

# InterVoice

March/April 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](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."

## Upcoming Events

- *Region 2 Spring Assembly*, March 30-31, Burlingame, CA. [www.oar2.org](http://www.oar2.org).
- *OA Men's Retreat* at Rancho Alegre (Lake Cachuma) April 27-29, 2012. Contact: Walter G. 661-259-6343

## The Tools Of Recovery (abridged)

We use tools—a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service—to help us achieve and maintain abstinence and recover from our disease. Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

1. *A plan of eating* helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.
2. *Sponsorship*. We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.
3. *Meetings* give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

4. *Telephone*. Many members call, text or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

5. *Writing*. Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

6. *Literature*. We read OA-approved books, pamphlets and Lifeline magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

7. *Action Plan*. An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.

8. *Anonymity* guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

9. *Service*. Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative or Conference delegate.



## 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 4, 2011)

CHAIR & WEB  
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

**SERVICE OPPORTUNITIES AVAILABLE!**  
Public Outreach (Ventura),  
Public Outreach (Santa Barbara),  
Region 2 & WSO 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 7 Mar 2012.

			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> 8:45am	<b>Literature Study</b> (#51450) 21 Dunning St., Back of Duplex.	Lauri 658-7744
	<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.	Phae 302-6052
	<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.	Darren 452-7125
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>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. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Natalie G. 640-2528
Wednesday	<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.	Marissa (909) 851-5522
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