

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) 335-7547 (landline)
Vice-Chair	Open
Secretary	Open
Treasurer:	Andi G.
	treasurer.sgvie@gmail.com (909) 706-9180
Region 2 Rep	Open
Public Information	Shelby M.
	SGVIE.WebMaster@gmail.com (626) 272-6899
SGVIE Briefs	Iris J.
	sgvie.briefs@gmail.com (562) 965-6975
Special Events	Alex C.
	alex.calhoun@icloud.com (609) 751-2903
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 Forwarding	Susan
	(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



Region 2 Gifts SGVIE \$\$

Great news SGVIE fellows!

During LAIG's "64th OA Birthday Party" in Los Angeles, Region 2 (R2) Chair, Jeremiah A., sent a region-wide email announcing updates and good news for R2 intergroups!

Highlights of Region 2's email are outlined as **bulletin points** and *italicized* below:

- ***A new fund has been established at the Region level, offering \$200.00 to support Intergroups in establishing new face-to-face meetings within their respective areas. This initiative (first-come, first served until the fund is depleted) aims to foster community growth and enhance our shared commitment to carrying the message. Funds will be disbursed by Region 2 to the designated person as directed by the Intergroup Chair.***

(Continued on page 2)





Spotlight On

**Tues., 10 a.m.,
F2F Step Study, " Seeking
A Spiritual Solution"**

Have you been to the Tuesday, 10am F2F meeting at SGVIE? If not, join your fellow OA-ers at this *Step Study* meeting, and lean into some great recovery and fellowship. For more information, contact Susan T. at (909) 447-0977.



SGVIE IG Finances

From time to time, SGVIE communicates financial information to the fellowship through the SGVIE Briefs.

This issue of the *Briefs* has an article about the 7th Tradition (page 3), attached December 2023, end-of-the-year "Financial Report" and "Contributions by Meetings."

For current financial and other SGVIE information, visit www.oasgvie.org.



March 10, 2024

Spring forward



Don't forget to set clocks ahead one hour at 2 a.m. Sunday

R2 Gifts SGVIE

(Continued from page 1)

To obtain funds, the required information and documentation for SGVIE was submitted and approved! R2 is providing SGVIE with \$200 to help foster community growth and enhance our shared commitment to carrying the message.

SGVIE IG members interested in establishing new face-to-face meetings within SGVIE's geographic area, can contact Cindy S., or attend a SGVIE IG board meeting (2nd Saturday of the month) to apply for funds. The funds will be used for new meetings' rent, literature, etc. Funds will be provided on a first come, first serve basis until depleted.

- **Region 2 is asking all Intergroups to audit their meetings to ensure the information on oa.org is current, clear, and concise.**

The above request is another reason SGVIE needs the board *Meeting Liaison* position filled. In addition to ensuring all SGVIE meetings are up-to-date at oa.org, updates are communicated to Shelby M. for SGVIE's website, and for the attached SGVIE IG "Meeting Directory."

- **WSBC is just around the corner. As we (Region 2) await the initial communiques, intergroups are asked to work to ensure the Intergroup is represented and our collective voice heard with the election of WSBC delegate(s).**
- **A new forum for Intergroup Chairs starts in February. Starting February, IG Chairs will gather on the final Wednesday of each alternating month to exchange ideas, insights, and best practices. This platform provides a valuable opportunity for collaboration and mutual support.**

SGVIE looks forward to the positive impact the above initiatives will have on our region, intergroup and the recovery community as a whole.

On behalf of SGVIE Intergroup . . .





The Tiniest Crack

A couple of months ago, I had an evening when I was feeling so much frustration, irritation, resentment, and disconnection from myself and those around me. I texted my sponsor and said, *"I don't know how to allow a Higher Power to help me. I just have too much resistance. I know that the Power of love in the world exists and could help, but I feel too resistant and*

shut down. I feel hard and shut like a closed door, and I don't know how to make an opening that can let any of that healing power in."

She texted me back with a message that I've remembered ever since, *"Of course you feel that way; it is what resentment does to us. So even though you don't feel like it and don't think it will help, go ahead and ask the Power of love to come in. It only takes the tiniest of cracks."*

That last sentence is what really struck a chord and has helped ever since: *it only takes the tiniest of cracks*. I imagine a dark room with a small beam of light coming through a crack in the door frame and how that little bit of light can actually be enough to see by. Now when I feel totally shut down or overwhelmed by emotion, I try to remember that inside me is still a tiny crack where love can enter, and where a Higher Power can reach through and soften the pain. Even the smallest sliver of willingness is enough to allow it in.

– D.S.

7th Tradition of OA - Every OA group ought to be self-supporting declining outside contributions

As part of educating newcomers and not-so-newcomers, information about OA's Seventh Tradition is available at meetings, online, and through OA literature. For a complete understanding of OA's 7th Tradition guidelines, including: guidelines for Zoom; setting up Automatic Renewal Contributions (ARC); through individual member contributions, and/or through your group meeting treasurer, download OA's **free** "7th Tradition" brochure (pdf) at: <https://bookstore.oa.org/digital-products/seventh-tradition-of-oa-802.asp>.

From OA's 7th Tradition pamphlet —

"How much is your recovery worth to you?"

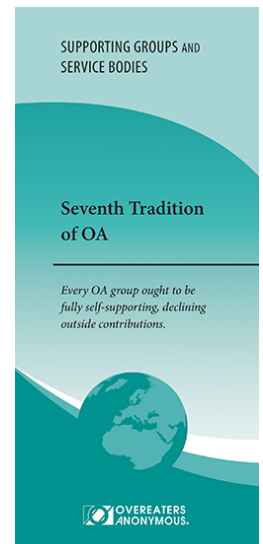
Give to keep our Fellowship thriving.

Our Seventh Tradition states that Overeaters Anonymous "ought to be fully self-supporting, declining outside contributions." While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

To know the true freedom of recovery is to know that we can make sensible and necessary financial contributions to OA at all levels, and that this investment in our Fellowship ensures we can continue to carry the message to the still-suffering compulsive overeater inside and outside our rooms.

When the Seventh Tradition collection comes around, do we remember how much we could be spending if we

(Continued on page 4)



Chapter 7 Working With Others

"Practical experience shows that nothing will so much to insure immunity from drinking, as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion. Carry this message to other alcoholics! You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it.

Frequent contact with newcomers and with each other is the bright spot of our lives ... "

(-page 89, Alcoholics Anonymous, Fourth Edition.)

.....

Do you want to become an OA speaker?

Here's how!

Sign up with Region 2 at www.oar2.org and fill out their form. This is a great way to carry the message as individual OA members, sharing our experience, strength and hope to the suffering compulsive overeater inside and outside of our rooms.

Here's where a list of speakers is also distributed and accessible to event and meeting speaker-seekers.

7th Tradition

(Continued from page 3)

were practicing compulsive eating behaviors instead of attending an OA meeting? Do we remember all the money we spent on weight-loss programs that didn't work? OA, too, requires income to be a viable organization.

Experience has shown that recovery in OA is far more important and lifesaving than the debilitating disease of compulsive overeating.

As long as we keep the Seventh Tradition, paying our own way from our own pockets, we earn the respect of the public and self-respect as well.

Groups may contribute specifically according to the informed group conscience, frequently choosing to send 60 percent to their intergroup, while forwarding 10 percent to the region and 30 percent to the WSO . . ."

(-7th Tradition of OA Pamphlet)



Welcome new SGVIE Board members

Say, "**Hello**" to SGVIE IG's newest board members!



Please welcome SGVIE's new finance Czar (Treasurer) - Andi G.

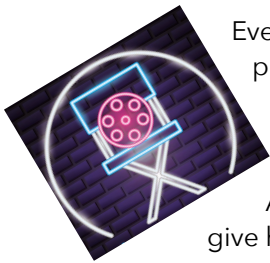
Having served in a variety of positions from meeting secretary, intergroup representative, speaker-seeker and more, Andi also previously served on the board as the intergroup's Events Coordinator. We are very grateful Andi once again joins the board. With the help of former Treasurer, Karen D., a smooth transition is ensured as Andi learns the 'financial' ropes. Thank you, Andi, for stepping into the treasurer position.

CONGRATULATIONS, it's a BOY! - Alex C., Events Coordinator

Although it may not (yet) be raining men, we're off to a great start with Alex C. joining the board as 2024 Events Coordinator. Alex came to his first OA meeting in 2018 and is enthusiastic about serving in the Events Coordinator position. Like other OA intergroups, SGVIE depends on donations raised through presenting events to help meet expenses. This is common for intergroups as 7th Traditions donations are fluid and don't always cover costs for outreach and future intergroup needs. The position of Events Coordinator is '*my importante*' for the functioning of the intergroup, for fellowship and for **FUN! Welcome aboard Alex!**

No one goes it alone in life - **OR** - in event planning! "Thank You," everyone, who helped present 2023 SGVIE events. From preparing flyers, programs and coordinating outreach; getting volunteers, serving as in-room and on-line hosts; being the "face" at the "Welcome" table; Master/Mistress of Ceremony; arranging speakers and presenters; handling contributions and financial documentation, and reaching back out to all of the volunteers to express our appreciation for their efforts. **SGVIE ROCKS!**

Under My's leadership in 2023, SGVIE produced three (3) events in March, May and November. Thanks to everyone who supported SGVIE's event efforts, donations in 2023 exceeded \$1,200.00.



Events identified at the Board's Strategic Planning meeting in 2023, that remain to be presented are: "**Movie Night**" (a *surprise* movie has been chosen) and the **ABC's of Abstinence** workshop. Other ideas put forth in 2023, include: an *art-focused event*; a *new and gently used clothing sale*, and a *1 to 3-day Retreat*.

Are you interested in helping Alex provide fun, recovery-focused events for SGVIE? Then, give him a call or text him at (609) 751-2903.

Iris J., SGVIE Briefs Coordinator

Corny as it may be, the *impulse* to communicate a '**brief**' "Thank you" to Iris can't be resisted. Having joined the board in December 2023, Iris completed her first issue of the Briefs in January/February and is back in full strength with the March/April issue. SGVIE is fortunate to have this beautiful, courageous and recovery-focused sister on board.

Are you interested in submitting an article for publication or an idea for the newsletter? If so, send Iris a message at sgvie.briefs@gmail.com. Your personal, recovery-focused story and ideas are welcome. We look forward to hearing from you -- the members of our fellowship.

Together we get better!
Together we serve!



Events

March 22-23: Region 2 - "Spring Assembly"

April 19-24: 39th OCI Women's "Sweet Surrender Retreat"

May 7-11: World Service Business Conference (WSBC)

- **May 31-June 2:** 37th Annual "OA Men's Retreat"
- **May/June:** TBA - SGVIE Event
- **Jul 12-14:** Region 2 "Convention" (Hybrid)

THE ORANGE COUNTY INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS THE

39TH WOMEN'S SWEET SURRENDER RETREAT

"Beyond Our Wildest Dreams"

AN IN-PERSON WEEKEND OF SPEAKERS, WORKSHOPS, YOGA, MEDITATION, NATURE AND MEANINGFUL FELLOWSHIP WITH OTHER WOMEN WHO ARE WALKING THE PATH OF HAPPY DESTINY!

April 19-21, 2024

AT PATHFINDER RANCH (NEAR IDYLLWILD) ARRIVAL AFTER 3:30PM, FRIDAY, DINNER: 5:30PM, FOLLOWED BY A SPEAKER MEETING, WRAP UP SUNDAY BY 11:30AM

REGISTRATION: \$255 UNTIL MARCH 15; \$280 AFTER
Registration is non-refundable

BRING YOUR AA BIG BOOK AND A NOTEBOOK TO WRITE IN!

Information: Alice N. (949) 793-3332 Email: retreat@oaoci.org

ONLINE REGISTRATION AND PAYMENT PREFERRED. at oaoci.org/register

Or make checks payable to OCI, put "Retreat" in the memo line, fill out below and mail to: OAOCI, P.O. Box 23957, Santa Ana, CA 92711.

Name: _____
Phone: _____
Email (write legibly): _____
I release Orange County Intergroup of OA, Inc. and Pathfinder Ranch of any liability for my participation in this retreat.

Signature: _____



Great for Newcomers or LongTimers!



OA Central Ontario Intergroup
Presents a:

Quick Step Study

- TUESDAYS (Five sessions)
Feb 20, 27, Mar 5, 12 and 19, 2024
2:00pm – 3:30pm Eastern Time
(Toronto/New York time)
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- You don't have to attend all the sessions
- Registration
 - Registration required 24 hours ahead of the start date or individual session.
 - Register by emailing: coquicksteps@oantario.org
- CHECK YOUR JUNKMAIL if you don't hear from us. Email again if that doesn't work. And email again!



"This workshop has been
all and more than I could
have hoped for."
-former workshop participant

The 37th Semi Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat
Fri, Sat & Sun, May 31 - June 1&2, 2024
Sponsored by OALA Intergroup
[@oalaign.org](https://oalaign.org)

Welcome to Old Mission San Luis Rey
Specials for the retreat are available!

Old Mission San Luis Rey Retreat Center
4050 Mission Avenue, Oceanside, CA 92057-6402
Tel: 760-757-3699
www.oalaign.org

For a complete description, visit their website at:
www.oalaign.org

For further information, please contact:
Dave B. at (619) 787-2037 or email daveb@oalaign.org
Gene K. at 760-859-7400 or email genek@oalaign.org

What is the cost?

- \$275 per man - double occupancy
- \$325 per man - single occupancy

Commuters (not staying overnight) Meal Prices:

- \$50 per day (includes the three meals for that day)
- \$150 for the weekend (includes all 6 meals for the weekend)

What do I get?

- A weekend of fellowship with other men in recovery in the tranquility of beautiful and spacious grounds.
- Retreat leaders who have worked all 12 Steps and want to help your recovery
- Two (2) nights lodging and six meals

When does it start?
Dinner starts at 6:00 pm Friday, May 31.
Opening ceremonies begin at 7:30pm Friday, May 31.

Why should I go?
Dozens of men have gotten abstinence at this retreat. Many others come every year to reenergize their program. This is the 33rd year of the retreat. Recovery happens here!

The 37th So-Cal OA Men's Retreat
Fri, Sat & Sun, May 31 - June 1&2, 2024

ON ZOOM!

1. Visit website to register online: <https://www.eventbrite.com>
2. Click on "Looking for event"
3. Type in "OA men" to find our event to register yourself.

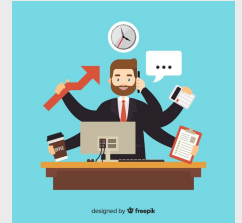
PLEASE INVITE OTHER MEN
KEEP COMING BACK!

Dave B. at (619) 787-2037 or email daveb@oalaign.org
Gene K. at 760-859-7400 or email genek@oalaign.org

HYBRID

July 12-14, 2024
45th Annual R2 Convention
Overeaters Anonymous
Sacramento, CA
Workshops, Speakers, Fun & Fellowship
Beyond Our Wildest Dreams
Newly Renovated Hilton Sacramento Arden West
Affordable Rooms, Meals Available at Cost
For More Info and to Register go to OAR2.org

URGENT
need to fill
**Secretary,
Meeting
Liaison and other
board positions.**



It is with deep regret, LaVonne S., resigned her position as SGVIE IG Board Secretary effective January 1, 2024. Following multiple family tragedies she felt it was necessary to step-down.

LaVonne joined the board April 2023, and just prior to resigning, took the lead in drafting a *Secretary's Calendar and Procedure* document. The document outlines the steps for timely transcription and dissemination of agendas and board meeting minutes and will be invaluable for the next person heading the call to serve as secretary.

On behalf of all other board members who came to depend on LaVonne's dedication and skill in fulfilling the duties of secretary, "Thank you, LaVonne," for your friendship and commitment to service. You will be greatly missed.

In love and friendship,
Cindy S.
SGVIE IG Chair

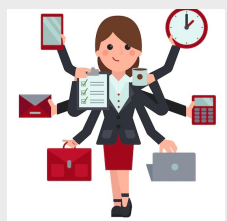
Maybe you can Inspire someone you have faith in to fill one of the board positions. Maybe that someone is, **YOU?**

Please be encouraged by the support provided by the board and other members of the fellowship to help you along a new path of service.

For information about open board positions, contact Cindy S., or any other member of the board

Together we get better!

Together we serve!



SGVIE FINANCIAL REPORT

2023 December

As of: 12/31/2023

		2023 December	2023 Fourth Quarter	2023 YTD	2022 TOTAL
INCOME	Incoming for Meeting Rent	\$250.00	\$720.00	\$2,478.85	\$4,158.41
	Donations from Meetings	\$781.55	\$1,922.14	\$9,480.44	\$9,081.39
	In Memory of Gina C	\$0.00	\$0.00	\$575.13	\$0.00
	Tax Preparer Refund	\$0.00	\$0.00	\$350.00	\$0.00
	Literature Sales*	\$14.50	\$121.33	\$752.55	\$911.92
	Soda/Water	\$9.00	\$40.00	\$127.00	\$0.00
	Recycling*	\$49.00	\$115.00	\$542.00	\$0.00
	Workshops	\$0.00	\$142.90	\$1,384.81	\$406.16
	Webhosting	\$25.00	\$75.00	\$300.00	\$300.00
	Podcasts/Subscriptions*	\$5.50	\$16.50	\$86.00	\$0.00
	Not Specified+	\$142.75	\$276.49	\$1,500.39	\$0.00
	Total Income	\$1,277.30	\$3,429.36	\$17,577.17	\$14,857.88
EXPENSES	Office Rent	\$850.00	\$2,550.00	\$10,200.00	\$9,200.00
	Webhosting; Ins; City License	\$40.00	\$120.00	\$480.00	\$494.17
	Internet & Phone	\$137.97	\$413.91	\$1,655.64	\$1,535.64
	Gas	\$21.96	\$48.57	\$452.02	\$407.36
	Edison	\$97.25	\$240.77	\$1,085.23	\$964.20
	Licenses: Zoom & Podcasts	\$38.97	\$116.91	\$483.81	\$443.64
	City License	\$0.00	\$0.00	\$14.00	\$0.00
	Insurance (SGVIE room liability)	\$0.00	\$0.00	\$315.00	\$315.00
	Tax professional	\$0.00	\$0.00	\$630.00	\$0.00
	Supplies/Postage	\$0.00	\$147.43	\$453.43	\$77.00
	Office Maintenance	\$0.00	\$22.00	\$179.76	\$0.00
	CA DOJ/SOS Filing Fees	\$0.00	\$0.00	\$70.00	\$0.00
	IRS Fees (Late filings 2020 & 2021)	\$0.00	\$0.00	\$250.00	\$0.00
	Literature purchases/sales tax	\$42.72	\$164.05	\$785.31	\$500.01
	PayPal/Stripe/Bank fees	\$23.16	\$66.20	\$366.95	\$134.00
	Total Expenses	\$1,252.03	\$3,889.84	\$17,421.15	\$14,071.02
Net Income/(Loss)	\$25.27	(\$460.48)	\$156.02	\$786.86	

BANK ACCOUNT BALANCE 12/31/23

TOTAL CHECKING BALANCE	\$5,343.05
Retreat Fund	\$2,500.00
Prudent Reserve (\$3,000)	\$3,000.00
Avail for R2/WSO Donations	\$0.00

* Combined under Literature in 2022

+ Combined with Other Donations in 2022

SGVIE CONTRIBUTIONS BY MEETING

December 2023

Day	Time	Name	December			2023 Q4	2023 Q3	2023 Q2	2023 Q1	2023 YTD	2022
			Rent	7th Trad	TOTAL						
Sun	8:15 AM	Attitude Adj*	\$ 50.00	\$ 88.55	\$ 138.55	\$384.37	\$425.72	\$448.97	\$680.40	\$1,939.46	\$2,033.89
Sun	6:00 PM	Ladies Night				\$0.00	\$31.55	\$105.69	\$53.40	\$190.64	\$104.41
Sun	7:30 PM	Men's Off the Wall*	\$ 50.00	\$ 10.50	\$ 60.50	\$130.50	\$189.00	\$123.00	\$153.00	\$595.50	\$472.00
Mon	7:00 AM	Attitude Adj		\$ 36.23	\$ 36.23	\$115.69	\$110.36	\$233.93	\$128.91	\$588.89	\$599.79
Mon	10:00 AM	Pass it On				\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$20.00
Mon	11:00 AM	Literature FTF*	\$ 50.00	\$ 33.80	\$ 83.80	\$285.50	\$335.50	\$254.00	\$232.60	\$1,107.60	\$164.00
Mon	12:00 PM	Literature PHONE				\$0.00	\$0.00	\$40.00	\$40.00	\$80.00	\$325.00
Tues	7:00 AM	Attitude Adj		\$ 46.23	\$ 46.23	\$135.69	\$152.36	\$215.93	\$128.91	\$632.89	\$537.79
Tues	10:00 AM	Big Book Study - FTF*	\$ 50.00	\$ -	\$ 50.00	\$150.00	\$50.00	\$84.00	\$84.00	\$368.00	\$370.00
Tues	7:30 PM	Newcomers				\$0.00	\$0.00	\$30.00	\$0.00	\$30.00	\$175.00
Wed	7:00 AM	Attitude Adj		\$ 36.23	\$ 36.23	\$138.19	\$110.36	\$220.93	\$128.91	\$598.39	\$609.79
Wed	12:00 PM	Promises				\$0.00	\$14.87	\$7.00	\$0.00	\$21.87	\$123.00
Wed	7:00 PM	Step Study		\$ 115.86	\$ 115.86	\$242.46	\$406.03	\$387.46	\$484.99	\$1,520.94	\$532.00
Thurs	7:00 AM	Attitude Adj		\$ 136.23	\$ 136.23	\$228.19	\$112.36	\$316.43	\$128.91	\$785.89	\$541.77
Thurs	10:00 AM	St. Ambrose				\$60.00	\$0.00	\$0.00	\$120.00	\$180.00	\$252.00
Thurs	12:00 PM	Voices of Recovery		\$ 12.00	\$ 12.00	\$39.00	\$39.00	\$84.00	\$81.00	\$243.00	\$230.00
Thurs	6:30 PM	Vision For You		\$ 25.00	\$ 25.00	\$75.00	\$50.00	\$183.00	\$45.00	\$353.00	\$644.27
Thurs	7:00 PM	Valley Alano, RC				\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Fri	7:00 AM	Attitude Adj		\$ 36.23	\$ 36.23	\$115.69	\$110.35	\$219.93	\$128.91	\$574.88	\$517.05
Fri	12:00 PM	Body Image Claremont				\$30.00	\$0.00	\$120.00	\$60.00	\$210.00	\$180.00
Fri	12:00 PM	For Today				\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$255.00
Sat	8:15 AM	Attitude Adj*	\$ 50.00	\$ 204.69	\$ 254.69	\$511.86	\$529.19	\$474.72	\$422.60	\$1,938.37	\$1,540.19
TOTAL			\$ 250.00	\$ 781.55	\$ 1,031.55	\$ 2,642.14	\$2,666.65	\$3,548.96	\$3,101.54	\$11,959.29	\$10,226.95

* Meetings held in SGVIE meeting room

FINAL SGVIE MTG DIRECTORY UNTIL IG "MEETING LIAISON" POSITION FILLED

Meeting Directory for San Gabriel Valley-Inland Empire (SGVIE) Intergroup Updated 2/05/2024

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	Ali 951-295-5091	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	Terri Mc 909-260-9237	23869	OP NC	Open
10:00-11:00am	Zoom		Pass It On	Zoom ID: 8259445125 Code:2020	Thora 626-437-9475	36914	LS OP	Open
11:00am-12:00p	Face2Face	Glendora	What is Abstinence 1157 E. Arrow Hwy Ste 4		Georga 626-336-3461	53319	LS S OP	Open
Tuesday								
7:00-8:00 am	Zoom		Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Sherri 650-868-2005	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	Thora 626-437-9475	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.		Lorraine 951-295-0709	23866	WO LS WW	*Closed
12:00-1:00 pm	Zoom		For Today	Zoom ID: 8259445125 Code:2020	Leanne 909-344-4949	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	