

# InterVoice

July/August 2011

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](mailto: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."

## Revised Statement on Abstinence

In Overeaters Anonymous, the Statement on Abstinence and Recovery is "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors *while working towards or maintaining a healthy body weight*. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

## Upcoming Events

- *R2 Convention: Recovery: A Blueprint for Life*. July 8-10 (Los Angeles).
- *26th Annual Tahoe Retreat*. August 12-14 (South Lake Tahoe). Contact Anna G. (916) 787-0602.
- *OA Men's Retreat*. August 19-21 (La Casa de Maria in Montecito). Contact Don B. (619) 420-0357.
- *Santa Cruz Summer Retreat*. August 19-21 (Santa Cruz). Contact Nancy (925) 606-5339.
- *Annual Channel Islands Women's Retreat*. Sept 23-25 (St Marys Seminary Retreat Center in Santa Barbara). Contact Raven (805) 964-6359, Stephanie (805) 729-4811, or Alex (805) 640-1707.

## Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

## Contribution Receipts

CIIG received \$711.43 in contributions from meetings between December 2010 and March 2011.



## 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.

## 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 5, 2010)

CHAIR & TREASURER  
Jennifer F., (805) 895-1108

VICE-CHAIR  
OPEN

BUSINESS SECRETARY  
Stephanie, (805) 729-4811

RECORDING SECRETARY  
Raven, (805) 964-6359

INTERVOICE  
Darren, (805) 452-7125

RETREATS & MARATHONS  
Alex M., (805) 640-1707

REGION 2 REP  
Jan, (805) 850-5657

**SERVICE OPPORTUNITIES AVAILABLE!**  
Public Outreach (Ventura),  
Public Outreach (Santa Barbara),  
Vice-Chair, Web, and W.S.O. Rep  
...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 8 July 2011.

			Contact
Sunday	<b>Santa Barbara</b> 6:00pm	<b>Literature Study (Big Book)</b> (#11982) Unity Church, 227 E. Arrellaga St. Meeting in Chapel. Additional parking in upper lot on Valerio St.	Monica 698-8411
Monday	<b>Ventura</b> 8:30am	<b>Literature Study</b> (#51450) 21 Dunning St., Back of Duplex.	Lorretta 659-4160
	<b>Goleta</b> 12:00pm	<b>Brown Bag</b> (#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
	<b>Ventura</b> 7:00pm	<b>Newcomers &amp; Pitch</b> (#31329) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Meeting in Pavilion #3. Enter parking from Ralston St.	Jan 850-5657
	<b>Santa Barbara</b> 7:30pm	<b>Writing (Lifeline)</b> (#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.	Lisa 729-3102
Tuesday	<b>Goleta</b> 5:30pm	<b>Leader's Choice</b> (#07100) Christ Is King Episcopal Church, 5073 Hollister Ave. Meeting in last classroom at rear of church.	Nancy 686-0719
	<b>Ventura</b> 6:00pm	<b>11th Step &amp; Meditation</b> (#36029) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Meeting in Pavilion #3. Enter parking from Ralston St.	Jennifer 746-3465
	<b>Ojai</b> 6:30pm	<b>Literature Study</b> (#47208) St. Andrews Episcopal Church, 409 Topa Topa Dr. (at Bristol Rd). Meeting in the center classroom in farthest left building.	Charloa 798-0321
	<b>Carpinteria</b> 7:30pm	<b>Channel Islands Intergroup</b> (#005-09068) <b>1st Tuesdays</b> of each month only. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Jennifer F. 895-1108
Wednesday	<b>Ventura</b> 8:30am	<b>Literature Study</b> (#51451) 21 Dunning St., Back of Duplex.	Lorretta 659-4160
	<b>Ventura</b> 12:00pm	<b>Literature Study</b> (#35960) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Enter parking from Ralston St. Meeting in Building 500, Room 520.	Brigitte 649-5716
	<b>Santa Barbara</b> 7:30pm	<b>Literature Study</b> (#36031) Grace Lutheran Church, 3869 State St. Near La Cumbre Plaza, across from Macy's. Meeting in library.	Natalie G. 640-2528
Thursday	<b>Goleta</b> 12:00pm	<b>Brown Bag</b> (#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	<b>Santa Barbara</b> 10:00am	<b>Women's Literature Study (Big Book)</b> (#00243) Unity Church, 227 E. Arrellaga St. Meeting in Bride's Room (upstairs). Additional parking in upper lot on Valerio St.	Jeanne 564-4213
	<b>Ventura</b> 10:30am	<b>Lifeline</b> (#35404) Eastminster Presbyterian Church, 8180 Telephone Rd. Meeting in building north of church on Telephone Rd.	Linda W. 794-1936
	<b>Santa Barbara</b> 7:00pm	<b>Speaker</b> (#36036) First Congregational Church, 2101 State St. (at Padre St.) Meeting in the Fireside Room. Enter through the patio door in courtyard.	Daniel S. 636-6489
Saturday	<b>Ventura</b> 10:00am	<b>Longtimers</b> (#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
	<b>Santa Barbara</b> 10:30am	<b>Step Study (OA 12&amp;12)</b> (#36037) Unitarian Society, 1525 Santa Barbara St. Meeting in Classroom B in courtyard. Varies at times, look for signs.	Jennifer F. 895-1108
	<b>Goleta</b> 3:00pm	<b>Women's Focus</b> (#49669) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in Room 6.	Judy 729-2056

**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](http://www.oa.org).