

August 7, 2020



Special Edition #5

1157 East Arrow Hwy Ste. 4, Glendora, CA

WEEKLY UPDATED BRIEFS

2020 SGVIE Intergroup Board Members

Chair Shelby V.
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.
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Treasure Janice B.
janiceonthego@outlook.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

YOUNG PERSONS NEW TELEPHONE MEETINGS

Meeting #55573 Foothill Intergroup #09003
GO TO FREECONFERENCECALL.COM
DIAL IN NUMBER: (605)313-5111 ACCESS CODE: 713988
ONLINE MEETING ID: ypoafoothill

Are your thoughts and actions around food and eating something that make you think you are different from other people?

Take a minute and ask yourself these questions

1. Do you eat in response to any kind of feelings? Either good or bad?
2. Does your behavior around food make you unhappy?
3. Does your need to interact with food isolate you from your social life?
4. Do you eat normally in front of other people but binge when you are alone?
5. After a binge, do you go to extremes to get rid of the food?
6. Do you find yourself ignoring school, friends and family because all you can think about is food and your weight?
7. Do you dread and resent other people commenting on your body and your food?

MEETINGS BEGIN ON:

MONDAY, 7/20/20, at 7:00 PM PST - SPEAKER MEETING

NEW TUESDAY, 7/21/20, at 6:00 PM PST - BIG BOOK STUDY

NEW WEDNESDAY, 7/22/20, at 5:00 PM PST - MEDITATION

NEW THURSDAY, 7/23/20, at 4:00 PM PST - FOR TODAY

NEW FRIDAY, 7/24/20, at 8:00 PM PST - ONLINE LITERATURE

NEW SATURDAY, 7/25/20, at 11:00 AM - VOICES OF RECOVERY

Healing Body Image

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

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

For More Details call, text or email: Courtney, 650-279-6505, c21@comcast.net

FREE :
WORKSHOP
MEETING ID:
302 901 153
PASSWORD :
599150

Temporary New Phone Meeting Thursdays 12-1

It is a "Voices" of Recovery Meeting.
With writing it will only be open until the
Wednesday Meeting at 10AM starts up
again. With 5 minute meditation.
Dial in at: 605-303-6196 Code 435255.



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 PayPal button found on 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

Suggested \$5.00 donation

- 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



NEW PASSWORD
120912

VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

One tap mobile:
+17207072699, 557696207# US or
+16465588656, 557696207# US (NY)
(Meeting ID: 557696207).

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>

Meeting ID: 996 123 8124
Password: 4KwK79
Phone: +1 669 900 6833

If you need help with Zoom, contact Gert: (508) 250-1212



Suggested 7th Tradition Online Donation: \$5.00
<https://www.aaonline.org/7th-tradition-donation.html>

Sponsored by the Sacramento Valley Intergroup of Overeaters Anonymous www.svaonline.org

SANTA CRUZ COUNTY OA INTERGROUP PRESENT

Living in Recovery During Difficult Times

A SERIES OF 3 ONE-HOUR SPEAKER EVENTS
2:30 - 3:30 PM Pacific Time

AUGUST 1 AUGUST 15 AUGUST 29
Acting As If Sponsorship

Passed

SPEAKERS ON SELECTED TOPICS
Q & A SESSIONS
SMALL GROUP SHARING IN BREAKOUT ROOMS

Meeting ID: 869 9693 5944
Password: OARecoverly

Phone access: 669 900 9128
Meeting ID: 853 9258 1812 Password: 099337

Came 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

Channel Islands Intergroup Presents:
Step Two Workshop

Sunday, August 16
1 PM - 3 PM PT
On Zoom

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

JEFFERSON STATE OA INTERGROUP
CELEBRATES SPONSORSHIP DAY

20 20

SIMPLE SOLID SPONSORSHIP

Discover the original 4-week method for sponsoring through the Big Book of Alcoholics Anonymous that got so many sober and recovered through the 12 Steps

SUGGESTED DONATION \$5

SATURDAY AUGUST 15, 2020
1PM - 4PM PDT

Bring Your Big Book Q&A? Yes!

Zoom Link <https://us02web.zoom.us/j/89887960602?pwd=bFhrUWlWbTZhbkMVRyOXlnOQRVTVz6Q0T09>
Meeting ID: 898 8796 0602 Password: 002751
Dial by your location +1 669 900 9128 US (San Jose)

OA Quick Steps

Are you new to OA or just need help getting through the steps?

Completing this two-part **OA Quick Steps Workshop** may be just the answer.

Dates: **Saturday, August 8, 2020**
and **Saturday, August 22, 2020**
Time: **9:00 am to 12:30 pm**

Location
These sessions will be on Zoom.

To register, contact Cecelia at 206-292-5242 or calaurie78@gmail.com. Registration is required as class size is limited. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. **Expect to be very busy working on recovery for these weeks!**

The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.

One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinence

A Message from Bonnie L.

Chairman of a Intergroup in Region 2

How our world has changed since early spring! In spite of the global pandemic affecting every single one of us, we successfully concluded an unprecedented online schedule of events at our 59th annual World Service Business Conference in April. We had 180 delegates from thirteen countries who registered and participated online. Due to the very sudden and widespread travel bans and the many other restrictions in place, the Board of Trustees made a vital decision to deal only with the critical business of trustee elections and new literature proposals since these two categories of business decisions could not wait another year.

Representation at WSBC is our opportunity to vote on behalf of our service bodies, allowing their voices to be counted in the decision-making process. To those who participated, thank you!

Meetings Are Transitioning to Virtual Formats

All OA meetings have had to transition to becoming virtual meetings during the recent crisis, and OA has issued a Meeting Transition Guidance Letter, available in the Document Library at oa.org, to help. We are very grateful to those who jumped in to lend their techni-

cal skills to help with the learning curve. Groups with face-to-face meetings quickly learned how to meet the challenges of anonymity, protecting copyrighted OA materials by not screen-sharing, and even how to practice Tradition Seven. I think we will have a greater appreciation for our face-to-face meetings when they resume, as well as a heightened understanding of the challenges and rewards of meetings in the virtual world.

New Business Ahead

I am looking forward to a very challenging year ahead. With WSBC 2020 finished, we start to plan our next Conference. The New Business Motions and Bylaws Amendments that we could not deal with this year will need to start again from the beginning, and many more are likely to follow. As late as mid-May, we were awaiting a decision about whether the 2020 World Service Convention could continue as planned but it



"The condition of the world today has us truly living one day at a time as we watch the healing begin."

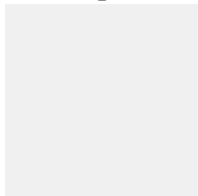
was canceled and rebooked only recently for August 26–28, 2021. The condition of the world today has us truly living one day at a time as we watch the healing begin.

I am eternally grateful for the reminders from the Fellowship that I am not ever alone. I am but one member of a team, working together like the well-oiled gears of a machine—a network of trusted servants, dedicated staff, and members of our worldwide Fellowship—all working together for the good of OA.

7th Tradition

You can donate your 7th tradition online to SGVIE by using our donate button below.

Sample:



You can donate by Zelle to Treasurer.sgvie@gmail.com or (951) 295-0709.

You can also send a check by mail.
1157 East Arrow Highway
Glendora, Ca 91740

**Please make the check out to
OA SGVIE.**

Has your meeting taken a group inventory lately? By doing a simple group inventory your group is able to see what is working well and where the meeting needs to focus.

Group Inventory

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided

SGVIE (San Gabriel Valley Inland Empire Intergroup BOARD ELECTIONS OCTOBER 10, 2020

We have between 7-9 openings for the board this year.

So you ask: What is an Intergroup? When several meetings form in an area, they soon realize that they can perform certain functions better together rather than separately. So the meetings may form an intergroup that is directly responsible to the groups it serves. Intergroups spring from a need to provide services for a number of local meetings and help distribute information about OA in a community. The Intergroup elects annual Board Positions and Committee Chairpersons to distribute Intergroup responsibilities. Intergroup Representatives are elected by each meeting to attend and participate in the intergroup meetings and responsibilities.

Separate Intergroups make up Regions and then the Regions (ten in all) combine to make up the World Service Organization (WSO).

BOARD ELECTIONS Time Again for 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.

We need your meetings voice to be heard at the Board Mtg. each month. This is a great way to get new information to your meeting. You can trade off with different members each month if needed. SGVIE Intergroup (#09009) meets:

When: On the second Saturday of each month at 9:45 am. Right after the 8:15 am mtg.

Join Zoom Meeting:

Meeting ID: 825 944 5125 Password: 2020



THINK about being of SERVICE!!!

It is a simple commitment only 2hrs. Out of your month and your take info back to share with your meeting