

July 24, 2020



Special Edition #3

1157 East Arrow Hwy Ste. 4, Glendora, CA

# WEEKLY UPDATED BRIEFS

## 2020 SGVIE Intergroup Board Members

<b>Chair</b> <a href="mailto:SGVIE.chair@gmail.com">SGVIE.chair@gmail.com</a>	<b>Shelby V.</b> (626)272-6899
<b>Vice- Chair</b> <a href="mailto:Sgvie.vicechair@gmail.com">Sgvie.vicechair@gmail.com</a>	<b>Domingo</b> (562)587-7306
<b>Secretary</b> <a href="mailto:Maryjopalmer9250@gmail.com">Maryjopalmer9250@gmail.com</a>	<b>Mary Jo P.</b> (909)559-3497
<b>Treasure</b> <a href="mailto:janiceonthego@outlook.com">janiceonthego@outlook.com</a>	<b>Janice B.</b> (951)237-3687
<b>Special Events</b> <a href="mailto:Butterfly0371@msn.com">Butterfly0371@msn.com</a>	<b>Andie G.</b> (909)706-9180
<b>12 Step Within Region 2 Rep.</b> <a href="mailto:DortheaOAR2@gmail.com">DortheaOAR2@gmail.com</a>	<b>Available Dorthea</b> (626)723-6767
<b>Meeting Liaison</b> <a href="mailto:cmcambellkidz@gmail.com">cmcambellkidz@gmail.com</a>	<b>Carla C.</b> (626) 335 3355
<b>Literature Professional</b>	<b>Available</b>
<b>Public Information</b>	<b>Available</b>
<b>Website</b> <a href="mailto:SGVIE.chair@gmail.com">SGVIE.chair@gmail.com</a>	<b>Shelby V.</b> (626)272-6899
<b>Facilities coordinator:</b> <a href="mailto:RV.Campbell@verizon.net">RV.Campbell@verizon.net</a>	<b>Rob C.</b> (909)243-2911
<b>Special Edition Briefs</b> <a href="mailto:walkforyourself@yahoo.com">walkforyourself@yahoo.com</a>	<b>Sandy M.</b> (626)272-770

**It is sad to say but the SGVIE office has been shut down again. We will keep you posted!!!!**

Watch each **Saturday** for new updates. To receive the latest information Check SGVIE Web site. Pick up hard copy outside SGVIE Office. Make a Hard Copy to make announcements at meetings send your email, address, or phone number to be added to those that want to receive a copy each week. Send information to Sandy @ 626-2727708, [walkforyourself@yahoo.com](mailto:walkforyourself@yahoo.com) You can also register on the SGVIE web site. Simple to do to be informed of latest news.

**Share this information with others**

## Temporary New Phone Meeting

Thursdays 12-1

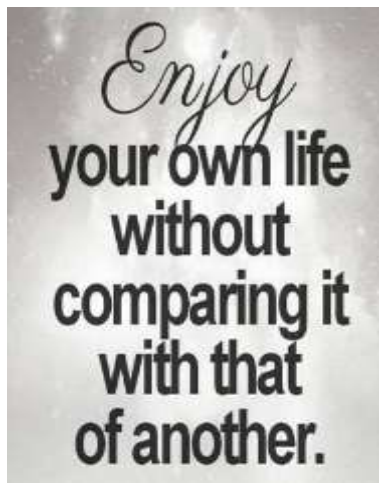
It is a Just for Voices of Recovery Meeting with writing it will only be open until the Wednesday Meeting at 10AM starts up again. Dial in at: 605-303-6196 Code 435255.



## 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.



Just a note: Lorraine has been invited to speak at a Spanish speaking meeting in Europe. The web site is [OAUVPt.info](http://OAUVPt.info)

“One of the most courageous decisions you will ever make is to finally let go of what is hurting your heart and soul.”

**ELECTION TIME is fast approaching in October. The positions will begin January of 2021. We have several opening that will be available. Listed below are the guidelines:**

### Eligibility for Service on SGVIE Intergroup Board of Directors

Have regularly attended OA meetings for one year and are currently and regularly attending meetings of a Member Group for one year.

Have abstained from compulsive overeating for 6 months prior to and including the date of election.

Have taken Steps 4 and 5 and practicing the 12 Steps and 12 Traditions to the best of his/her ability

The Nominee candidate must be present at the time of the election.

Shall not be a paid employee of OA World Service, Region 2 or SGVIE Intergroup



### Terms of Service

Chairperson shall be elected for 1 year. Serves no more than 2 consecutive terms.

Other officers are elected for one 2 year term and serve no more than 2 consecutive terms.

Sometimes the prettiest things  
can be the simplest things.  
Enjoy the little things in your  
life, for one day you'll look  
back and realize,  
they were the big things.

Robert Bradt



Your happiness is found along the path you travel daily not the finish line. You need to enjoy the moment you travel through right where you are at, at this exact moment. Happiness is found in every breath you take today. Please choose to breath it all in.



We are saddened to announce the passing of a long time fellow **Connie A. on July 20, 2020.** When I think of Connie, she was always there for others, she loved marching for peace and justice, and you always felt you were special when she called you precious. Knowing Connie, she wishes us all Namaste. You will be missed my lady.

### Before Abstinence

Before Abstinence, food ruled my life, gripped me like and eagle's talon, like a lightning bolt, sharp and shattering. Each day the compulsion racked my body, numbed my mind, left me without hope, stole from me all vision, and robbed me of my life.

At my first meeting, some reading, and writing, some half-hearted praying, but still sneaking and hiding and wanting, it my way. Then a miracle, not fast like lightning but slow and sure, a summer storm all thunder and downpour then clearing slowly.

Sunlight burned through haze and promised the storm's passing: humility lit shadows darkened by stubborn pride. Moments of honesty blown in on winds of pain and earnest prayer turned pages in the mind, until a cleansing,

First a trickle so soft it might have been the dew or a mist, but then surrender flowing, wild and free into a current so strong it drew the reeds and shouted its name to the hills, like a river rushing down a mountain.

Now morning is a gift. Each day I shine like a new sun burst free from the clouds. I am a comet cut loose, a bird freed from the cage. I float on clouds and dance with the wind, a kite soaring free on a clear summer day.

Abstinent at last, I hold each simple moment like tiny treasure and sing praises to God.

S.C., Detroit, Michigan USA 1996

Updated 07/15/2020 **Meeting Directory SGVIE** 1157 East Arrow Hwy Ste 4, Glendora, CA 91740

Time/day	City	Location	Contact Person	Mtg #	Type	Mtg Status
<b>Sunday</b>						
8:15-9:30 am	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 825 944 5125 Password: 2020	Linda Z: 626-422-6684	23893	LS OP NC	Open
6:00-7:00 pm	Glendora	Big Book <i>PHONE MEETING:</i> Call in at (605)313-6196 Access Code: 435255#	Georga: 626-336-3461	00492	BB Study	Open
7:30-8:30 pm	Glendora	Men's <i>PHONE MEETING:</i> Call in at (605)313-6196 Access Code: 435255#	Darryl: 626-858-2864	24353	OP MS	Open
<b>Monday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE:</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to <a href="https://zoom.us/join">zoom.us/join</a> ID 225 079 494 Password: 543210	Stan: 626-622-5369	23869	OP NC	Open
10:00-11:00 am	Claremont	Pass It On <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use the same meeting ID. Password: 2020	Ruth F.: 951-202-8113	36914	LS OP	Open
12:00-1:00 pm	Glendora	What is Abstinence? <i>PHONE:</i> Call in at (605)313-6196 Access Code: 435255#	Alicia: 909-624-3102	53319	LS OP	Open
6:30-7:30 pm	Claremont	Literature Study <i>PHONE MEETING</i> Call in at (605)313-6196 Access Code: 435255#	Alicia: 909-624-3102	51333	LS	Open
<b>Tuesday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE:</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to <a href="https://zoom.us/join">zoom.us/join</a> ID 225 079 494 Password: 543210	Stan: 626-622-5369	23873	OP NC	Open
10:00-11:15 am	Claremont	Big Book <i>PHONE MEETING</i> Call in at (605)313-6196 Access Code: 435255#	Lorraine: 951-295-0709	51025	MD BB	Open
5:30-6:30 pm	Claremont	11th Step <b>**Limited Space for FACE to FACE Meeting Outdoors**</b> 727 Harrison, Claremont- Friends Meeting House	Alicia: 909-624-3102	29956	MD	Open
7:30-8:30 pm	Glendora	Beginners <i>PHONE MEETING:</i> Call in at (605)313-6196 Access Code: 435255#	Darryl: B:626-858-2864	53267	NC	Open
<b>Wednesday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE:</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to <a href="https://zoom.us/join">zoom.us/join</a> ID 225 079 494 Password: 543210	Stan: 626-622-5369	23855	OP NC	Open
10:00-11:30 am	Claremont	Closed Temporarily - <b>**see OA Phone Meetings at the end for more options.**</b>	Lorraine: 951-295-0709	56949	MD BB	Open
12:00-1:00 pm	Glendora	9th Step Promises <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 540 464 134# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 540 464 134 Password: 543210	Rob C: 909-243-2911	49291	LS BB OP	Open
7:00-8:15 pm	Glendora	Step Study <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 825 944 5125 Password: 2020	Carla C: 909 229 0547	21791	SS	Open

Continued next page...

# Meeting Directory SGVIE

Thursday																										
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE</i> : Call in at (408)638-0968 Meeting ID: 225 079 494# or go to <a href="https://zoom.us/join">zoom.us/join</a> ID 225 079 494 Password: 543210	Stan: 626-622-5369	23818	OP NC	Open																				
10:00-11:15 am	Claremont	Pass It On <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 825 944 5125 Password: 2020	Ruth F.: 951-202-8113	37014	OP	Open																				
6:30 - 7:30 pm	Glendora	A Vision 4 You <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 825 944 5125 Password: 2020	Andie: 909-706-9180	52598	BB Study	Open																				
7:00-8:00 pm	Rancho Cucamonga	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Sharon C: 909-214-9241	54678	LS NC	Closed*																				
Friday																										
7:00-8:00 am	Glendora	Attitude Adjustment **Limited Space for FACE to FACE Meeting** <i>on PHONE</i> : Call in at (408)638-0968 Meeting ID: 225 079 494# or go to <a href="https://zoom.us/join">zoom.us/join</a> ID 225 079 494 Password: 543210	Stan: 626-622-5369	23803	OP NC	Open																				
12:00-1:00 pm	Claremont	For Today <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 760 380 396# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 760 380 396 Password: 543210	Pat: 909-272-0482	23866	LS OP	Open																				
3:00-4:00 pm	Monrovia	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Janet: 626-590-1675	53266	SS	Open																				
6:30 - 7:30 pm	Glendora	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Leanne: 909-344-4949	52695	LS OP	Open																				
Saturday																										
8:15-9:30 am	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to <a href="https://zoom.us/join">zoom.us/join</a> and use ID: 825 944 5125 Password: 2020	Georga: 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# OA telephone/ZOOM meeting Friday Night, - 6:30 pm - (408)638-0968 Meeting ID: 111 343 806# Password 303003 or meet on video online at <a href="https://zoom.us">zoom.us</a> using the same meeting number. (Contact: Yvonne at 818-400-0414)																										
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 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 Website: <a href="http://www.oasgvie.org">www.oasgvie.org</a> Skype in to SGVIE: 626-460-3937 PIN:765458896#																										
<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">San Fernando Valley 818-881-4776</td> <td style="width: 33%;">oasvalley.org</td> <td style="width: 33%;">San Diego 619-521-2538</td> <td style="width: 33%;">oasandiego.org</td> </tr> <tr> <td>Channel Islands 805-899-3250</td> <td>oaciig.wordpress.com</td> <td>South Bay 562-493-3030</td> <td>oasouthbay.org</td> </tr> <tr> <td>Foothill 626-568-7511</td> <td>oafoothill.org</td> <td>Los Angeles 323-653-7652</td> <td>oalaig.org</td> </tr> <tr> <td>Orange County 714-953-0900</td> <td>oaoci.org</td> <td>Region 2 916-870-1442</td> <td>oar2.org</td> </tr> <tr> <td>Inland Empire 951-715-2080</td> <td>go2oa.org</td> <td>WSO 505-891-2664</td> <td>oa.org</td> </tr> </table>							San Fernando Valley 818-881-4776	oasvalley.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	Region 2 916-870-1442	oar2.org	Inland Empire 951-715-2080	go2oa.org	WSO 505-891-2664	oa.org
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**Please submit changes to: [carlacofoa@gmail.com](mailto:carlacofoa@gmail.com) or call 626 335 3355**

## OA 12 Step Workshop

Come join a weekly workshop that takes you through the 12 Steps with fellows in a group format in 15 weeks ~

July 25th - October 31st  
Saturdays, noon to 2pm



The following literature will be used in the workshop sessions and homework assignments:

- The 12 Steps and 12 Traditions of Overeaters Anonymous
- Alcoholics Anonymous, Fourth Edition (aka, The Big Book)\*
- 12 Steps and 12 Traditions of Alcoholics Anonymous\*
- Overeaters Anonymous, Third Edition
- Voices of Recovery
- For Today

\*available online

Recommended: Twelve Step Workshop and Study Guide, Overeaters Anonymous

Zoom link will be provided to participants the week before July 25th

Note: Closed Workshop for 4-12 participants; no new members after August 1. Participants commit to attend and participate in all sessions.

Questions? Want to sign up? Natalie M, 805-814-8241 (text, please)

## "How It Works"

### An OA Workshop



"Rarely have we seen a person fail who has thoroughly followed our path."\*

Saturday, July 25, 2020  
1:00 to 2:30 PM PDT

Come explore some important messages and themes from Chapter 5 "How It Works" in AA's "Big Book" Alcoholics Anonymous. Discover the roadmap for recovery success! There will be time for writing, questions and sharing.

ZOOM Meeting ID:

373 820 2031

Passcode: 5162020

Dial-In: +1-253-215-8782

\*Alcoholics Anonymous, Chapter 5, pg. 58

This is a special virtual event hosted by South Bay Intergroup of OA (SBI). To support SBI, please send a 7th Tradition suggested donation of \$5. No one will be turned away for lack of funds. See address below or go to [www.oasouthbay.org](http://www.oasouthbay.org) to donate via PayPal or Zelle. Please specify "How It Works" in the Add-A-Note section.



South Bay Intergroup of  
Overeaters Anonymous  
P. O. Box 918  
Harbor City, CA 90710

## The OA FOOTHILL INTERGROUP Invites You To A VIRTUAL MEDITATION



"Meditation gives us much needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment."

**JULY 25TH, 1PM-2:30PM**

ZOOM MEETING ID: 894 2546 5495

PASSWORD: 483128

Calm your mind and connect with HP right from the comfort of your own home.

\* SILENT & GUIDED MEDITATIONS \* SHARING LITERATURE \* Q&A \*  
\$5 Donation Suggested Via Pay Pal button found on [oafoothill.org](http://oafoothill.org)

No One Turned Away For Lack of Funds

Questions? Call or Text Melinda @ 426-278-3339



recovery inspiring shared experiences

Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

## Upcoming Speaker Topics:

JULY 19 "The Twelve Steps from the AA Big Book"

AUG 2 "Fat Serenity?"

AUG 16 "There are no musts... but are there?"

SEPT 6 "Life on Life's Terms"

**1-4 p.m. PDT**

**Contact Us:**

Zoom Meeting Link:

**CLICK  
HERE**

Print this  
Flyer:



Website  
Link:



Zoom Meeting ID: 947 2125 9974 Password: 810562 Email us at [info@oarise.org](mailto:info@oarise.org)

# Healing Body Image



**Shifting from Shame to Sanity One Step at a Time**  
**Saturday, August 8, 2020, 10:00 am to 12:30 pm**

Join us on Zoom for this free workshop:

<https://zoom.us/j/302901153?pwd=NmZySj1hd1hSc2lNRW10d0VFR3NlZz09>

Meeting ID: 302 901 153

Password: 599150

Can You Relate to the Following Questions?

- Are you unhappy in your body?
- Do you ever wish you looked different?
- Do you believe if you looked different, life would be better?
- Are you frustrated if it's not cooperating with your ideals and goals?
- How does your body image impact your social life? Sex life? Self-esteem?
- Have you ever believed getting to "goal weight" would solve your body image issues?
- Have you ever been at goal weight and STILL were unhappy with your body?
- Do you have shame around your body size and shape? Age?
- Do you feel safe, serene, and sane in your body?

**A REVOLVING DOOR TO OBSESSIONS, SHAME & RELAPSE OR  
 THE FINAL DOOR TO FREEDOM**

For More Details call, text or email: Courtney, 650-279-6505, [c2b@comcast.net](mailto:c2b@comcast.net)

The **OA FOOTHILL INTERGROUP**  
 INVITES YOU TO A NEW WORKSHOP

## "HOW SHAME AFFECTS RECOVERY"

TAKE AN IN-DEPTH LOOK AT HOW THE SHAME CYCLE IS IMPACTING YOUR RECOVERY.  
 \* SPEAKER \* WRITING \* Q&A \*

**\$5 Donation Suggested Via Pay Pal**  
 button found on [oafoothill.org](http://oafoothill.org)  
 No One Turned Away For Lack of Funds

"We find that, to deal with our inner turmoil we have to have a new way of thinking, of acting on life rather than reacting to it...."

**AUGUST 8TH, 2020**  
**1:30PM-3:00PM**

**ZOOM MEETING ID: 850 8357 2877 PASSWORD: 176450**

Questions? Call or Text Melinda @ 626-278-5539

**OVEREATERS ANONYMOUS**  
 VIRTUAL REGION

## e-WORKSHOP series

Every "2nd Sunday of the Month"  
 3-4:30pm EST Eastern Time

### UPCOMING TOPICS

- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times
- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure  
 What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating
- 12/13 Young persons in OA

**VIRTUAL REGION WORKSHOP ROOM**  
<https://zoom.us/j/557696207>  
 One tap mobile:  
 +17207072699, 557696207# US or  
 +16465588656, 557696207# US (NY)  
**(Meeting ID: 557696207)**

**NEW PASSWORD 120912**

FOR MORE INFORMATION  
[oavirtualregion.org](http://oavirtualregion.org) | [www.oa.org](http://www.oa.org)

email: [18j@workshop@oavirtualregion.org](mailto:18j@workshop@oavirtualregion.org) (Carolyn) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

Suggested workshop contribution \$5 [oavirtualregion.org/region/seventh-tradition/](http://oavirtualregion.org/region/seventh-tradition/)

## A Recovery Workshop with Bulimia / Anorexia Focus

Using the 12 Steps to find hope, joy, and fellowship.

**Saturday, August 15, 2020**  
**1:00 to 4:00 PM PDT**

**ZOOM Meeting ID:**  
**373 820 2031**  
**Passcode: 5162020**  
**Phone: +1-253-215-8782**

- + Speakers with many years of recovery.
- + Everyone is welcome who identifies as having a problem with compulsive eating.

This is a special virtual event hosted by South Bay Intergroup of OA (SBI). To support SBI, please send a 7th Tradition suggested donation of \$5. No one will be turned away for lack of funds. See address below or go to [www.oasouthbay.org](http://www.oasouthbay.org) to donate via PayPal. Please specify "Bulimia Workshop" in the Add-A-Note section. For further information, contact Sharon M. at (562) 243-5742 or [Deana\\_30313@yahoo.com](mailto:Deana_30313@yahoo.com)

**OVEREATERS ANONYMOUS**  
 SOUTH BAY

South Bay Intergroup of  
 Overeaters Anonymous  
 P. O. Box 918  
 Harbor City, CA 90710



Come to believe that a power greater than ourselves could restore us to sanity.

A longtime local member shares her experience, strength and hope on Step Two. There will be exercises so bring your Big Book, the OA 12 & 12, plus something to write with and on. There will be time for questions and sharing.

<https://us02web.zoom.us/j/96848771307?pwd=U3FORs9IRmREeEs2ZlZic0ZUTIUwQT09>

Phone access: 669 900 9128

Meeting ID: 968 4877 1307 Password: 098337

## Sponsorship Workshop Saturday, August 15 10:30-12:30 Pacific Time



**Getting Newcomers Started**  
*The First Three Steps*

**Sponsoring Chronic Slippers**  
*Love and Forgiveness*

Two speakers with time for follow-up "Ask It Basket" questions

<https://zoom.us/j/9961238124?pwd=aVREY1d1NG5oaHFNaNlWdHdvUSJaQT09>

Meeting ID: 996 123 8124

Password: 4KwK79

Phone: +1 669 900 6833

If you need help with Zoom, contact Gern: (808) 250-1212



Suggested 7th Tradition Online Donation: \$5.00

<https://www.sacvalleyoa.org/7th-tradition-donation.html>

Sponsored by the Sacramento Valley Intergroup of Overeaters Anonymous [www.sacvalleyoa.org](http://www.sacvalleyoa.org)

## 4th Step Workshop

**SAT, AUG 22 @ 1:00 P - 2:30 PM PDT**

*Hosted by the Los Angeles Intergroup of Overeaters Anonymous*

*"Fearless and thorough moral inventory"*

Very often the 4th Step is avoided because people are afraid of revisiting painful memories. This virtual workshop will focus on the spiritual dimension of Step 4, how to prepare for it, and approaching it with simplicity and care. There will be a short didactic explanation on how to construct a 4th Step's inventory and we will practice using the ideas presented.

Zoom Meeting ID: 968 4877 1307

Zoom Password: 277583

<https://zoom.us/j/96848771307?pwd=U3FORs9IRmREeEs2ZlZic0ZUTIUwQT09>

For questions, email [workshops@oalaig.org](mailto:workshops@oalaig.org) or call Morley at (310) 621-1615

