

1157 East Arrow Hwy Ste. 4, Glendora, CA

# WEEKLY UPDATED BRIEFS

## 2020 SGVIE Intergroup Board Members

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


**It is sad to say but the SGVIE office is still closed again. We will keep you posted!!!!**

**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.



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 @ 622727708, [walkforyourself@yahoo.com](mailto: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 others**



### Why drop Your Baggage?



One of the heaviest burdens we put on ourselves is self-condemnation: blaming ourselves for our real or perceived wrongdoings. As long as w permit ourselves to carry this burden, our spiritual growth is impaired.

We can acknowledge our errors and shortcomings, and where possible, correct them- but once we have done this, it is time to forgive ourselves and, with a humble heart, let God's grace heal any guilt or blame that remains.

The law of grace is "forgive, and you shall be forgiven" Only when we forgive ourselves do we open the way for God's grace to renew, vitalize and uplift us.



Black and White thinking was one way I made my life unmanageable. Seeing the world in extremes kept me from people and from myself. Most of all, it kept me from having an intimate relationship with my Higher Power.

Abstinence - Page106

**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.

### **We come to the program to feel better.**

We feel anger better

We feel sadness better

We feel all the other emotions better

And, eventually, we feel joy better too

*Every time I pick up the phone  
to call my sponsor or an OA friend,  
each time I take up my pen to write,  
I move myself along the path of  
freedom, awareness,  
acceptance, love, and recovery.*



### **In the Throes of My Bulimia ~ by Kim**

I am a proud member of Overeater's Anonymous. It's hard to believe that I can honestly say that sentence. I first heard about OA when I was in the throes of my bulimia. I didn't know anything about OA except the thought of it scared me and made me sick to my stomach. There was no way I belonged in a program about compulsive overeating. I purged any excess food I ate and I did whatever I could to keep myself from eating. Not just overeating, but eating period. Of course that never worked and I now realize my attempts to not eat led me to my binges. How messed-up is that! The more I tried to control my food---the more out of control I became. Bulimia for me is about control and trying to be perfect. If I can control my food and eat perfectly, I'll be thin, happy and free. I now know that my thinking was way, way off.

So part of my resisting the idea of OA was pure ego and a bigger part was denial. I did not want to face up to my inability to control food. How shameful and degrading. I guess I thought if I went to OA I would be admitting I was fat and out of control. How could that be true when all I did was think about restricting my food and vomiting? Well guess what, I was out of control and I was overweight. To my surprise, going to my first OA meeting not only gave me the greatest sense of relief I had ever felt, I finally found a place where I belonged. There were people of all sizes and anorexics and bulimics too. They say not to focus on the differences, but to focus on the similarities. The similarity is that we all have issues around food. We may do different things with it, but whatever our method is-----we are powerless over it and we need the OA program to restore us to sanity. I thank God every day for giving me the courage to get myself to my first meeting. Since then, I haven't purged in over a year and I have lost about 50 pounds. I don't eat perfectly all the time, but I am finding more meaningful things that help me to feel happy and free.

So if you are out there and uncomfortable with the idea of Overeater's Anonymous and don't think you fit in because you're bulimic or anorexic-----give yourself a well-deserved break and check out a meeting. You may find yourself relieved and grateful for the rest of your life.

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
<b>Sunday</b>						
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 <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	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
<b>Monday</b>						
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 <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 <i>ZOOM MEETING</i> 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? <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
<b>Tuesday</b>						
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 <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 <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 <b>**Limited Space for FACE to FACE Meeting Outdoors**</b> 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
<b>Wednesday</b>						
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 <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 - <b>**see OA Phone Meetings at the end for more options.**</b>	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 <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 <i>ZOOM MEETING</i> 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

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 <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 <i>ZOOM MEETING</i> 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																				
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 <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*																				
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 <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 <i>ZOOM MEETING</i> 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																				
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 <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 <a href="https://zoom.us">zoom.us</a> 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: <a href="http://www.oasgvie.org">www.oasgvie.org</a> 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](mailto:carlacofoa@gmail.com) or call 626 335 3355**

# Virtual Events

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:

Event Passed Already

2 "The Smelly?"

6 "Life as Life's True?"

Zoom Meeting ID: 947 2125 9974 Password: 810562 Email us at [info@oarise.org](mailto:info@oarise.org)

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 205-292-5242 or [calaurie78@gmail.com](mailto: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 abtinent

## HealingBody Image

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

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

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

For More Details call, text or email: Courtney, 650-279-6505, [c2@recovery.net](mailto:c2@recovery.net)

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
Acceptance	Acting As If	Sponsorship

**SPEAKERS ON SELECTED TOPICS**

**Q & A SESSIONS**

**SMALL GROUP SHARING IN BREAKOUT ROOMS**

Meeting ID: 869 9693 5944  
 Password: OARecovery

**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**

Channel Islands Intergroup Presents:

## Step Two Workshop

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

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.

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 \*

**AUGUST 8TH, 2020**  
**1:30PM-3:00PM**

**ZOOM MEETING ID: 850 8357 2877 PASSWORD: 176450**

Questions? Call or text Melinda @ 626-278-5539

Suggested \$5.00 donation

**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?pwd=aVR6Y1d1NG5oaHFNaniWdHdvU3JsQT09>

Meeting ID: 996 123 8124

Password: 4KwK79

Phone: +1 669 900 6833

If you need help with Zoom, contact Gem: (808) 250-1212



Suggested 7th Tradition Online Donation: \$5.00

<https://www.sacvalleyoa.org/7th-tradition-donation.html>

Sponsored by the Sacramento Valley Intergroup of Overeaters Anonymous [www.sacvalleyoa.org](http://www.sacvalleyoa.org)

**Sponsorship Workshop**  
**Saturday, August 15**  
 10:30-12:30 Pacific Time

**OVEREATERS ANONYMOUS VIRTUAL REGION**  
**e-WORKSHOP series**  
*Every "2nd Sunday of the Month"*  
 3-4:30pm EST Eastern Time

**UPCOMING TOPICS**

- 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



**VIRTUAL REGION WORKSHOP ROOM**

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

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



JEFFERSON STATE OA INTERGROUP CELEBRATES SPONSORSHIP DAY

**2020**

**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=bEhrUW16TzhkMVByQXlnQTRVZzBjQTR09>  
 Meeting ID: 898 8796 0602 Password: 002751  
 Dial by your location +1 669 900 9128 US (San Jose)

OA SAN FERNANDO VALLEY PRESENTS

**SOBER EATING WORKSHOP**

**AUGUST 16<sup>TH</sup>**  
**1:00 - 4:00 PT**

**Zoom Meeting ID: [897 1270 9542](https://zoom.us/j/89712709542)**  
**Password: promises83**

**4<sup>th</sup> Step Workshop**  
**SAT, AUG 22 @ 1:00 P - 2:30 PM PDT**

*Hosted by the Los Angeles Intergroup of Overeaters Anonymous*  
**"Fearless and thorough moral inventory"**

**Zoom Meeting ID: 968 4877 1307**  
**Zoom Password: 277583**

For questions, email [workshops@oalig.org](mailto:workshops@oalig.org)  
 call Morley at (310) 621-1615

**EVERY MONTH ON THE 12<sup>TH</sup> DAY**

**MAKE A TWELFTH-STEP-WITHIN SERVICE CALL, TEXT OR EMAIL!**

REACH OUT TO THOSE IN YOUR MEETINGS & FELLOWSHIP WHO STILL SUFFER, SHARING YOUR EXPERIENCE STRENGTH AND HOPE!

Those who give Twelfth-Step-Within service encourage existing OA members to become or remain abstinent, to work the Twelve Steps, and to give service to the best of their ability. Doing this service increases the quantity and quality of recovery in our Fellowship, thereby assisting our own spiritual journey.

O.A. Tools of Recovery  
 Plan of Eating Telephone Action Plan Sponsorship Writing Assembly Meetings Literature Service

Principles of the Steps  
 (to practice in all my affairs)  
 Honesty Integrity Love Hope Willingness Perseverance Faith Humility Spiritual Awareness Courage Self-Discipline Service

**YOUNG PERSONS NEW TELEPHONE MEETINGS**

Meeting #55573 foothill Intergroup #06003  
 GO TO FREECONFERENCECALL.COM  
 DIAL IN NUMBER: (605)313-5111 ACCESS CODE: 713088  
 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