

Our Intergroup Board meetings are held at 9:45 a.m., on the second Saturday of each month at the SGVIE Meeting Room:

1157 E. Arrow Hwy #4
Glendora, CA 91740

Is your meeting represented with a voice at intergroup? Elect an Intergroup Representative (IG) so your meeting is involved and informed.

All are WELCOME!

Reward yourself with
Abstinence Through SERVICE – VOLUNTEER
for a position on the
SGVIE Intergroup Board

Intergroup Board Members

Chair	Shelby
Vice-Chair	Domingo
Secretary	Mary Jo
Treasure (temporary)	Lorraine
Special Events	Andie
12 Step within	Connie
Region 2 Rep.	Dorthea
Meeting Liaison	Carla
Literature	Janice
Professional Outreach	OPEN
Public Information	OPEN
Briefs	Sandy M.
Website	Shelby

We have 3 positions that need to be filled: Professional Outreach, Public information and Treasure. Please consider serving!

We are also in need of meeting Intergroup Representatives. Does your meeting participate? Please elect a meeting Intergroup Representative to attend SGVIE Board meetings so your meeting has a voice.

OA Responsibility Pledge

Always to extend the Hand and Heart of OA to all who share my compulsion. For this I am responsible.

SGVIE BRIEFS

1157 E. Arrow Highway, Suite 4
(626) 335-3355

Glendora, CA 91740
www.oasgvie.org

Like a Rock

SERVICE — helping one another is the rock upon which the OA program is built.

Not only am I **incapable** of overcoming my compulsion by myself, but as have I begun to recover with God's help, it is necessary for me to reach out to others to share my experience.

One of the problems I have, is a **preoccupation** with myself and my problems as a compulsive overeater. The reality, of course, is that there are thousands of people who suffer, and thousands who are bound by the chains of a seemingly hopeless addiction to food.

Service helps me to step outside of myself, and turn my focus on others. I know from my own experience — when I seek fellowship with other compulsive overeaters in OA, listen to their tales, feel their love and caring concern, and talk with them, I feel strengthened in my quest. I emerge from a meeting or come away from a conversation, renewed, with my batteries recharged and feeling capable of hanging on a bit longer. Getting outside of myself and sharing my own experiences with other compulsive overeaters helps the other person while it also helps me.

Still, sometimes I don't feel like I have anything to offer. I struggle daily to remain calm and serene — often with little success. I struggle with food and have not experienced the same degree of success that others have. Yet, as I quietly reflect on where I was several months ago and where I am today, I see progress — slow but sure. I owe that to God and those in OA whose stories and experiences have helped me more clearly see and understand the nature of my disease.

Service — that's what it is all about. As we **give of ourselves**, sharing our experiences and reaching out to help others who suffer, **we are strengthened** in our journey through recovery.

— Anonymous, 1991 February Lifeline

Upcoming Workshops at SGVIE

1157 E. Arrow Hwy, #4, Glendora, CA 91740

Suggested donation \$10.00 (No one will be turned away for lack of funds).

Saturday, November 2, 2019

10:30 a.m. — 12:00 Noon

Workshop: "Using Technology in Recovery"

A Basic overview of electronic tools to help enhance your recovery.

Saturday, December 7, 2019

10:00 a.m. — 1:00 p.m.

Workshop: "Body Image"

Come join us and learn to love your body. Be prepared, the workshop will include readings from the Big Book of AA and OA and AA's 12 x 12s. Bring pen and paper. There will be writing for sharing.

For more information about these and other SGVIE workshops and events, contact SGVIE Special Events chair Andy G. at (909)706-9180. To register online, visit www.oasgvie.org.



Meeting Information

Wednesday, November 21, 2019
6:30—7:30 pm

Join us for the Wednesday evening meeting's annual "Gratitude Candlelight" meeting. Bring your own candle — and 'gratitude.' Address above.



SERVICE WITH A SMILE!

Register Now

OA's 60th BIRTHDAY PARTY

"Great Events Will Come to Pass"
January 17–19, 2020

Hilton LAX • 5711 W. Century Blvd. • LA, CA

Last year's Birthday Party was a huge success with over 850 people coming from 40 different U.S. states and Canadian provinces, as well as OA members from the UK, France, Germany, and even Australia!

Birthday Party registration numbers are at record-high levels. Please register and make your reservation **NOW!**

Meal reservations are at even greater levels. Due to space requirements, we have a limited amount of meals available for sale.

Register today for \$50.00. Stay in luxury at the Hilton, for OA's *Discounted Rate* of \$139 per night. Rooms come with FREE wifi, plus OA members get a special discounted parking rate.

For information about OA's *60th Birthday Party* and to register, visit www.oalaig.org.



When: July 10-12, 2020

OAR2 Convention 2020

Hotel Information

Hilton Oakland Airport

One Helgenberger Rd.

Oakland, CA 94621

(More information to come.)

When the request is not right, God says, "No."

When the time is not right, God says, "Slow."

When we are not right, God says, "Grow."

When everything is right, God says, "GO!"



Recovery from compulsive overeating isn't a gift which can be clutched selfishly for oneself. Sharing what we have found with others is essential to our continued abstinence – day by day, year by year. Being willing to give, helps us keep what we have received.

Freedom through Service

By the grace of my Higher Power, I have been abstinent for over a year and lost 90 pounds. I am in my third month of pregnancy and am grateful to HP for this program and the precious people in it.

However, I am concerned about OA meetings in our area. They are not connected to an intergroup. I don't see much willingness to give service, and the meetings don't offer many service opportunities. I feel uncomfortable at business meetings when the subject of open positions comes up. The same people end up filling them. This behavior upsets me because service has been important to my abstinence.

I came to OA more than six years ago. I have maintained abstinence by using all the tools daily. In these first trying months of pregnancy, I have agreed to one chairing commitment to keep me going to meetings when I am tired. I have called newcomers to get out of myself and let them know I am thinking of them. I support a struggling meeting with a treasurer's commitment.

These activities keep me sane. Instead of blasting the meeting with criticism, I share with an OA friend, write in my journal and I pray. I created a list of actions I could take to help me feel comfortable with the topic of service.

- Pray for guidance.
- Share at meetings about the tool of service.
- Stress the benefits of service in my sharing.
- Share with my sponsees about service.

It feels good to take positive actions today, instead of dwelling on the problem. I am recovering on day at a time from my character defects.

Thanks to HP, I can do things differently after 28 years. I call this, freedom!

(–K.F., Southington, Connecticut 1996 Lifeline)

EACH LIFE AFFECTS ANOTHER

We may not always realize that everything we do, affects not only our lives – but touches others, too.

A single happy smile. can brighten up the day for anyone who happens to be passing by your way.

And a little bit of thoughtfulness that shows someone you care, creates a ray of sunshine for both of you to share.

Yes, every time you offer someone else a helping hand every time you show a friend you care and understand, every time you have a kind and gentle word to give, you help someone find beauty in this precious life we live.

For happiness brings happiness, and loving ways bring love, and giving is the treasure that contentment is made of.

Amanda

FOR DISCUSSION & JOURNALING

Taking Stock, Taking Action – helps you see how far you have come. Make two lists.

- On the first, list all the things about your life you did not like before coming to OA.
- On the second list, jot down how your life is different today. Compare and say, "Thank You."

Welcome to the "Patch" Being an OA member is like Being a Pumpkin



HP picks you from the patch, brings you in and washes off all the dirt you may have gotten from other pumpkins. Then he cuts the top and scoops out all the yucky stuff. He removes the seeds of doubt, hate, greed, etc. Last, He carves you a new smiling face and puts His light inside of you to shine for all the world to see.

Meeting Directory for SGVIE Intergroup of OA

Updated 09/01/2019						
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	Linda Z: 626-422-6684	23893	LS OP NC	Open
6:00-7:00 pm	Glendora	Big Book Study 1157 E Arrow Hwy Ste 4	Georgia: 626-336-3461	00492	BB Study	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	Stan: 626-622-5369	23869	OP NC	Open
9:15-10:15 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	Alicia: 909-624-3102	53319	LS OP	Open
6:30-7:30 pm	Claremont	Literature Study Reflection Rm @ OLA Church 435 Berkeley	Alicia: 909-624-3102	51333	LS	Open
Tuesday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23873	OP NC	Open
10:00-11:15 am	Claremont	BB @Joslyn Senior Ctr Annex 660 N Mountain Ave	Lorraine: 951-295-0709	51025	MD BB	Open
5:30-6:30 pm	Claremont	11th Step Friends Meeting House(front) 727 Harrison	Alicia: 909-624-3102	29956	MD	Open
7:30-8:30 pm	Glendora	Beginners 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	Stan: 626-622-5369	23855	OP NC	Open
10:00-12:00 pm	Claremont	Claremont Pres. Chrch, 1111 N. Mountain, Southwest Rm	Lorraine: 951-295-0709	56949	WW NC CNO	Open
12:00-1:00 pm	Glendora	10th Step 1157 E Arrow Hwy Ste 4	Sandy M: 626-272-7708	49291	WW	Open
6:30-7:30 pm	Glendora	Step Study 1157 E Arrow Hwy Ste 4	Carla C: 909 229 0547	21791	SS	Open
Thursday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23818	OP NC	Open
10:00-11:15 am	Claremont	Open Pitch St. Ambrose Episcopal Church 830 W Bonita	Lorraine: 951-295-0709	37014	OP	Open
6:30 - 7:30 pm	Glendora	A Vision 4 You 1157 E Arrow Hwy Ste 4	Andie: 909-706-1980	52598	BB Study	Open
7:00-8:00 pm	Rancho Cucamonga	Lit. Study RC Family Resource Center, 9791 Arrow Route	Sharon C: 909-214-9241	54678	LS NC	Closed*
Friday						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23803	OP NC	Open
12:00-1:00 pm	Claremont	For Today, Joslyn Senior Ctr 660 N Mountain Ave	Pat: 909-272-0482	23866	LS OP	Open
3:00-4:00 pm	Monrovia	Attitude Adjustment 2701 South Peck Rd.	Janet: 626-590-1675	53266	SS	Open
6:30 - 7:30 pm	Glendora	TGIF @ SGVIE 1157 E. Arrow Hwy Ste 4	Leann: 909-344-4949	52695	LS OP	Open
Saturday						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Georgia: 626-336-3461	23784	SP/Topic	Open
OA telephone meeting (Mon-Fri) - A Vision 4 You - Big Book Study - 7:00 AM PT Live: 712-432-5210 pin 876148#; Recorded: 712-432-5203 pin 876148#						
Legend: NC = Newcomer LS = Literature Study OP = Open Pitch SP = Speaker SS = Step Study BB = Big Book MD = Meditation MS = Men's Stag WW = Writing ES = Espanol YP = Young Persons CO = Children OK CNO = No children						

Region 2	916-870-1442	oar2.org	San Fernando Valley	818-881-4776	oasfvalley.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
Inland Empire	951-715-2080	go2oa.org	WSO	505-891-2664	oa.or