

InterVoice

May/June 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

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

- *OA Men's Retreat*. May 20-23 (Rancho Alegre at Lake Cachuma). Contact Walter G. (661) 259-6343.
- *Relapse & Recovery Workshop*. June 12 1:30pm (West Los Angeles). Contact Ellie G. (310) 207-5214.
- *Abstinence & Food Plans Workshop*. June 25 2pm (West Hollywood). Contact Nick R. (323) 610-5999.
- *July Fourth in the Park*. July 4 (West Los Angeles). Contact LAIG.
- *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 or Linda (805) 722-0467.

Finding a Sponsor

To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it. If you are looking for a sponsor and have not yet found one, consider some of the following ideas:

- Attend as many different meetings as you can. You are not limited to a minimum or maximum number of OA meetings. Members who missed one or two of the meetings you attended may be at another meeting and be available to sponsor.
- Telephone meetings and/or online meetings are also resources to find sponsors. Go to the OA Web site to find a list of virtual meetings.
- Attendance at Step-Study and Big Book special-topic meetings is helpful until you find a sponsor who will work the Steps with you.
- Sometimes local intergroups or service bodies provide lists of members willing to sponsor. Your region may also provide a sponsors list. Each region and service body is autonomous; some regions may have this service while others may not.
(Adapted from *A Step Ahead*, 2011).

Contribution Receipts

CIIG received \$711.43 in contributions from meetings between December 2010 and March 2011, as follows:

- From meetings in Goleta:
Mon noon: \$142.50;
Thu noon: \$142.50; and,
Tue 5:30pm: \$36.
- From meetings in Santa Barbara:
Wed 7:30pm: \$57;
Fri 10am: \$57;
Fri 7pm: \$60;
Sat 10:30am: \$23.63; and,
Sun 6pm: \$60.
- From meetings in Ventura:
Tue 6pm: \$7.80;
Wed noon: \$15;
Fri 6pm: \$60; and,
Sat 10am: \$50.



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 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) 640-2584

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 4 May 2011.

Sunday	Camarillo 9:00am	Literature Study (Big Book) (#46514) St. John's Pleasant Valley Hospital, 2309 Antonio Ave. Meeting on 3rd Floor, Classroom #1.	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.	Monica 698-8411
Monday	Ventura 8:30am	Literature Study (#51450) 21 Dunning St., Back of Duplex.	Lorretta 659-4160
	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.	Lisa 729-3102
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.	Jennifer 746-3465
	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>	Jennifer F. 895-1108
Wednesday	Ventura 8:30am	Literature Study (#51451) 21 Dunning St., Back of Duplex.	Lorretta 659-4160
	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.	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
	Ventura 6:00pm	Pitch (#32396) Missionary Church Counseling Center, 500 High Point Dr. Meeting in the Library.	-
	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.	Daniel S. 636-6489
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
	Goleta 3:00pm	Women's Focus (#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.