

# Channel Islands INTERVOICE



Online at [oaciig.wordpress.com](http://oaciig.wordpress.com)

**February 2010**

**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.

## TRADITION ONE

Our common well fare should come first. Personal recovery depends upon OA unity.

## 7<sup>th</sup> 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](http://www.oaciig.wordpress.com)

### Region 2 of OA

4733 Torrance Blvd., PMB 335,  
Torrance, CA 90503  
[www.oar2.org](http://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](mailto:overeatr@technet.nm.org)  
[www.oa.org](http://www.oa.org)

**NEW INTERVOICE  
EDITOR!** Please report  
schedule changes to  
[intervoice-ed@hotmail](mailto:intervoice-ed@hotmail)

➡ **Reach first for the phone!** ⬅

**OA Information: 805-899-3250**

Recovery from compulsive eating is the most important thing in our lives without exception! By working the Twelve Steps, we develop a new way of thinking and acting which enables us to live one day at a time without eating compulsively. When confronted with the urge to eat excess or inappropriate food, we now have alternatives. ♥



## Voices of Recovery...

(Page 59)

*Every man takes the limits of his own field of vision for the limits of the world*

– The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.61.

One of the most wonderful gifts I have received in this program is accepting and even loving myself. This new attitude has made it possible for me to take an honest look at the make-up of my character.

In Steps Six and Seven I have learned to deal with my character defects. I know now that I don't have to identify myself with my faults; I can make a mistake and that doesn't mean I am a mistake.

I can take responsibility for mistakes and character defects by being honest (and not judgmental) with myself and by asking my Higher Power for love and guidance and to help me surrender them to Him/ Her. The change in me, which indeed does occur, has shown me once again that the secret of success lies in surrender.

For today I can ask my Higher Power for awareness of myself, along with the willingness to surrender and to let me be as I am supposed to be.

## Save the date!!!

OA workshop:

**The Spiritual Life is Not a Theory  
Practicing the Principles**

February 20<sup>th</sup> 1-5 pm

Carpinteria Community Church  
Please RSVP to Tommie (805) 845-4290

**Quotes from Abstinence:  
Members of OA Share their  
experience, strength and hope.**

*"If food is calling, that means something's happening in my life." (P.74)*

*"Does abstinence come overnight?  
For some, yes; but for most of us,  
gaining it is a process." (P.71)*



## OA ONLINE!!!

[www.oa.org/podcast](http://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.

**12 step meetings online!!**

<http://www.therecoverygroup.org/meetings/schedule.html>

**Local internet activity!!!!**

OA Loop is a local email discussion of the 'For Today' daily readings. To sign up, send an email to [OALoop-subscribe@topica.com](mailto:OALoop-subscribe@topica.com)

For general OA announcements for the Santa Barbara/Ventura areas such as upcoming workshops, conferences, room changes, etc., sign up by sending an email to [CIIGEvents-subscribe@topica.com](mailto:CIIGEvents-subscribe@topica.com).

## 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](http://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.

## 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 TBC	896-8118
RET. & MARATHONS	Linda G.	963-1407
INTERVOICE	<a href="mailto:intervoice-ed@hotmail.com">intervoice-ed@hotmail.com</a>	
WEB	Amy	967-6657
REGION 2 REP	<b>Service opportunity</b>	
W.S.O. REP	<b>Service opportunity</b>	

## Rosanne's prayer:

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady will power. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands we find power & strength beyond our wildest dreams

**Intergroup reps needed!!** If your meeting doesn't have one, please think of volunteering for this service.

## ***OA MEETING SCHEDULE—Keep Coming Back!***

<b>SUNDAY</b>		<i>Area Code 805 unless noted</i>
<b>9:00 AM Camarillo</b>	<b>Big Book Study</b> (#46514) — St. John's Pleasant Valley Hospital, 2309 Antonio Ave. 3rd floor, room #2.	Stacey (818) 640-2298
<b>6:00 PM St. Barbara</b>	<b>Big Book Literature Study</b> (#11982) — Unity Church, 227 E. Arrellaga Street, meeting is in the Chapel	Jayne 965 -6190
<b>7:00 PM Isla Vista</b>	<b>Big Book Literature Study</b> (#50338) — St. Michael's Church (Chapel office), 6586 Picasso Rd. Corner of Camino Pescadero & El Greco — all ages welcome!	Layla 886-5075 leave message
<b>MONDAY</b>		
<b>12:00 PM Goleta</b>	<b>Brown Bag</b> (#32642) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Barbara 969-9942
<b>7:00 PM Ventura</b>	<b>Newcomers/Pitch</b> (#31329) — Bible Fellowship Church 6950 Ralston (Corner of Ralston and Johnston Drive)	Natalie 484-7851
<b>TUESDAY</b>		
<b>5:30 PM Goleta</b>	<b>Leader's Choice</b> (#07100) — Christ Is King Episcopal Church 5073 Hollister Avenue (last classroom at rear of church)	Nancy 686-0719
<b>6:00 PM Ventura</b>	<b>11th Step Meeting</b> (#36029) — Bible Fellowship Church 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	D'Nay 824-7879
<b>6:30 PM Ojai</b> <i>new time</i>	<b>OA Literature</b> (#47208) — United Methodist Church. Church St. & Maricopa (opposite Nordhoff High School).	Maureen 646-5077 or 746-0220
<b>7:30 PM Intergroup</b>  <b>7<sup>TH</sup> Tradition</b>	<b>Carpinteria - 1st Tues.</b> of month (#005-09068) — <b>Send a meeting rep!</b> Chase bank, corner of Carpinteria Ave. and Casitas Pass Rd. (exit Casitas Pass Rd). <b>Received at Feb. 2 mtg:</b> IG 7 <sup>th</sup> \$7; SB-Wed. \$60; Vta-Fri. 6pm \$36 and Sat \$30	Jocelyn 682-6752
<b>WEDNESDAY</b>		
<b>12:00 PM Ventura</b>	<b>Literature Study</b> (#35960) — <b>OA Brown Book</b> — Bible Fellowship Church 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Brigitte 649-5716
<b>6:00 PM Thousand Oaks</b> <i>new time</i>	<b>12 Step</b> (#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
<b>7:30 PM St. Barbara</b>	<b>Literature Study</b> (#36031) — Grace Lutheran Church, library. 3869 State St., near La Cumbre Plaza (across from Macy's)	Gloria 965-3838
<b>THURSDAY</b>		
<b>12:00 PM Goleta</b>	<b>Brown Bag</b> (#15648) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Raven 964-6359
<b>12:30 PM Ojai</b>	<b>Literature/Writing</b> (#48134) — St. Andrews Episcopal Church. Bristol St. Topa Topa. Go to center classroom in farthest left building. <i>OK to bring lunch.</i>	Heather 646-5305
<b>FRIDAY</b>		
<b>10:00 AM St. Barbara</b>	<b>Women's Step Study</b> (#00243) — Unity Church, 227 E. Arrellaga Street, in the Brides Room	Jeanne 564-4213
<b>12:00 PM Ventura</b>	<b>Steps</b> (#35404) — Eastminster Presbyterian Church, 8180 Telephone Rd., Rm 9	Linda W. 794-1936
<b>6:00 PM Ventura</b>	<b>Pitch</b> (#32396) — Missionary Church, 500 High Point Drive, in the Library	Kelsey 815-6484
<b>7:00 PM St. Barbara</b>	<b>Speaker</b> (#36036) — First Congregational Church, 2101 State St., Fireside Room	Amy 967-6657
<b>SATURDAY</b>		
<b>10:00 AM Ventura</b>	<b>Maintainers</b> (#36038) — VCMC Cafeteria Conference Room, 3291 Loma Vista and Hillmont (bottom floor). <i>All Are Welcome Here!</i>	Susan 485-6904
<b>10:30 AM St. Barbara</b>	<b>Step Study</b> (#36037) — Unitarian Society, 1535 Santa Barbara St., Jefferson Hall, Room B	Jennifer 895-1108
<b>3:00 PM Goleta</b>	<b>Women's Focus</b> (#49669) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot.	Mary 968-7066

Meeting note: Isla Vista Monday meeting closed in December due to low attendance.

Visit [oaciig.wordpress.com](http://oaciig.wordpress.com) or [oa.org](http://oa.org) for local announcements & worldwide meeting lists.