



**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!**

**Check out our new Briefs.**

Our Briefs will now be printed by-monthly. You can pick them up at the SGVIE Office on the **First Saturday of odd months 2019.**

**New Meeting**

**Starting September 4<sup>th</sup>!!**

**Wednesdays 10 - 12**

Claremont Presbyterian Church  
1111 N. Mountain, Claremont, CA 91711. It is a writing/reading mtg.  
Contact: Lorraine @ 951-295-0709

**Intergroup Board Members**

Chair	OPEN
Vice-Chair	Domingo
Secretary	Mary Jo
Treasure	Shelby
Special Events	Andie
12 Step within	OPEN
Region 2 Rep.	Dorthea
Meeting Liaison	OPEN
Literature	Janice
Prof. Outreach	OPEN
Public Information	OPEN
Briefs	Sandy M.
Web Site	Shelby/Lance

**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 Hwy #4  
626-335-3355**

**Glendora, CA 91740  
[www.oasgvie.org](http://www.oasgvie.org)**

## August and September 2019

### WHY CARRY THE MESSAGE?

“Service is its own reward.” (OA Twelve and Twelve, p. 175)

“When I give service, I receive more than I could ever give.”  
(Voices of Recovery, p. 328)

“I don’t have to wait until I am perfect to do service.”  
(Voices of Recovery, p. 252)

“Service gives me practice at freeing myself from the bondage of self.” (Voices of Recovery, p. 284)

“Only by working with those who are not yet free [from the disease] do I fully realize that freedom.”  
(For Today, p. 252)

“We now have a message of hope to carry to other compulsive overeaters.” (OA Twelve and Twelve, p. 99)

“When all other measures failed, work with another alcoholic would save the day.”  
(Alcoholics Anonymous, 4th ed., p. 15)

“Most of us who’ve worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others.”  
(OA Twelve and Twelve, p. 101)

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.”  
(Alcoholics Anonymous, 4th ed., p. 89)

“Those of us who live this program don’t simply carry the message; we are the message.”  
(OA Twelve and Twelve, p. 106)

#### STEP TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

#### TRADITION FIVE

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

# 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](http://oasgvie.org) and you can register on line if you like

## **October 5, 2019 10:30- 12:30**

### Steps 6 and 7 Happy, Joyous, and Free

Humility: Being Teachable. Come join us, we have two wonderful speakers that will walk us through Steps 6 and 7, share their experience, strength, and hope, and how these steps come to life in our recovery

## **November 2, 2019 10:30- 12:00**

### Using Technology in Recovery- A Workshop

A Basic overview of electronic tools to enhance your recovery

## **December 7, 2019 10:00- 1:00**

### Body Image Workshop

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

**Did you know we have a CD lending Library at the SGVIE office?** Yes we have over 150 CD's available to borrow and return at your convenience. Stop by and take a look any time before or after a meeting. All you have to do is pick the ones you like write your name in the book with the numbers when you return them cross your name off. It's that easy to hear some great speakers.



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

# Outside SGVIE Events save the Dates

## The Amazing 60<sup>th</sup> Year Celebration!

January 17 -19. 2020  
The 60<sup>th</sup> OA Birthday Party

Last year, the Birthday party was a great success with over 850 people coming from 40 different U.S. States and Canadian Provinces, as well as OA Members from the UK, France and even Australia! This year, we are hoping to have 1,000 members from all over the world join us for this tremendous celebration.

We will again be at LAX Hilton,  
5711 W. Century Blvd. Los Angeles, CA

More information to follow.

Registration will open on August 1, 2019

**I put my hand in yours,  
and together we can do  
what we could never  
do alone.**

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.

## Upcoming Convention 2020 OAR2 Convention

**When:** JULY 10 - 12, 2020  
(Friday evening, all day  
Saturday and a half-day  
Sunday)

**Where:** Hilton Oakland  
Airport

**Registration:** TBA

**Cost:** TBA

**Contact:** Events Coordinator

### Hotel Information

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

Rooms: \$155/per night + taxes. Rate available 7/9-7/13 and must be secured with a credit card for 1st & last nights.

Free Wi-fi in guest rooms, not meeting room.

Free airport shuttle from OAK. OAK is closest airport.

Discount parking \$12/day.

Check-in 3:00pm and Check-out 12:00pm

Early Depart Fee.

## May 2 from FOR TODAY

**People only see what they are prepared to see.**

Ralph Waldo Emerson

What words will convey to the practicing compulsive overeater that life can be far better than imagined? God gives me the words, I carry the message. The results are not up to me. It takes what it takes, I tell myself, and turn to the next newcomer.

Perhaps I need to look at my attitude. Do I come on too strong? Do I use words and concepts that only experienced OA members would understand? Do I give the impression that I want the newcomer to do it my way or else find another sponsor?

**For Today:** Those to whom I carry the message may be more likely to listen if I remember that ours is a program of attraction.

## SGVIE MEETING DIRECTORY

**Updated 06/20/2019**

PLEASE SUBMIT CHANGES TO [lorriebird46@hotmail.com](mailto:lorriebird46@hotmail.com) or 951-295-0709

Time/Day	City	Meeting Name & Location	Contact Person	WSO Mtg#	Format	Mtg Status
<b>Sunday</b>						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Kathy W: 626-367-2635		23893 LS OP NC	Open
6:00-7:00 pm	Glendora	Speaker Meeting 1157 E Arrow Hwy Ste 4	Georgia: 626-336-3461		00492 OP SP	Oeen
7:30-8:30 pm	Glendora	Men's Stag 1157 E Arrow Hwy Ste 4	Darryl: 626-858-2864		24353 OP MS	Open
<b>Monday</b>						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Susan T: 909-447-0977		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
<b>Tuesday</b>						
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
<b>Wednesday</b>						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stephanie: 626.367.9216	23855 OP NC		Open
12:00-1:00 pm	Glendora	10th Step 1157 E Arrow Hwy Ste 4	Sandy M: 626-272-7708	49291		Open
6:30-7:30 pm	Glendora	Step Study 1157 E Arrow Hwy Ste 4	Susan T: 909-447-0977	21791 SP SS		Open
<b>Thursday</b>						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Chris: 909-599-3315		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: 909-706-198		52598 BB Stud	Open
7:00-8:00 pm	Rancho Cucamonga	Lit. Study RC Family Resource Center, 9791 Arrow Route	Sharon C: 909-214-9241	54678 LS		Closed*
<b>Friday</b>						
6:30-7:15 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Darryl: 626-858-2864		23803 OP NC	Open
12:00-1:00 pm	Claremont	For Today, Joslyn Senior Ctr 660 N Mountain Ave	Robin: 909-643-7795		23866 LS OP	Open
3:00-4:00 pm	Monrovia	Attitude Adjustment 2701 South Peck Rd.	Sandy M: 626-272-7708		53266 SS	Open
6:30 - 7:30 pm	Glendora	TGIF @ SGVIE 1157 E. Arrow Hwy Ste 4	Susan: 909-447-0977		52695 LS OP	Open
<b>Saturday</b>						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Georgia: 626-336-3461		23784 SP/Topic	Open

Legend: CO = Children OK CNO = No children LS = Literature Study OP = Open Pitch SP = Speaker SS = Step Study  
 BB = Big Book MD = Meditation MS = Men's Stag WW = Writing ES = Espanol NC = Newcomer YP = Young Persons