



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.**
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

Elect to Serve

The next time you see upcoming nominations and elections of your Intergroup board members, I want to encourage you to participate in the nomination and election process. Do it for your fellows and do it for yourself.

Here are some of the benefits that I have received in the past year doing service at the individual, meeting, and intergroup level. Perhaps they are the same that you have received by doing some service yourself.

I got to know many more of my OA friends and grow with them at a deeper level of fellowship.

I got to help carry the message to the compulsive overeater.

I had a growing awareness that I was a part of something much greater than myself.

I lost 43 pounds (20 kg) within the last year. (I am maintaining a 70-pound weight loss since I became a part of the Fellowship in May 2014.) Service really is slimming.

I learned how to interact with people from a place of love and caring.

I developed a feeling that my being here really does matter.

I learned that I could make mistakes without feeling that I was a mistake.

I learned in OA how to safely deal with people in groups so that I could take that knowledge and use it in the outside world.

I became aware of the many little acts of service that other people did for OA. Without people willing to serve, there is no OA.

Join in your intergroup elections and be a part of something that is greater than yourself. To those of you in my intergroup, I look forward to giving you a big hug and greeting you with a smile of gratitude for your service.



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!



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/>

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.

Between Steps One and Twelve

When it comes to service and footwork for OA, I rarely say no when I'm asked to do a job, unless I have a good reason. I have started meetings, held meetings in my home, provided childcare, and been the literature person, secretary, treasurer, intergroup rep, WSBC delegate, and contact person. I've gone to the intergroup office for needed materials, answered calls when I didn't really want to, been the key holder, and have just plain showed up at a meeting when I didn't feel like it because someone new might be there. I've also stayed after the meeting to explain the program to a newcomer and made calls to those who were either new or in need.

What about being abstinent and giving service? If I can maintain my abstinence with the help of others, then I can perpetuate this program. If I were not abstinent, then I could come asking for help and do what I could in the name of service. Honesty is service. Humility is service. I cannot recall a time when someone wasn't there for me, so the question always fell back on me: am I willing to ask for help when I need it?

As far as God's work, I know there is a mystery about the program. I know there is something magical that happens when we come together. Our strength is not measured by the money in our pocket or the size of our homes. It is not measured by the degrees we hold or the jobs we have had. It is not measured by our family status. Our relationship with God, however we define that, is ours alone. In our silence, we find that Power greater than ourselves.

"To show other alcoholics precisely how we have recovered is the main purpose of this book" (*Alcoholics Anonymous, 4th ed.*, p. xiii). **Step One** admits powerlessness. Step Two refers to a Power greater than ourselves. Step Three is turning our will and lives over to the care of God as *we understand Him*. Steps Five, Six, Seven, and Eleven mention God.

In between Steps One and Twelve there is work: footwork, service work, and the rest is God work. If we sit back and wait for someone to come to the meeting and open the door or if we leave before it is over, we cheat ourselves. By becoming a part of the group, we "extend our hand and heart," as our founder said in the **Responsibility Pledge**. But our responsibility is not just for others, because what we do comes back to us. To ensure OA is there for us, we give and receive in return. I am ever so grateful to all those who went before, paving the way, and I pray to never forget where I came from.

With the Elections for new board members coming up in October, watch for descriptions of each position and its duties. They will be posted in a few weeks.



Join us
FUN!
FOR ALL THE

The Orange County Intergroup of Overeaters Anonymous Inc. presents the

36th Annual Women's
SWEET SURRENDER RETREAT
"SURRENDER LEADS TO SERENITY"
Via Zoom

Give yourself the gift of the OA program
for 1 full day of speakers, workshops, easy meditation, easy-does-it yoga,
a talent/no talent show, and meaningful fellowship
with other women who are walking the path of happy destiny!

Saturday, August 29, 2020

Start time: 9am PDT, wrap up by 5pm PDT

You provide your own lunch that we can eat together virtually!

Advance registration required: \$35 (suggested donation)

Online registration and payment available at oaoci.org/register

Information: Alice N. (949) 793-3332

Email: sweetsurrender.retreat@oaoci.org



To pay by check, please provide the following information.

Name _____

Phone(_____) _____

E-mail _____

Amount Paid _____

Make checks payable to OCI, put "Retreat" in the memo line, and mail to: OAOCI, 1905 E. 17th St. Suite 322, Santa Ana, CA 92705.

Zoom details will be provided two weeks before the day-long retreat.

SGVIE INTERGROUP REPS.

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: **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.

You attend meeting taking notes and take information back to share with your meeting.

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