

March/April 2016

InterVoice



Channel Islands Intergroup—Santa Barbara
& Ventura Counties Newsletter

Upcoming Event:

San Gabriel Valley Intergroup presents: ABC's of Abstinence—Mapping out Your Abstinence and Your Food Plan: Saturday February 27, 2016, 10am to 4pm—registration 9 PM

Bring AA Big Book, writing materials a self addressed stamped envelope and a bag lunch. \$15.00 donation (pre-registration advised). 1157 E. Arrow Hwy. Ste 4, Glendora, CA 91740

I had struggled with my weight most of my life but in my 30's I began to jog and since I stayed away from sugar I lost weight and kept it off for a number of years. After a trip to Europe I could not get myself back to jogging and slowly put on weight. A popular diet club helped but I couldn't get back to where I was when I jogged. After I married I put on a bit more weight augmented by having a baby and having my elderly mother move near us.

When I retired I was 40 pounds overweight while only five feet tall, I looked like a little butter ball. I was determined to get to my previous self. I exercised, cut back and quickly lost 10 pounds and then I was stuck. With the help of a therapist I lost the next 22 pounds but then when I began planning my daughters wedding I inched back up. The worst was after the wedding. Since my daughter was now living in another country and quite far away I felt like I had lost my little girl. Soon I weighed 12 pounds more than when I had lost the last 22 pounds and at that low I still weighed 10 pounds over what I had been in my 30's. I was petrified that I would not only never reach my goal but that I would gain back all the weight I lost and more.

I was an evening binger. This behavior not only resulted in my gaining weight but living psychologically disjointed, guilty and frustrated. When sharing these feelings with a group of people I volunteer with, one of them mentioned Overeaters Anonymous. I was desperate. I would do anything as long as it was not extreme because I knew I could not handle anything extreme. At the first meeting I wondered if this program would work for me because I could not imagine that I had finally found the answer I was looking for. OA is a 12 step program of fellowship and complete honesty, not only about food, but every aspect of your life. After over a week of abstinence—for me that meant 3 meals and no snacks, 1300 calories a day, with no sugar or flour, I began to gain confidence in the program. After a few weeks I found a sponsor and continued to grow in the program. I have been in the program for several months now and feel fabulous—not only because my weight is coming off but because just having completed the 12 steps I feel an authenticity I have never felt before. Losing the weight is just an added benefit. This is a program for life. You work the program your own way, one day at a time. — — — Sincerely, Anonymous

Contact Information:

CIIG (#005-09068)
PO Box 1321
Summerland CA 93067
805 899-3250
oaciig.wordpress.com

Region 2 of OA—4733 Torrance Blvd.,
PMB #335
Torrance CA 90503, oar2.org

World Service Organization (WSO)
PO Box 44020
Rio Rancho NM 87174-4020
505 891-2664, oa.org

Service Board:

Chair: Jock D.—707 478-1807
V. Chair: Laura N.—805 687-4553
Treas: Barbara—805 969-9942
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Bus. Sec: Stephanie J.—805 729-4811

Volunteer Service Positions:

Retreats & Marathons:
Amy W.: 646 373-6828
InterVoice: Elaine S. 805 884-9826
Web: Haley D. 805 201-8086
Region 2 Rep: Natalie G.:
805 640-2528
Public & Professional Outreach
Stephanie J.: 805 729-4811 (SB)
Sherrice: 805 798-3904 (Ventura)

Contact editor at esaffan@icloud.com

Meeting Schedule for Channel Islands Intergroup of Overeaters Anonymous

Sun	Santa Barbara 6 PM	Literature Study: Big Book (#11982), Unity Church, 227 E. Arrellaga St.. Meet in Prayer Room, across courtyard from office. Additional parking in upper lot on Valerio St.	Zoe 707 704-3697
Mon	Ventura 8:45 AM	Literature Study (#51450), 21 North Dunning St., Meet back of Duplex	Susan 805 642-7627
	Goleta 12 PM	Literature Study (#32642), Goleta Presbyterian Church, 6067 Shirrell Way behind Fairview Center. Meet in large social hall facing parking lot. OK to bring lunch to	Barbara 805 969-9942
	Ventura 7 PM	Newcomers & Pitch (#31329), Bible Fellowship Church, 6950 Ralston St, at Johnson Dr. Meeting in Pavilion #3. Enter parking from Ralston St. Last Monday of month is a speakers meeting.	Rhiannon 805 535-5996
	Santa Barbara 7:35 PM	Writing—Lifeline (#51002), First Congregational Church, 2101 State St. Meeting in Dorcas Classroom, through courtyard door on left (not patio door).	Zoe 707 704-3697
Tue	Ojai 6:30 PM	Literature Study (#47208), Ojai Valley Community Church, 907 El Centro. Corner of El Centro and Loma. Park in smaller lot, closer to Loma	Natalie G. 805 640-2528
Wed	Ventura 12 PM	Literature Study (#35960), Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.) Enter parking from Johnson Dr. Meeting at Building 300, room 302.	Jock D. 707 478-1806
	Santa Barbara 7:30 PM	Literature Study (#36031), Grace Lutheran Church, 3869 State St. Near La Cumbre Plaza, across from Macy's. Meeting in Library	Natalie G. 805 640-2528
Thu	Goleta 12:00 PM	Literature Study (#15648), Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch.	Sue 805 964-0809
	Carpinteria 7:30 PM	Channel Islands Intergroup (#005-09068), 1st Thur of each month. Carpinteria Community Church, 1111 Vallecito Rd. Exit 101 at Casitas Pass Road. Please send a meeting rep!	Natalie G. 805 640-2528
Fri	Santa Barbara 10:00 AM	Women's Literature Study—Big Book and Step Study. (#00243), Unity Church, 227 E. Arrellaga St. Meet in Bride's Room (upstairs). Additional parking in upper lot on Valerio St. Closed meeting—open to OA members and those who desire to stop compulsive eating	Geana 805 845-6329
	Ventura 10:30 AM	Literature Study—Lifeline (#35404), Trinity Lutheran Church, 196 N. Ashwood Ave. At intersection of Loma Vista and Ashwood. Meeting in library.	Jennifer K 805 746-3465
Sat	Ventura 10 AM	Long-timers Pitch —All are welcome! (#36038), Ventura County Medical Center, 3291 Loma Vista Rd. (at Hillmont Ave.) Meeting in Cafeteria Conference Room on bottom floor.	Carol E. 805 208-1756
	Santa Barbara 10:30 AM	Step Study—OA 12 & 12 (36037) Unitarian Society, 1535 Santa Barbara St. Meeting in Classroom 1 in Courtyard. Location varies at times—look for signs.	Rick G. 805 453-3524

Please notify the World Service Office of any meeting updates by visiting "Find a Meeting" at oa.org

