

Sept. 28, 2020



Special Edition #11

1157 East Arrow Hwy Ste. 4, Glendora, CA

# WEEKLY UPDATED BRIEFS

## 2020 SGVIE Intergroup Board Members

- Chair** **Shelby.**  
[SGVIE.chair@gmail.com](mailto:SGVIE.chair@gmail.com) (626)272-6899
- Vice- Chair** **Domingo**  
[SGvie.vicechair@gmail.com](mailto:SGvie.vicechair@gmail.com) (562)587-7306
- Sub Committee under VP
- Facilities coordinator:** **Rob C.**  
[RV.Campbell@verizon.net](mailto:RV.Campbell@verizon.net) (909)243-2911
- Secretary** **Mary Jo P.**  
[Maryjopalmer9250@gmail.com](mailto:Maryjopalmer9250@gmail.com)(909)559-3497
- Treasure** **Janice B.**  
[Treasurer.sgvie@gmail.com](mailto:Treasurer.sgvie@gmail.com)(951)237-3687
- Special Events** **Andie G.**  
[Butterfly0371@msn.com](mailto:Butterfly0371@msn.com) (909)706-9180
- 12 Step Within** **Available**
- Region 2 Rep.** **Available**
- Meeting Liaison** **Carla C.**  
[cmcambellkidz@gmail.com](mailto: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](mailto: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!

**Elections October 10, 2020**

*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 11<sup>th</sup> it will include those newly elected Board Members. We will be printing special briefs as changes warrant. Briefs will start going out again monthly in November 20<sup>th</sup>, 3rd Weekend of the month thereafter.*

*-Thank You from the Brief Editor*



## OCTOBER

**Fall Retreat: Recovery from Relapse**  
*Hosted by the Northern Lights Intergroup*  
Friday, October 2nd - Saturday, October 3rd  
Visit [www.oaedm.com](http://www.oaedm.com) to register

**Surrender and Higher Power**  
*Hosted by the OA Rise Region*  
Sunday, October 4th 2020  
1:00PM - 4:00PM Pacific Time  
Visit [www.oarise.org](http://www.oarise.org) for more info

**Dealing with Relationships Using the 12 Traditions of Overeaters Anonymous**  
*Hosted by the Northern Colorado Intergroup*  
Saturday October 3rd - 4th 2020  
Visit [www.oanoco.org](http://www.oanoco.org) for more info.

THE LOS ANGELES INTERGROUP PRESENTS  
*The Rainbow of Sponsorship*  
OUR FIRST-EVER DAYLONG ZOOM RETREAT  
400 Years of Experience, Strength, and Hope from longtime abstinent sponsors + sponsees all over the world.  
**SATURDAY, OCTOBER 24<sup>TH</sup> 2020**  
**9AM - 6PM PACIFIC TIME**  
**ZOOM MEETING ID: 944 3835 5110**  
**ZOOM PASSWORD: 744754**

*"Both you and the new (wo)man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen!"*

- Page 100 Alcoholics Anonymous Big Book



## NOVEMBER

### **Slipping Workshop**

Saturday November 7<sup>th</sup>, 2020

9:00AM - 6:00PM Pacific Time

Zoom Meeting ID: 977 9696 4282

Zoom Password: 420860

Visit [www.oalaig.org/events](http://www.oalaig.org/events) for more info.

### **Thanksgiving in the Virtual Park**

Thursday, November 26<sup>th</sup>, 2020

9am - 11am Pacific Time

Zoom Meeting ID: 997 1090 3500

Zoom Password: 735845

Details to follow.

## JANUARY

### **Sponsoring Chronic Slippers: Love, Forgiveness, and the 5th Tradition**

**SAT, NOV 7 @ 9:00 AM - 6:00 PM PST**

**AN EXPLORATION OF ALL 12 STEPS  
IN THE BIG BOOK AND HOW THEY CAN  
APPLY TO CHRONIC SLIPPERS AND THE  
PEOPLE TRYING TO BE OF SERVICE TO THEM.**

**Hosted by the Los Angeles Intergroup**

Led by a veteran Overeaters Anonymous workshop leader

who was a chronic slipper herself for a dozen years before getting abstinent 20 years ago, our November workshop is a daylong event for Chronic Slippers — both those who are slipping themselves AND those who want to be of service to those still struggling to get abstinent. Of necessity, we will be having a glorious conversation about love and forgiveness since people struggling to get abstinent are usually struggling to forgive someone or something.

to forgive someone or something. Three-part Big Book inventory template will be provided as we explore the power of inventories.

Bring your Big Books!

**Zoom Meeting ID:** 977 9696 4282

**Zoom Password:** 420860

**This is a workshop for:**

- People who are sponsoring people in relapse
- People who are chronically relapsing themselves
- People who are struggling to forgive someone and paying the price for that self-centered resentment
- People who are struggling to forgive themselves and paying an even greater price for that self-centered resentment
- People who are concerned about the folks “sitting in the back of the room” that are dying (seriously—think about that) to get abstinent
- People who are interested in taking an in-depth look at the Step One chapters in the Big Book
- People who are abstinent but not at goal weight and want to be
- People who are still waiting on that psychic change or vital spiritual experience that Doctors Silkworth and Jung talked about
- Come and join us

*“Put down the food and let the real feast begin.”*

## **SAVE THE DATE**

**THE 2021 OA  
BIRTHDAY PARTY  
WILL BE VIRTUAL!**

**Saturday-Sunday, January 16<sup>th</sup> - 17<sup>th</sup> 2021  
(MLK Weekend)**

**Details to follow.**

Updated 8/18/2020

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

<b>Sundays</b> 8:15-9:30 am	Glendora	Attitude Adjustment <b>ZOOM MEETING</b> 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	Closed Temporarily - **see THURS NOON or OA Phone Meetings at the end for more options.**	Georga: 626-336-3461	00492	BB Study	Open
7:30-8:30 pm	Glendora	Men's <b>PHONE MEETING:</b> Call in at (605)313-6196 Access Code: 435255#	Darryl: 626-858-2864	24353	OP MS	Open
<b>Mondays</b> 7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM MEETING</b> 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 <b>ZOOM MEETING</b> 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? <b>PHONE MEETING:</b> 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 <b>PHONE MEETING</b> Call in at (605)313-6196 Access Code: 435255#	Alicia: 909-624-3102	51333	LS	Open
<b>Tuesdays</b> 7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM MEETING:</b> 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 <b>PHONE MEETING</b> 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 <sup>th</sup> 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 <b>PHONE MEETING:</b> Call in at (605)313 6196 Access Code: 435255#	Darryl: B:626-858-2864	53267	NC	Open
<b>Wednesdays</b> 7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM MEETING:</b> 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 - **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 <b>ZOOM MEETING</b> 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 <b>ZOOM MEETING</b> 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

## Meeting Directory (SGVIE) Intergroup of OA

<b>Thursdays</b> 7:00-8:00 am	Glendora	Attitude Adjustment ZOOM MEETING: 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 ZOOM MEETING 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
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 <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
<b>Fridays</b> 7:00-8:00 am	Glendora	Attitude Adjustment ZOOM MEETING: 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 ZOOM MEETING 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
<b>Saturday</b> 8:15-9:30 am	Glendora	Attitude Adjustment ZOOM MEETING 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 [zoom.us](https://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](http://www.oasgvie.org)

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

San Fernando Valley 818-881-4776

[oasfvalley.org](http://oasfvalley.org)

San Diego 619-521-2538

[oasandiego.org](http://oasandiego.org)

Channel Islands 805-899-3250

[oaciig.wordpress.com](http://oaciig.wordpress.com)

South Bay 562-493-3030

[oasouthbay.org](http://oasouthbay.org)

Foothill 626-568-7511

[oafoothill.org](http://oafoothill.org)

Los Angeles 323-653-7652

[oalaig.org](http://oalaig.org)

Orange County 714-953-0900

[oaoci.org](http://oaoci.org)

Region 2 916-870-1442

[oar2.org](http://oar2.org)

Inland Empire 951-715-2080

[go2oa.org](http://go2oa.org)

WSO 505-891-2664

[oa.org](http://oa.org)

**Please submit changes to: [carlacfoa@gmail.com](mailto:carlacfoa@gmail.com) or call 626 335 3355**