



SGVIE Briefs

**1157 E. Arrow Hwy #4
626-335-3355**

**Glendora, CA 91740
www.oasgvie.org**

October and November 2019

Our Intergroup Board meetings are held on the second Saturday of each month at the SGVIE Office @ 9:45AM

1157 E. Arrow Hwy #4

Glendora, CA 91740

Is your meeting represented with a voice at intergroup?

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
Prof. Outreach	OPEN
Public Information	OPEN
Briefs	Sandy M.
Web Site	Shelby

We have 3 positions that need to be filled Professional outreach, Public information and Treasure.

We are also in need of intergroup reps so your meeting can have a voice. If you are from a small meeting try sharing to job with different members each month.

OA Responsibility Pledge

Always to extend the hand and Heart of OA to all who share my compulsion, for this I am responsible.

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 experiences.

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, to turn my focus on others.

I know from my own experience that 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, 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 there is 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. - Continues on page 2

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) Information Contact: Andie G. (909)706-9180 Go to oasgvie.org and register on line

November 2, 2019 10:30- 12:00

Workshop: Using Technology in Recovery

A Basic overview of electronic tools to enhance your recovery

December 7, 2019 10:00- 1:00

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, AA 12 x12, OA 12x12. Bring pen and paper there will be writing for sharing



November 21, 2019, 6:30 – 7:30 pm

Wednesday Night Gratitude Candle Lighting Meeting.
Bring your own candle. See location address above
7th tradition will be taken.

Like a rock -Continued from page 1

Service- that's what it's all about. As we give of ourselves, sharing our experiences, reaching out to help others who suffer as we have, we are strengthened in lives and in our journey through recovery. Anonymous, 1991 February Lifeline



SERVICE WITH A

SMILE !!

“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.”

Register Now

60th OA BIRTHDAY PARTY

Great Events Will Come to Pass / January 17-19, 2020 Hilton LAX • 5711 W Century Blvd, • Los Angeles, CA

Two important items! We know people are busy, so we are extending the deadline for our price hike 72 hours - until midnight, October 4th.

Also, due to very high demand, we want you to know that we WILL run out of meals soon, so **order today**. Birthday Party registration numbers are at a record level so far. Meal reservations are at even greater levels, and due to space requirements, we have a limited amount of meals available for sale. Register today for only \$45.00. Price goes up to \$50.00 on October 4.

Stay in Luxury for our Discounted Rate. You can now book a room at the Hilton for just \$139 per night, an exclusive rate for the Birthday Party & the rooms come with FREE wifi! And OA members also get a special parking discount.

When: JULY 10-12, 2020

OAR2 Convention 2020

Hotel Information

Hilton Oakland Airport
One Helgenberger Rd.
Oakland, CA 94621
510-635-5000

**Save
the
Date**

(Watch for more upcoming details)

FOR DISCUSSION...AND JOURNALING

Taking Stock, Taking Action helps you to 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.



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 own continued abstinence, day by day, year by year. Being willing to give helps us keep what we have received.

OA Group Handbook (page One)

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 chaireing 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, wrote in my journal and prayed. 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 always 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 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

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 put 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