

# InterVoice

May / June 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."

## Acceptance Was The Answer

"And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes." (from *Big Book* p. 417)

## Channel Islands Intergroup Workshop

Saturday, June 30, 2012  
10 am to 4:30 pm

Goleta Presbyterian Church  
6067 Shirrel Way  
Goleta, CA 93117

### Morning Session

### The Steps, Traditions and Concepts

### Afternoon Session

### Sponsoring Chronic Slippers Through An Exploration of the Big Book

Cost \$20

(fundraiser for the CIIG  
Women's Retreat Committee)

Lunch provided, along with coffee and tea. Diet sodas available for purchase. Meal catered by El Pollo Loco, including grilled chicken, salad, beans and tortillas. For driving directions or to save your seat, call by June 27.

### Contacts:

Barbara (805) 969-9942  
Raven (805) 964-6359

## For Fun: "OA Sayings"

- HALT! Don't get too Hungry, Angry, Lonely or Tired.
- It's easier to act yourself into good thinking than it is to think yourself into good action.
- When I make food an option, it will always be the only option.
- For every diet there is an equal but opposite binge.
- You're only as sick as your secrets.
- When I focus on the problem, the problem increases. When I focus on the answer, the answer increases.



## 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 30 April 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, through courtyard door on left (not patio door).	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>Writing (Literature)</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>Pitch</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