

InterVoice

January/February 2012

Bi-monthly newsletter of the **Channel Islands Intergroup (CIIG)**

Overeaters Anonymous in Santa Barbara & Ventura Counties

Website: <http://oaciig.wordpress.com>

Editor: oaciig.intervoice@gmail.com

The OA Preamble

"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."

Speaker Podcasts

Podcasts are digital audio recordings that are available on the Internet, and playable by most digital players (iPods, Smartphones, MP3 players, etc.). In OA, we offer recordings from speakers at meetings, workshops, and events, books-on-tape, and other inspirational interviews and stories. A good starting point is the Los Angeles IG's *Virtual Speakers' Bureau* which hosts literally hundreds of recordings of a wide range of OAs (men, women, compulsive eating, bulimia, anorexia, 100 pounders, multiple addictions, etc.).

To learn more, visit our CIIG website and click the "Podcasts" link at the top, or do a web search for "OA podcasts".

Third Step Prayer

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do Your bidding.

52nd OA Birtday Party

January 20-22, 2012

Four Points By Sheraton LAX

9750 Airport Blvd

Los Angeles, CA 90045

To register, visit:

www.oabirthday.org

The annual Overeaters Anonymous Birthday Party is a two and a half day celebration of the founding of Overeaters Anonymous in January of 1960. Every year hundreds of recovering compulsive overeaters from across the United States, Canada and many other countries gather to celebrate the founding of Overeaters Anonymous, personal recovery, and the fellowship we all share around the world. Many long timers from all over attend the Birthday Party. Frequently the speakers and leaders of the Panels, Workshops and Marathon meetings will have anywhere from five to forty plus years of recovery!

Panels – Abstaining OA members who work the steps speak about varying aspects of their recovery, with topics to include Actions in Abstinence, Actions in Service, Actions of a Healthy Body Weight, and Actions of the Big Book. By popular demand there will be Longtimer panels on both Saturday and Sunday mornings.

Workshops – Guided by the tools of the program, go in-depth into topics such as Body Image, Intimacy & Sexuality, Meditation Through Movement and Keeping Your Program Portable.

Big Book Intensive – An international long-timer takes you through all 12 Steps as outlined in the Big Book of Alcoholics Anonymous in one weekend.

Marathon Meetings – Themed meetings will take place every hour on the hour throughout most of the weekend. Need a meeting, we've got you covered!

Sponsor Meet-and-Greet – Two sessions where all fellows seeking a sponsor can meet available sponsors in a friendly and easy environment. Mix and mingle and don't go home without one!

OA: Face To Face – A rare opportunity to meet OA members from around the world as they share their experience, strength and hope with us on video!



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.

Contact Information

CIIG (#005-09068)
PO Box 1321
Summerland, CA 93067
(805) 899-3250
<http://oaciig.wordpress.com>

Region 2 of OA
4733 Torrance Blvd., PMB #335
Torrance, CA 90503
<http://www.oar2.org>

World Service Organization (WSO)
P.O. Box 44020
Rio Rancho, NM 87174-4020
(505) 891-2664
<http://www.oa.org>

Service Board & Appointed Service Positions (effective Oct 4, 2011)

CHAIR, WEB, & WSO
Natalie G., (805) 640-2528
VICE-CHAIR & BUSINESS SECRETARY
Stephanie J., (805) 729-4811

TREASURER
Barbara G., (805) 969-9942

RECORDING SECRETARY
Linda M., (805) 659-0567

INTERVOICE
Darren, (805) 452-7125

RETREATS & MARATHONS
Alex M., (805) 890-5488

REGION 2 REP
Jan, (805) 850-5657

SERVICE OPPORTUNITIES AVAILABLE!

Public Outreach (Ventura),
Public Outreach (Santa Barbara)
...are all **OPEN**

Meeting Schedule for the Channel Islands Intergroup of Overeaters Anonymous

All phone numbers (805) unless stated otherwise. Please notify WSO and CIIG of any meeting updates. Revised 27 Dec 2011.

			Contact
Sunday	Santa Barbara 6:00pm	Literature Study (Big Book) (#11982) Unity Church, 227 E. Arrellaga St. Meeting in Chapel. Additional parking in upper lot on Valerio St.	Monica 698-8411
Monday	Ventura 8:45am	Literature Study (#51450) 21 Dunning St., Back of Duplex.	Linda M. 659-0567
	Goleta 12:00pm	Brown Bag (#32642) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch.	Barbara 969-9942
	Ventura 7:00pm	Newcomers & Pitch (#31329) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Meeting in Pavilion #3. Enter parking from Ralston St.	Jan 850-5657
	Santa Barbara 7:30pm	Writing (Lifeline) (#51002) First Congregational Church, 2101 State St. Meeting in Dorcas Classroom. Enter through courtyard door on left (not patio door). Ring doorbell after 7:45pm.	Darren 452-7125
Tuesday	Goleta 5:30pm	Leader's Choice (#07100) Christ Is King Episcopal Church, 5073 Hollister Ave. Meeting in last classroom at rear of church.	Nancy 686-0719
	Ventura 6:00pm	11th Step & Meditation (#36029) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Meeting in Pavilion #3. Enter parking from Ralston St.	Susan 485-6904
	Ojai 6:30pm	Literature Study (#47208) St. Andrews Episcopal Church, 409 Topa Topa Dr. (at Bristol Rd). Meeting in the center classroom in farthest left building.	Charloa 798-0321
	Carpinteria 7:30pm	Channel Islands Intergroup (#005-09068) 1st Tuesdays of each month only. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Natalie G. 640-2528
Wednesday	Ventura 8:45am	Literature Study (#51451) 21 Dunning St., Back of Duplex.	Lorretta 659-4160
	Ventura 12:00pm	Literature Study (#35960) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Enter parking from Ralston St. Meeting in Building 500, Room 520.	Brigitte 649-5716
	Santa Barbara 7:30pm	Literature Study (#36031) Grace Lutheran Church, 3869 State St. Near La Cumbre Plaza, across from Macy's. Meeting in library.	Natalie G. 640-2528
Thursday	Goleta 12:00pm	Brown Bag (#15648) Goleta Presbyterian Church, 6067 Shirrell Way, Behind Fairview Center. Meeting in large social hall facing parking lot. <i>OK to bring lunch.</i>	Raven 964-6359
Friday	Santa Barbara 10:00am	Women's Literature Study (Big Book) (#00243) Unity Church, 227 E. Arrellaga St. Meeting in Bride's Room (upstairs). Additional parking in upper lot on Valerio St.	Jeanne 564-4213
	Ventura 10:30am	Lifeline (#35404) Eastminster Presbyterian Church, 8180 Telephone Rd. Meeting in building north of church on Telephone Rd.	Linda W. 794-1936
	Santa Barbara 7:00pm	Speaker (#36036) First Congregational Church, 2101 State St. (at Padre St.) Meeting in the Fireside Room. Enter through the patio door in courtyard.	Marissa (909) 851-5522
Saturday	Ventura 10:00am	Longtimers (#36038) Ventura County Medical Center, 3291 Loma Vista Rd. (at Hillmont Ave). Meeting in Cafeteria Conference Room on bottom floor. <i>All are welcome!</i>	Betty 644-5218
	Santa Barbara 10:30am	Step Study (OA 12&12) (#36037) Unitarian Society, 1525 Santa Barbara St. Meeting in Classroom B in courtyard. Varies at times, look for signs.	Jennifer F. 895-1108

Special Focus Meetings are "composed of individuals who feel they can more readily identify with fellow OA members with similar attributes." Nearby meetings include **100-Pounders** (Wed 8pm in Reseda); **Anorexia/Bulimia** (Mon noon, Wed 6pm, & Fri noon in Thousand Oaks); **LGBT** (Wed 7:30pm in Long Beach); **Men's** (Wed 7pm in Westwood); **Newcomer's** (Mon 7pm in Ventura); **Women's** (Fri 10am in SB, Sat 3pm in Goleta); and **Young People's** (Sat 9:30am in Santa Maria). Also, in **Spanish** (Sat 3pm in LA). Contact Central Coast IG (596-5033), San Fernando Valley IG (818-881-4776), or Los Angeles IG (323-653-7652) for details or visit www.oa.org.