

July 15, 2020



Special Edition #2

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
- Secretary** **Mary Jo P.**
Maryjopalmer9250@gmail.com (909)559-3497
- Treasure** **Janice B.**
janiceonthego@outlook.com (951)237-3687
- Special Events** **Andie G.**
Butterfly0371@msn.com (909)706-9180
- 12 Step Within Region 2 Rep.** **Available Dorthea**
DortheaOAR2@gmail.com (626)723-6767
- Meeting Liaison** **Carla C.**
cmcambellkidz@gmail.com (626) 335 3355
- Literature** **Available**
- Professional** **Available**
- Public Information** **Available**
- Website** **Shelby V.**
SGVIE.chair@gmail.com (626)272-6899
- Facilities coordinator:** **Rob.C.**
RV.Campbell@verizon.net (909)243-2911
- Special Edition Briefs** **Sandy M. TEMP.**
walkforyourself@yahoo.com(626)272-770

It is sad to say but the SGVIE office has been shut done again. We will keep you posted!!!!

Watch each **Saturday** for new updates. To receive the latest information
 Check SGVIE Web site Pick up hard copy outside SGVIE Office
 Make a Hard Copy to make announcements at meetings
 Send your email, address, or phone number to be added to those that want to receive a copy each week.
 Send information to Sandy @ 626-272-7708,
walkforyourself@yahoo.com
 You can also register on the SGVIE web site. Simple to do to be informed of latest news.
Share this information with other

Temporary New Phone Meeting Thursdays 12-1
 It is a Just for Voices of Recovery Meeting with writing it will only be open until the Wednesday Meeting at 10AM starts up again.
 Dial in at: 605-303-6196 Code 435255.

ELECTION TIME is fast approaching in October. The positions will begin January of 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.

Relapse to Recovery*

A Workshop

* Recovery: "Removal of the need to engage in compulsive eating behaviors."

Saturday, July 18, 2020
1:00 to 2:30 PM PDT

If you've experienced a period of relapse in your recovery or are currently in relapse, don't miss this workshop. Join us as speakers share their stories of recovery from relapse. There will be time for writing, questions and sharing.

ZOOM Meeting ID:
373 820 2031

Passcode: **5162020**

Dial-In: **+1-253-215-8782**

This is a special virtual event hosted by South Bay Intergroup of OA (SBI). To support SBI, please send a 7th Tradition suggested donation of \$5. No one will be turned away for lack of funds. See address below or go to www.oasouthbay.org to donate via PayPal or Zelle. Please specify "Relapse to Recovery Workshop" in the Add-A-Note section.

"How It Works"

An OA Workshop



"Rarely have we seen a person fail who has thoroughly followed our path."

Saturday, July 25, 2020
1:00 to 2:30 PM PDT

Come explore some important messages and themes from Chapter 5 "How It Works" in AA's "Big Book" Alcoholics Anonymous. Discover the roadmap for recovery success! There will be time for writing, questions and sharing.

ZOOM Meeting ID:
373 820 2031
 Passcode: **5162020**
 Dial-In: **+1-253-215-8782**

*Alcoholics Anonymous, Chapter 5, pg. 58

This is a special virtual event hosted by South Bay Intergroup of OA (SBI). To support SBI, please send a 7th Tradition suggested donation of \$5. No one will be turned away for lack of funds. See address below or go to www.oasouthbay.org to donate via PayPal or Zelle. Please specify "How It Works" in the Add-A-Note section.



South Bay Intergroup of
 Overeaters Anonymous
 P. O. Box 818
 Harbor City, CA 90710

BODY IMAGE WORKSHOP

OA SAN FERNANDO VALLEY PRESENTS

Eye of the Beholder

The 12 Steps to see your body as your Higher Power does

SATURDAY JULY 18TH 2:00 - 4:30

MEETING ID: 848 9025 8922
 PASSWORD: 327341

The OA FOOTHILL INTERGROUP
 Invites You To A
VIRTUAL MEDITATION

JULY 25TH, 1PM-2:30PM
 ZOOM MEETING ID: 894 2546 5495
 PASSWORD: 483728

"Meditation gives us much needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment."
 — The 12 Steps and 12 Traditions of Overeaters Anonymous

Calm your mind and connect with HP right from the comfort of your own home.

* SILENT & GUIDED MEDITATIONS • SHARING LITERATURE • OAA •
 \$5 Donation Suggested Via Pay Pal button found on oafoothill.org
 No One Turned Away for Lack of Funds

Questions? Call or Text Wehinda @ 424-278-2227

e-WORKSHOP series
 Every 2nd Sunday of the Month
 3-4:30pm EST Eastern Time

UPCOMING TOPICS

- 6129 Spring Cleaning, Traditions & National Meeting in OA, Thanks to a Virtual World!
- 6134 Recovery through Grief and Loss
- 6138 ACCEPTANCE is the answer to all my problems today
- 6139 New Summer Workshop
- 6139 12 Traditions to Remember
- 28111 Deconstructing the 12 Steps Structure
- 6138 How to Use the 12 Steps in Your Life
- 6138 Recovery and Family 1 - The relationship between addiction and a job of a family
- 6138 Recovery journeys in OA

VIRTUAL REGION WORKSHOP ROOM
<https://zoom.us/j/517996207>
 One tap mobile:
 +12532152031, 157062020 US or
 +14158718181, 157062020 US or
 (Meeting ID: 517996207)

FOR MORE INFORMATION
www.oasouthbay.org
 or call 253-215-8782
 #oasouthbay #oasouthbay #oasouthbay #oasouthbay #oasouthbay #oasouthbay #oasouthbay #oasouthbay #oasouthbay #oasouthbay

recovery inspiring shared experiences

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

Upcoming Speaker Topics:

- JULY 19** "The Twelve Steps from the AA Big Book"
- AUG 2** "First Sevens"
- AUG 16** "There were no much... but are there?"
- AUG 23** "Life on Life's Terms"

1-4 p.m. PDT

Webinar Link:

Print this Flyer:

CLICK HERE

Contact Us: info@oan.org

Zoom Meeting ID: 947 2125 9974 Password: 811652

OA 12 Step Workshop

Come join a weekly workshop that takes you through the 12 Steps with videos in a group format in 15 weeks •

July 26th - October 31st
Saturdays, noon to 4pm

The following list are to be used in the workshop materials and homework assignments:

- The 12 Steps and 12 Traditions of Overeaters Anonymous
- Alcoholics Anonymous, Fourth Edition (aka, "The Big Book")
- 12 Steps and 12 Traditions of Alcoholics Anonymous
- Overeaters Anonymous, Third Edition
- Voces of Recovery
- Pay Today
- Worship with Overeaters
- Worship with Overeaters (for Study Only), Overeaters Anonymous

Zoom link will be provided to participants one week before July 26th. New Zoom Meeting ID's will be provided, so we maintain the August 1st Workshop link to allow past participants to remain.

Questions? Email: info@oan.org | Web: www.oan.org | Tel: (800) 451-1111

FOR THOSE OF YOU THAT FEEL NERVOUS OR AFRAID TO JOIN US ON THE PHONE OR ZOOM. PLEASE DON'T BE WE NEED YOU AND WE WANT YOU TO BE PART OF US.

- TO JOIN A CONFERENCE PHONE CALL, DIAL THE PHONE NUMBER, FOLLOWED BY THE ACCESS CODE.
- ZOOM MEETINGS SIGN UP FOR ZOOM IT IS FREE OR CALL PHONE NUMBER, THEN THE ID# FOLLOWED BY THE CODE
- TO MUTE OR UNMUTE THE CALL PRESS *6

LOOK FORWARD TO HEARING OR SEEING YOU AND LOOK FOR TO MEETING YOU IN PERSON WHEN WE SOON.WATCH FOR OUR WEEKLY UPDATES. PLEASE SEE THE STATEMENT ON FIRST PAGE IF YOU WOULD LIKE TO RECEIVE UPDATES.

Updated 07/15/2020 **Meeting Directory SGVIE** 1157 East Arrow Hwy Ste 4, Glendora, CA 91740

Time/day	City	Location	Contact Person	Mtg #	Type	Mtg Status
Sunday						
8:15-9:30 am	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
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
Monday						
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE:</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
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:</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
Tuesday						
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE:</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
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	11th Step **Limited Space for FACE to FACE Meeting Outdoors** 727 Harrison, Claremont- Friends Meeting House	Alicia: 909-624-3102	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
Wednesday						
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE:</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
10:00-11:30 am	Claremont	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Lorraine: 951-295-0709	56949	MD BB	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

Continued next page...

Meeting Directory SGVIE

Thursday																										
7:00-8:00 am	Glendora	Attitude Adjustment <i>PHONE</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	23818	OP NC	Open																				
10:00-11:15 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 ID: 825 944 5125 Password: 2020	Ruth F.: 951-202-8113	37014	OP	Open																				
6:30 - 7:30 pm	Glendora	A Vision 4 You <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	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*																				
Friday																										
7:00-8:00 am	Glendora	Attitude Adjustment **Limited Space for FACE to FACE Meeting** <i>on PHONE</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	23803	OP NC	Open																				
12:00-1:00 pm	Claremont	For Today <i>ZOOM MEETING</i> 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 <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	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). <i>According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.</i>																										
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#																										
<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">San Fernando Valley 818-881-4776</td> <td style="width: 33%;">oasvalley.org</td> <td style="width: 33%;">San Diego 619-521-2538</td> <td style="width: 33%;">oasandiego.org</td> </tr> <tr> <td>Channel Islands 805-899-3250</td> <td>oaciig.wordpress.com</td> <td>South Bay 562-493-3030</td> <td>oasouthbay.org</td> </tr> <tr> <td>Foothill 626-568-7511</td> <td>oafoothill.org</td> <td>Los Angeles 323-653-7652</td> <td>oalaig.org</td> </tr> <tr> <td>Orange County 714-953-0900</td> <td>oaoci.org</td> <td>Region 2 916-870-1442</td> <td>oar2.org</td> </tr> <tr> <td>Inland Empire 951-715-2080</td> <td>go2oa.org</td> <td>WSO 505-891-2664</td> <td>oa.org</td> </tr> </table>							San Fernando Valley 818-881-4776	oasvalley.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
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Please submit changes to: carlacofoa@gmail.com or call 626 335 3355