

Sept. 19, 2020



Special Edition #10

1157 East Arrow Hwy Ste. 4, Glendora, CA

WEEKLY UPDATED BRIEFS

2020 SGVIE Intergroup Board Members

- Chair** **Shelby.**
SGVIE.chair@gmail.com (626)272-6899
- Vice- Chair** **Domingo**
Sgvie.vicechair@gmail.com (562)587-7306
- Sub Committee under VP
- Facilities coordinator:** **Rob C.**
RV.Campbell@verizon.net (909)243-2911
- Secretary** **Mary Jo P.**
Maryjopalmer9250@gmail.com(909)559-3497
- Treasure** **Janice B.**
Treasurer.sgvie@gmail.com(951)237-3687
- Special Events** **Andie G.**
Butterfly0371@msn.com (909)706-9180
- 12 Step Within** **Available**
- Region 2 Rep.** **Available**
- Meeting Liaison** **Carla C.**
cmcambellkidz@gmail.com (626) 335 3355
- Literature** **Available**
- Briefs** **Available**
- Professional** **Available**
- Public Information** **Available**
- Website** **Shelby V.**
- Sub Committee under Website
- Special Edition Briefs** **Sandy M.**
walkforyourself@yahoo.com (626)272-7708

Share your talents with SGVIE!
Join the Board!

Remember service is a great way to get and keep your abstinence, work a stronger program and have more (healthy) fun in your life!

As the situation around us is more stable, with all SGVIE's meetings: ZOOM, and Conference calls set up and running smoothly our last weekly Brief will be sent out until October 11th. It will include those newly elected Board Members. We will still print special briefs as changes warrant.

Briefs will start going out again monthly in November 20th, 3rd Weekend of the month thereafter.

-Thank You from the Brief Editor

OVEREATER'S PRAYER

Dear God,

Right now, I surrender to You my temptation to binge, to rebel, to misuse the food You've blessed me with.

Fill me instead with Your Spirit and grace and grant me the power and will to STOP indulging when I am no longer hungry.

Thank you that, by Your Spirit, within me, I have the ability to resist the urge to overeat today.

Take a moment to open and read the two attached files.

One is the **Financial Report for August**, look to see if your group is doing well with their 7th tradition.

Two is the **Eligibility and duties of Board** positions, you might see one that interests you to join the Board.

Elections OCTOBER 10TH.

ABOUT TO BINGE? STOP.

Close your eyes and think back to the last time you binged. Imagine how disgusting you felt afterwards. Imagine all of the past insults that replayed themselves in your head when you realized what you'd done. Imagine how much regret consumed you once you were finished.

NOW, WHY WOULD YOU SUBJECT YOURSELF TO THAT AGAIN?

OVERYOURBORNS.TUMBLR.COM

You are not alone anymore!

No matter what your problem with food compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising

— we have a solution



Zoom OA Recovery with Mindfulness Meditation

Sponsored by OA SGVIE Intergroup
1157 East Arrow Highway Suite #4
Glendora, CA. 91740
CONTACT: Andie 909-706-9180

By Popular Demand
Sunday September 27, 2020
From 1:00 p.m. to 4 p.m. (pst)

Cultivate calm mind, wise heart, ease and well-being. Increase emotional regulation, decrease reactivity, improve focus and attentional skills, have greater calm and ease.

Join Zoom Meeting:

<https://us04web.zoom.us/j/8259445125?pwd=ujKT1B9LHN8>

OR CALL 408-638-0968

Meeting ID: 825 944 5125 Password: 2020

Suggested donation is \$10.00 for the event. Pay on-line use Zelle or PayPal at <https://www.oasgvie.org/>

Support SGVIE!

recovery inspires shared experiences

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

Upcoming Speaker Topics:

These the Events still available through RISE

SEPT 20	"Steps 6 and 7"	NOV 4	"Surrender & Higher Power"
OCT 18	"Finding a Higher Power in OA Recovery"	NOV 1	"Step One Workshop: Steps of the First Year of Recovery"
1-4 p.m. PDT		Overeaters Anonymous Regular Meeting #00993	

Meetings held regularly on the first & third Sundays of each month
Zoom ID: 947 2125 9974 Password: 810562

South Bay Intergroup of OA presents...

Service IS Slimming

A Virtual Event

What is service?



Why should I be of service?

How can I be of service?

Hey, what's in it for ME anyhow?

Saturday, September 26, 2020

1:00 – 2:30 PM PDT

Zoom ID: 373 820 2031

Zoom Passcode: 5162020

\$5 Donation Suggested Via PayPal
button found on www.oasouthbay.org

No one turned away for lack of funds.

Questions? Contact Janice W., events.oasbig@gmail.com



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

Orange County Intergroup is pleased to announce

THE JOYS OF SPONSORSHIP

Saturday, October 10th (9 – Noon)



Updated 8/18/2020

1157 East Arrow Hwy Ste. 4, Glendora, CA**Meeting Directory (SGVIE) Intergroup of OA**

Sundays	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Linda Z: 626-422-6684	23893	LS OP NC	Open
8:15-9:30 am						
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
Mondays	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23869	OP NC	Open
7:00-8:00 am						
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 zoom.us/join 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 MEETING:</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
Tuesdays	Glendora	Attitude Adjustment <i>ZOOM MEETING:</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23873	OP NC	Open
7:00-8:00 am						
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	Outside 11 th Step Meeting 727 Harrison, Claremont – Friends Meeting House Limited space for Face to Face	Susan T. 909-447-0977	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
Wednesdays	Glendora	Attitude Adjustment <i>ZOOM MEETING:</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23855	OP NC	Open
7:00-8:00 am						
10:00-11:30 am	Claremont	Closed Temporarily - **see THURS NOON or OA Phone Meetings at the end for more options.**	Lorraine: 951-295-0709	56949	WW NC CNO	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 zoom.us/join 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 zoom.us/join and use ID: 825 944 5125 Password: 2020	Carla C: 909 229 0547	21791	SS	Open

Meeting Directory (SGVIE) Intergroup of OA

Thursdays 7:00-8:00 am	Glendora	Attitude Adjustment ZOOM MEETING: Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23818	OP NC	Open
10:00-11:15 am	Claremont	Pass It On ZOOM MEETING Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Ruth F.: 951-202-8113	37014	OP	Open
12:00-1:00 pm	Claremont	Voices of Recovery PHONE MEETING Call in at (605)313-6196 Access Code: 435255# TEMPORARY until Wed Noon reopens	Susan T: 909-447-0977	56949	WW NC	Open
6:30 - 7:30 pm	Glendora	A Vision 4 You ZOOM MEETING Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join 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
Fridays 7:00-8:00 am	Glendora	Attitude Adjustment ZOOM MEETING: Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23803	OP NC	Open
12:00-1:00 pm	Claremont	For Today ZOOM MEETING Call in at (408)638-0968 Meeting ID: 760 380 396# or go to zoom.us/join 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 ZOOM MEETING Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join 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 zoom.us 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).
According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.

SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP (SGVIE) group # 09009 626-335-3355 Website: www.oasgvie.org

Skype in to SGVIE: 626-460-3937 PIN:765458896#

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	Region 2	916-870-1442	oar2.org
Inland Empire	951-715-2080	go2oa.org	WSO	505-891-2664	oa.org

Please submit changes to: carlacfoa@gmail.com or call 626 335 3355