

SGVIE BRIEFS

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“Thank You, OA!”

OA saved my life! This phrase, often said in meetings, may seem dramatic or like an off-the-cuff remark. Maybe we hear it so frequently, the listener doesn't receive it as a serious statement. In my case, however, it is the simple truth. I would not be alive today, if it were not for the program and fellowship of OA.

When I came in to OA, I was 25 years old, weighed 340 lbs., and smoked cigarettes like they were the oxygen I needed to live. I was mentally, physically and spiritually bankrupt — but you would have never known it. A master at self-deception, I acted as if all was well and I had it together. Nothing could have been further from the truth.

I've been in Overeaters Anonymous for 44 years. An amazing, wondrous, transformative and sometimes painful journey. Over these four decades, I've experienced so many mental, physical and spiritual reincarnations, my soul has stretch marks! I am grateful beyond words.

My recovery has been supported by all the things we hear, read about and learn will transform our lives through practicing the 12 Steps: Abstinence, Meetings, The Steps, Tools, Traditions and Service. I read, write and meditate, daily. I write down my food, and I have a sponsor and I sponsor.

A personal tradition I have practiced for over 35 years that I want to share with you is: each year, I write myself a New Year's letter.

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SGVIE Intergroup Board Meetings

Intergroup board meetings are held the second Saturday of each month, 9:45 a.m. at the SGVIE Office meeting room – 1157 E. Arrow Highway, #4, Glendora CA 91740. **All are welcome!** (Is your meeting represented?)

SGVIE Briefs 2020 Distribution

March 14 * May 9 * July 11 *
September 12 * November 14.

SGVIE Office and Meeting Room Carpet Fund

In 2019, the Board approved passing a basket at meetings to collect funds for a new carpet. The facility is used for member group meetings, administrative purposes and events and workshops that benefit OA as a whole.

Donations continue to be accepted until the February board meeting at which time the issue will be revisited and discussed. All donations collected are earmarked for the carpet fund. Your donation is appreciated.

Thank you, OA

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Usually composed between Christmas and the New Year's Day, I take time to think about what the new year might bring, reflect on the past year, and let my hand transcribe my thoughts on to paper. I put the letter in an envelope and mail it to myself. When I receive the letter, I place it unopened in the box with my Christmas wrapping paper to be found, opened, and read the next year. It's always a surprise — I never remember what I wrote! Each year I look forward to reading the previous year's letter and writing my new, New Year's letter.

I hope your New Year 2020 is filled with health, happiness and all God's blessings. Keep coming back to OA as we trudge that road to happy destiny. **We (I) need you!**

Blessings,
Cindy S.



To the Newcomer

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, binging 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.

Events Corner

Sponsored by SGVIE Intergroup, events for the months **January, February** and **March**, will be held (or meet) at the SGVIE Office meeting room, 1157 E. Arrow Hwy, Suite 4, Glendora, CA 91740. Suggested donations for events vary, however, no one will be turned away for lack of funds. For more event information, contact Andy G. at 909/706-9811, or butterfly031@msn.com.

January 25: 10:00 a.m.-1:00 p.m. **“Vision Boards”**

Laying the foundation for permanent change. ***Change your thinking with a new vision of recovery.*** Join this event to create and express your vision.

February 23: 2:00-4:00 p.m. **“Be Your Own Sweetheart”**

Be your own Sweetheart Valentine’s Day Party.



March 7: 10:00 a.m.-2:00 p.m. **“Walk the Walk”**

Come walk the 12 Steps and learn to have a willingness to change. Fundraiser “Walk” with “Speakers” to help support our Region 2 Reps. \$20.00 for *walk* and *speakers*,



or \$10.00 to attend for *speakers*, only. Bring your lunch to give more time for fellowship. (Event takes place rain or shine with modifications.)

April 26: TBA “Garden Meditation”
SGVIE Intergroup speaker will speak on meditation in a garden setting.

November 1—5, TBA — “Cruise”

Watch for event updates in future issues of the SGVIE Briefs!



Tips for Living in the Present

Guilt is a burden that keeps me from giving myself fully and freely to the present. I can begin to rid my mind of guilt by quietly admitting where and when I have done wrong to people, including myself.



Yesterday – Today – Tomorrow

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is YESTERDAY, with its mistakes, faults, blunders and successes. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed, or erase a single word we said. YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversities, burdens, promises or performance. Tomorrow is also beyond our immediate control. Tomorrow’s sun will rise, either in splendor or behind a mask of clouds — but it will rise. Until it does, we have no stake in TOMORROW for it is as yet unborn.

This leaves only one day . . . TODAY. Any man can fight the battle of just one day. It is only when we add the burdens of those two days YESTERDAY and TOMORROW — that we struggle.

It is not worth the experience of today that drives men mad, it is remorse or bitterness for something that happened YESTERDAY and the dread of what TOMORROW may bring.

Let us, therefore, live but one day at a time!

OA Responsibility Pledge

Always to extend the Hand and Heart of OA s
to all who share my compulsion.

For this I am responsible

Meeting Directory for San Gabriel Valley Inland Empire (SGVIE) Intergroup of OA

Updated 10/06/2019						
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						
7:00-8:00 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						
7:00-8:00 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						
7:00-8:00am	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						
7:00-8:00 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: 909-706-9180	52598	BB Study	Open
7:00-8:00 pm	Rancho Cucamonga	Lit. Study Family Resource Center, 9791 Arrow Route	RC Sharon C: 909-214-9241	54678	LS NC	Closed*
Friday						
7:00-8:00 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						
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 *Closed Meeting: Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food). <i>According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.</i>						

SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP (SGVIE) group # 09009			626-335-3355	www.oasgvie.org	
San Fernando Valley	818-881-4776	oasfvalley.org		San Diego	619-521-2538
Channel Islands	805-899-3250	oaciig.wordpress.com		South Bay	562-493-3030
Foothill	626-568-7511	oafoothill.org		Los Angeles	323-653-7652
Orange County	714-953-0900	oaoci.org		Region 2	916-870-1442
Inland Empire	951-715-2080	go2oa.org		WSO	505-891-2664
					oasandiego.org
					oasouthbay.org
					oalaig.org
					oar2.org
					oa.org

Please submit changes to: cmcampbellkidz@gmail.com or phone/text (909)229-0547