

Channel Islands INTERVOICE



Online at www.oaciig.wordpress.com

October 2009

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

The **InterVoice** is a bi-monthly newsletter of the Channel Islands Intergroup of Overeaters Anonymous in Santa Barbara and Ventura Counties (CIIG, #005-09068, Region 2) and its OA meetings and OA activities.

7th Tradition

After expenses and a prudent reserve, meetings may choose to contribute 60% to CIIG, 30% to WSO, and 10% to Region 2 to keep OA self-supporting. Please send contributions directly to each service body at the addresses below.

Contact Information

CIIG

PO Box 1321
Summerland CA 93067
www.oaciig.wordpress.com

Region 2 of OA

4733 Torrance Blvd., PMB
335, Torrance, CA 90503
www.oar2.org

World Service Organization

P.O. Box 44020
Rio Rancho, NM 87174-4020
505/891-2664 (Fax 505/891-4320)
overeatr@technet.nm.org
www.oa.org

Updated 10.30.2009

Plan of Eating

As a tool, a plan of eating helps us to abstain from eating compulsively.

This tool helps us deal with the physical aspects of our disease and helps us achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual living experience.

- There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See [Dignity of Choice](#) and [A Plan of Eating](#) pamphlets for more info.) — www.oa.org

Humility

OA 12 & 12

Humility, as we experience it in our OA Fellowship, places us neither above nor below other people on some imagined ladder of worth. It places us exactly where we belong, on an equal footing with our fellow beings and in harmony with God. —p.60

Humility is a gift as surely as is our recovery from compulsive eating and the other miracles of healing we experience as we work the twelve steps. Our job is to be willing to let go of old attitudes which block humility, such as low self-esteem, status-seeking, and self-righteousness. —p.62.

For Today...

(Page 57)

Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition.

— Artur Rubinstein

As a compulsive overeater, I know that making conditions for happiness doesn't work. I thought I could only be happy if I was thin... How enslaving conditions are, and how fearful it is to let them go, to lose control. Life doesn't come made to order. It comes as it comes, on its own terms, whether or not I accept it.

For today: Setting conditions is putting myself back in the driver's seat. I can have the courage to trust, to let go and know that the ability to do this is a great blessing.

TRADITIONS

Nine—OA, as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve.

Ten—Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Reach first for the phone!

OA Information: 805-899-3250

OA is not just about weight loss, gain or maintenance; or obesity or diets.

It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive overeating, welcome to Overeaters Anonymous. — www.oa.org

OA PODCASTS

www.oa.org/podcast

Eleven podcasts are available—choose from an introduction to what OA is and how it can help (7 min), member stories (15-19 min) or a full meeting (54 min). Listen online or download.

Register Meeting Changes!

OA World Service Meeting Lists help the still-suffering compulsive eater find the recovery that OA offers.

Meeting secretaries can help by registering meeting changes (contact phone, time, or location) with World Service. Go to oa.org and choose 'Meetings' from the top menu, then select "Register/Change a Face-to-Face Meeting." The InterVoice and Region 2 meeting lists use the WSO meeting registry.

- Contact a CIIG rep if you need help with this important update procedure.

"Few people can fail to generate a self-healing process when they become genuinely involved in healing others."

—Theodore Isaac Rubin (*For Today* p.228)

It's true...service is its own reward! Can you offer service at the Intergroup level? Join us the first Tuesday of each month for one hour at Chase Bank in Carpinteria. Meeting reps are needed. *All are welcome!*

Service Board & Appointed Service Positions effective 10/06/09

CHAIR	Jocelyn	682-6752
VICE CHAIR	Gabrielle	705-6306
TREASURER	Jennifer	895-1108
BUSINESS SECT'Y.	Jennifer	895-1108
RECORDING SECT'Y	Raven	964-6359
PUB. OUTREACH VTA	Natalie	484-7851
PUB. OUTREACH S.B.	Spencer	896-8118
RET. & MARATHONS	Linda G.	963-1407
INTERVOICE	Elise	698-5442
WEB	Amy	967-6657
REGION 2 REP	Service opportunity	
W.S.O. REP	Service opportunity	

Jerry F., longtime SB member, has relocated to Reseda but wants to stay in touch! Reach him at 805-896-1758.

Intergroup needs meeting reps! Is your meeting represented? Join us on the first Tuesday of each month.

OA MEETING SCHEDULE—Keep Coming Back!

SUNDAY		Area Code 805 unless noted	
9:00 AM Camarillo	Big Book Study (#46514) — St. John's Pleasant Valley Hospital, 2309 Antonio Ave. 3rd floor, room #2.	Stacey (818) 640-2298	
6:00 PM St. Barbara	Big Book Literature Study (#11982) — Unity Church, 227 E. Arrellaga Street, in the Brides Room	Jayne	965-6190
7:00 PM Isla Vista	Big Book Literature Study (#50338) — St. Michael's Church (Chapel office), 6586 Picasso Rd. Corner of Camino Pescadero & El Greco — all ages welcome!	Layla leave message	886-5075
MONDAY			
12:00 PM Goleta	Brown Bag (#32642) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Jayne	965-6190
6:30 PM Isla Vista	Literature Study (#46412) — Lifeline, St. Michael's & All Saints Church (side office) corner of Camino Pescadero and El Greco	Linda	968-7167
7:00 PM Ventura	Newcomers/Pitch (#31329) — Bible Fellowship Church 6950 Ralston (Corner of Ralston and Johnston Drive)	Natalie	484-7851
TUESDAY			
5:30 PM Goleta	Leader's Choice (#07100) — Christ Is King Episcopal Church 5073 Hollister Avenue (last classroom at rear of church)	Nancy	686-0719
6:00 PM Ventura	11th Step Meeting (#36029) — Bible Fellowship Church 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Susan	485-6904
6:30 PM Ojai new time	OA Literature (#47208) — United Methodist Church. Church St. & Maricopa (opposite Nordhoff High School).	Maureen or 746-0220	646-5077
7:30 PM Intergroup 7 TH Tradition	Carpinteria - 1st Tues. of month (#005-09068) — Send a meeting rep! Chase bank, corner of Carpinteria Ave. and Casitas Pass Rd. (exit Casitas Pass Rd). Received Sept. 2 - Oct. 6: IG 7 th \$7, SB - Fri. \$40 (some "checks in the mail")	Jocelyn	682-6752
WEDNESDAY			
12:00 PM Ventura	Literature Study (#35960) — OA Brown Book — Bible Fellowship Church 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Susan	485-6904
6:00 PM Thousand Oaks new time	12 Step (#50284): Anorexic, Bulimic, Compulsive Overeater — All are welcome! 275 E. Hillcrest Dr., Ste. 120. Note: This meeting is from San Fernando Valley Intergroup	Micki	777-3873
7:30 PM St. Barbara	Literature Study (#36031) — Grace Lutheran Church, library. 3869 State St., near La Cumbre Plaza (across from Macy's)	Linda G.	963-1407
THURSDAY			
12:00 PM Goleta	Brown Bag (#15648) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Raven	964-6359
12:30 PM Ojai	Literature/Writing (#48134) — St. Andrews Episcopal Church. Bristol St. Topa Topa. Go to center classroom in farthest left building. OK to bring lunch.	Heather	646-5305
7:00 PM Carpinteria cancelled	Meeting cancelled. Contact an intergroup rep if you would be willing to attend a Carpinteria meeting on another day or time.	cancelled	
FRIDAY			
10:00 AM St. Barbara	Women's Step Study (#00243) — Unity Church, 227 E. Arrellaga Street, in the Brides Room	Jeanne	564-4213
12:00 PM Ventura	Steps (#35404) — Eastminster Presbyterian Church, 8180 Telephone Rd., Rm 9	Linda W.	794-1936
6:00 PM Ventura	Pitch (#32396) — Missionary Church, 500 High Point Drive, in the Library	Kelsey	815-6484
7:00 PM St. Barbara	Speaker (#36036) — First Congregational Church, 2101 State St., Fireside Room	Amy	967-6657
SATURDAY			
10:00 AM Ventura	Maintainers (#36038) — VCMC Cafeteria Conference Room, 3291 Loma Vista and Hillmont (bottom floor). All Are Welcome Here!	D'Nay	824-7879
10:30 AM St. Barbara	Step Study (#36037) — Unitarian Society, 1535 Santa Barbara St., Jefferson Hall, Room B	Jennifer	895-1108
3:00 PM Goleta	Women's Focus (#49669) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot.	Mary	968-7066

Visit www.oaciig.wordpress.com or www.oa.org for local announcements & worldwide meeting lists.

NEW INTERVOICE EDITOR! Please report schedule changes by 10/31 to Elise eliseannmartin@gmail.com