

InterVoice

July/August 2010

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

Welcome

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

Upcoming Events

- Tools of Recovery Workshop (Reseda), July 11. Contact Carol B. at (818) 370-3602.
- Cafe Darbe Fundraiser (Sun Valley), July 31. Contact Cindy S. at (949) 370-9453.
- 23rd Annual Men's Stag Retreat, La Casa de Maria (Montecito), August 20-22. Contact Dave B. at (619) 224-4500 or email davebirge@cox.net.
- 50th Anniversary World Service Convention (LA), August 26-29. Contact WSO conventioninfo@oa.org.
- Big Bear, Big Life Retreat (Big Bear Lake), October 8-10. Contact Jeanine G. (562) 301-6127.

Census

Our World Service Office census (2008) estimated that there are 54,000 members in the Fellowship, with 41,540 in the US and 12,460 in the rest of the world. The census was mailed to 5,393 registered OA meetings worldwide — 4,420 in the US and 1,571 outside the US — and found that meetings have, on average, have about eight to nine members attending regularly.

News

On May 1, the delegates at OA's World Service Business Conference (WSBC) 2010 adopted a motion to add a ninth tool called "Action Plan." The Conference Literature Committee is working on a definition that will be presented for adoption to WSBC 2011. Until that time, OA members are free to interpret "Action Plan" as they wish.

Reach for the phone first! 805-899-3250

Recovery from compulsive eating is the most important thing in our lives without exception! The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food. 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.

The OA Promise (Rozanne'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."
.....

Tools of Recovery

Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA's eight tools of recovery:

- | | |
|--------------------|--------------|
| • A Plan of Eating | • Writing |
| • Sponsorship | • Literature |
| • Meetings | • Anonymity |
| • Telephone | • Service |

Spiritual Principles

Each of the Twelve Steps has an inherent spiritual principle (from *OA 12&12*, pp. 103-106):

- | | |
|----------------|-------------------------|
| 1. Honesty | 7. Humility |
| 2. Hope | 8. Self-discipline |
| 3. Faith | 9. Love |
| 4. Courage | 10. Perseverance |
| 5. Integrity | 11. Spiritual awareness |
| 6. Willingness | 12. Service |



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 6, 2009)

CHAIR
Jocelyn, (805) 682-6752
TREASURER & BUSINESS SECRETARY
Jennifer, (805) 895-1108
RECORDING SECRETARY
Raven, (805) 964-6359
RETREATS & MARATHONS
Linda G., (805) 963-1407
INTERVOICE
Darren, (805) 452-7125
WEB
Amy, (805) 967-6657

VICE CHAIR
PUBLIC OUTREACH (VENTURA)
PUBLIC OUTREACH (SANTA BARBARA)
REGION 2 AND W.S.O. REPS
OPEN - Service opportunities!

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 7/27/2010.

Listed contributions to CIIG from current meetings are *only* for receipts between Nov 2009 and Apr 2010. Total: \$1,199.

For meetings in neighboring areas, contact California Central Coast IG (596-5033) or San Fernando Valley IG (818-881-4776).

Sunday	Camarillo 9:00am	Literature Study (Big Book) (#46514) St. John's Pleasant Valley Hospital, 2309 Antonio Ave. Meeting on 3rd Floor, Classroom #1.	\$53.40	Stacey (818) 640-2298
	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.		Jayne 965-6190
Monday	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.	\$136.50	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.		Natalie 814-9241
	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.	\$36	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.		D'Nay 824-7879
	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>	\$59	Jocelyn 682-6752
Wednesday	Ventura 12:00pm	Literature Study (OA Brown Book) (#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.	\$240	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>	\$136.50	Raven 964-6359
	Ojai 12:30pm	Literature Study & Writing (#48134) St. Andrews Episcopal Church, 409 Topa Topa Dr. (at Bristol Rd). Meeting in the center classroom in farthest left building. <i>OK to bring lunch.</i>	\$50	Charloa 798-0321
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
	Ventura 6:00pm	Pitch (#32396) Missionary Church Counseling Center, 500 High Point Dr. Meeting in the Library.	\$96	Kelsey 815-6484
	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.	\$120	Daniel S. 636-6489
Saturday	Ventura 10:00am	Maintainers (#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>	\$60	Susan 485-6904
	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 895-1108
	Goleta 3:00pm	Women's Focus (#49669) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in Room 6.	\$177	Judy 729-2056

3rd Tradition — "The only requirement for OA membership is a desire to stop eating compulsively."