by others in the group.
- ✦ Acceptance of you as you are now, as you were, and as you will be.
- ✦ Communication that comes as a result of mutual understanding.
- ✦ Recovery from your illness.
- ✦ Power to enter a new way of life through the practice of The Twelve Step Recovery Program; belief in a power greater than yourself, and the support and companionship of the group.

In the beginning I was told:

- ✦ I would not only find a way to live without overeating, starving, bingeing and/or purging – I would find a way to live without wanting to act on my eating disorder.
- ✦ To remember, it's worked for millions of others, it can work for me.
- ✦ I will learn the great lesson of waiting with patience.
- ✦ I will believe that God has a plan for my life.
- ✦ I can change my attitudes.
- ✦ When I am disappointed, I can be extra kind to myself.
- ✦ I will believe I am lovable just the way I am.
- ✦ I am more than a number. The scale or my pant size does not define me.
- ✦ Reach out – people can't read my mind.
- ✦ Isolation is a darkroom for developing negatives



SPOTLIGHT
ON MEN'S
"OFF THE WALL"
STAG MEETING



Calling all men!

The men's Sunday night meeting has gone hybrid . . . So guys, don't miss out either in person or on Zoom.

- Format: Open pitch and speaker.
- Meeting ID: #24353
- Date/Time: Sundays, 7:30-8:30 PM
- Location: 1157 E. Arrow Highway, Suite 4
Glendora, CA 91740
- Zoom ID: 825 944 5125
- Passcode: 2020
- Contact: Darryl (626)253-4592

"Welcome" & "Farewell"

With the promise and hope for a great New Year, we kick it off by welcoming Iris J., as SGVIE's newest member of the board.

As you read on page 1, Iris joins the board as "Briefs Coordinator." (Can you give a BIG "**WooHoo**?")

We are very excited to have the intergroup's "SGVIE Briefs" newsletter back in publication. print, available online and communicating with you. We all look forward working alongside Iris to serve the fellowship.

"Welcome aboard sister!"

Thank you, 2023 board members

These board members completed service for the 2023 year and in some cases, served multiple years holding a variety of different board positions.

When you get the opportunity, please show your appreciation and "**Thank**" them for their service:

- R2 Representative:** Lorraine S.
- Treasurer:** Karen D.
- Events Coordinator:** My N.
- Literature:** Teri L.

Additional "Open" positions are listed on page 1 of the "Briefs." For criteria and board position job descriptions, visit oasgvie.org. Please feel free to contact chairperson, Cindy S., or any other board member to discuss your interest.

Coming Attractions!

If you haven't registered for a workshop, seminar or signed up for a retreat, let 2024 be the year of courage, change, love and spiritual awakening my fellows.

<https://www.oa.org>

Fellows, the link above is a great tool for discovering world-wide, OA recovery-focused events! Yes, we want to always support SGVIE, however, we have a responsibility to carry the message of recovery to compulsive eaters inside and outside our rooms. SGVIE's website is: www.oa.sgvie.org. Scroll to the EVENTS CALENDAR and enjoy exploring what personal recovery might look like for you in 2024!

Below are a few additional links for Region 2 and neighboring intergroups. These and other websites are also listed on SGVIE's "Meeting Directory" (included as the last page of your "SGVIE Briefs" newsletter).

- www.oar2.org
- www.oafoothill.org
- www.oalaig.org
- www.oasouthbay.org



Southern California Inland Empire Intergroup OA is inviting you to a Zoom Workshop

Step 4 - Inventories with Compassion and Love

Jan 6, 2024 1:00 pm PST (US and Canada)
Everyone welcome

Meeting ID: 854 1241 2873
Passcode: 178432

Contact for more info:
Amy 951-237-6820 or Renee 714-227-5799



45th Annual R2 Convention
Overeaters Anonymous
Sacramento, CA

July 12-14, 2024
Save the Date!

— more info coming soon to OAR2.org —



Put Down Some "OA Roots" and GROW!

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH - 14TH 2024

AT THE LAX HILTON
5711 W. CENTURY BLVD
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.
WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA, MEDITATION, AND MORE.

Registration opens Oct. 15th
oabirthday.com

EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)



OA SERENITY RETREAT
hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 19-21 2024



JOIN US!

A BODY IMAGE WORKSHOP
Eye of the Beholder: Through Whose Eyes Do You See Your Body?

THIS RETREAT INCLUDES:

- A beach front location
- Healthy, abstinent meals
- Rest and relaxation time
- Connection and fellowship
- Guided meditation (optional)
- Leisure afternoon break

SINGLE AND DOUBLE OCEAN VIEW ROOMS ARE LIMITED SO SIGN UP EARLY!

REGISTRATION:
Registration opens on April 24th at 8pm PST. Go to <https://www.eventbrite.com/e/oa-serenity-retreat-2024-registration-544840642027> to save your spot!
• Eventbrite fees are not included

This retreat is sponsored by the Silicon Valley Intergroup and open to OA members only

CONTACT US  oaaserenityretreat@gmail.com

Meeting Directory for San Gabriel Valley-Inland Empire (SGVIE) Intergroup Updated 12/30/2023

Time/Day	Meeting Format	City	Meeting Name & Location	ZOOM & Phone Numbers	Contact Person	WSO Mtg#	Format	Mtg Status
Sunday								
8:15-9:30 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Linda Z. 626-422-6684	23893	LS OP NC	Open
6:00-7:00 pm	Zoom		Ladies' Night	Zoom ID: 8259445125 Code:2020	Mary Sue 214-289-5949	89688	WO OP SP	Open
7:30-8:30 pm	Hybrid	Glendora	Men's' Off the Wall 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Darryl: 626-253-4592	24353	OP MS	Open
Monday								
7:00-8:00 am	Zoom		Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Linda P. 562-773-7763	23869	OP NC	Open
10:00-11:00am	Zoom		Pass It On	Zoom ID: 8259445125 Code:2020	Jeri 909-256-3220	36914	LS OP	Open
11:00am-12:00p	Face2Face	Glendora	What is Abstinence 1157 E. Arrow Hwy Ste 4		Sheri (818) 384-2392	53319	LS S OP	Open
12:00-1:00 pm	Phone Only		What is Abstinence?	Ph: 605-313-6196 Code:435255#	Thora 626-437-9475	55711	LS S OP	Open
Tuesday								
7:00-8:00 am	Zoom		Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Karen D. (909) 450-6209	23873	OP NC	Open
10:00-11:15 am	Face2Face	Glendora	Seeking a Spiritual Solution 1157 E. Arrow Hwy Ste 4		Susan T: 909-447-0977	51025	SS MD WW	Open
7:30-8:30 pm	Zoom		Newcomers 1157 E. Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Darryl: 626-253-4592	53267	NC	Open
Wednesday								
7:00-8:00 am	Zoom		Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Payam 310-382-0066	23855	OP NC	Open
12:00-1:00 pm	Zoom		9th Step Promises	Zoom ID: 8259445125 Code:2020	Iris J, (562) 965-6975	801213	WW	Open
7:00 - 8:30 pm	Zoom		Step Study	Zoom ID: 8259445125 Code:2020	Darryl: 626-253-4592	21791	SS	Open
Thursday								
7:00-8:00 am	Zoom		Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Sherri 650-868-2005	23818	OP NC	Open
10:00-11:15 am	Face2Face	Claremont	St. Ambrose Episcopal Church 830 W. Bonita		Ruth F. 951-202-8113	37014	OP	Open
12:00-1:00 pm	Phone Only		Voices of Recovery In Action	Ph: 605-313-6196 Code:435255#	Susan T. 909-447-0977	55661	MD WW NC	Open
6:30 - 7:30 pm	Zoom		A Vision 4 You	Zoom ID: 8259445125 Code:2020	Andi 909-706-9180	52598	BB	Open
7:00-8:00 pm	Face2Face	Rancho Cucamonga	Valley Alano Club 10980 Arrow Rte #107		Patty 951-316-3626	54678	LS	*Closed
Friday								
7:00-8:00 am	Zoom		Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Susan H. 714-598-5414	23803	OP NC	Open
12:00-1:00 pm	Face2Face	Claremont	Body Image, Relationships, Sexuality; Joslyn Sr. Ctr, 660 N. Mountain Ave.		Janice B. 951-237-3687	23866	WO LS WW	*Closed
12:00-1:00 pm	Zoom		For Today	Zoom ID: 8259445125 Code:2020	Chiconda 510-715-7906	800755	LS OP	Open
*See below for details.								
Saturday								
8:15-9:30 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Teri L. 626-825-0831	23784	SP/Topic	Open

LEGEND: BB = Big Book; CO = Children OK; CNO = No children; ES = Espanol; LS = Literature Study; MD = Meditation; MS = Men's Stag; NC = Newcomer; OP = Open Pitch; S = Speaker; SS = Step Study; WO = Women Only; WW = Writing; YP = Young Persons

"MEETING STATUS" DEFINITIONS	"MEETING ACCESS" INFORMATION/PROCEDURES
OPEN MEETING: Open to OA members & non OA visitors, e.g., students.	
*CLOSED MTG: Restricted to those who desire to stop eating compulsively. Open only to OA members & others who think they may have a problem with food. (Closed to students.)	
HYBRID: ZOOM & FACE TO FACE meeting, combined.	Zoom: 825 944 5125; Password: 2020. If calling in by phone, call-in # is: 1-408-638-0968.
PHONE ONLY: Phone conference meeting.	1-605-313-6196; code 435255#
FACE 2 FACE: In person at location.	See "Contact Person" for meeting information.
ZOOM: Virtual online meeting.	Zoom: 825 944 5125; Password: 2020. If calling in by phone, call-in # is: 1-408-638-0968.

According to 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 (S.G.V.I.E. IG) — GROUP #09009
1157 East Arrow Hwy Ste 4, Glendora, CA 91740; 626-335-3355; <http://www.oasgvie.org>

PLEASE SUBMIT CHANGES TO: SGVIE IG 626-335-3355

Other "Area" Intergroups	Region 2 (R2) & World Service Office (WSO)
Channel Islands IG: 805-947-0792; https://oaciig.wordpress.com/	Region 2 (R2): 949-644-6997; oar2.org
Foothill Intergroup: 626-497-9873; https://oafoothill.org	World Service Office (WSO): 505-891-2664; oa.org
Inland Empire IG: 951-715-2080; https://www.go2oa.org/	
Los Angeles IG: 818-794-0880; https://www.oalaig.org (LA & San Fernando Valley share a caller/text message #.)	
Orange County IG: 714-953-0900; http://www.oaoci.org/	
San Diego IG: 858-836-1770; http://www.oasandiego.org/	
San Fernando Valley IG: 818-794-0880; http://oasfvalley.org/ (LA & San Fernando Valley share a caller/text message #.)	
South Bay IG: 562-493-9030; https://www.oasouthbay.org	
Unity With Diversity Desert: 760-459-5389; https://desertoa.org	