

InterVoice

November/December 2010

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."

Step Principles

Each of the Twelve Steps has an inherent principle (from *OA 12&12*, pp. 103-106):

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Self-discipline
9. Love
10. Perseverance
11. Spiritual awareness
12. Service

News

- *E-Books Now Available!* Three popular OA publications are now available electronically: *The 12&12*, *The 12 Step Workbook*, and *The 4th-Step Inventory Guide*. Visit bookstore.oa.org then select "E-Books."
- *100s of "Virtual Speakers" Available!* LAIG has a free collection of digital audio recordings from OA speaker meetings and workshops to play on your iPod, MP3 player, or computer. Visit www.oalaig.org then select "Speakers / Podcasts."

3rd Step Prayer

(from *AA Big Book*, p. 63)

"God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

Upcoming Events

- *Abstinence workshop* (Carpinteria Community Church, 1111 Vallecito Rd.). November 13 from 1-5pm. Contact Linda G. at (805) 722-0467.
- *IDEA Day*: International Day Experiencing Abstinence (IDEA) encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. November 20.
- *Thanksgiving Marathon Meetings* (Reseda). November 25 throughout the day. Contact Carol B. at (818) 370-3602.
- *Thanksgiving in the Park* (West LA). November 25 from 10am-noon. Contact LAIG at www.oalaig.org.
- *Step 12 workshop* (Reseda). December 5 from 1-3pm. Contact Carol B. at (818) 370-3602.
- *Twelfth-Step-Within Day* encourages individual OA members, meetings, and service boards to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. December 12.

The Ninth Tool

The delegates at OA's World Service Business Conference 2010 adopted a motion that created a ninth tool called "Action Plan." The Conference Literature Committee is working on a definition to be incorporated into the *Tools of Recovery* pamphlet. The committee will present the definition for adoption at the next World Service Business Conference in April 2011. Until that time, OA members are free to interpret "Action Plan" as they wish.



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 & VICE-CHAIR
OPEN - Service needed!

BUSINESS SECRETARY
Stephanie, (805) 729-4811

RECORDING SECRETARY
Raven, (805) 964-6359

TREASURER
Jennifer, (805) 895-1108

INTERVOICE
Darren, (805) 452-7125

RETREATS & MARATHONS
Linda G., (805) 722-0467

WEB
Jayne, (805) 965-6190

PUBLIC OUTREACH (VENTURA)
PUBLIC OUTREACH (SANTA BARBARA)
REGION 2 AND W.S.O. REPS
OPEN - Service needed!

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.

*Listed contributions to CIIG from current meetings are *only* for receipts between 4/1/10 and 11/1/10. Total: \$1,120.55.
Revised 28 October 2010.

			Receipts*	Contact
Sunday	Camarillo 9:00am	Literature Study (Big Book) (#46514) St. John's Pleasant Valley Hospital, 2309 Antonio Ave. Meeting on 3rd Floor, Classroom #1.	\$67.80	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.	\$60.00	Jayne 965-6190
Monday	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.	\$120.00	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.		Natalie 814-9241
	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.		Darren 452-7125
Tuesday	Goleta 5:30pm	Leader's Choice (#07100) Christ Is King Episcopal Church, 5073 Hollister Ave. Meeting in last classroom at rear of church.	\$72.00	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.	\$18.00	D'Nay 824-7879
	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>		Jocelyn 682-6752
Wednesday	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.	\$15.00	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.	\$164.40	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>	\$120.00	Raven 964-6359
	Ojai 12:30pm	Literature Study & Writing (#48134) St. Andrews Episcopal Church, 409 Topa Topa Dr. (at Bristol Rd). Meeting in the center classroom in farthest left building. <i>OK to bring lunch.</i>		Charloa 798-0321
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.		Kelsey 815-6484
	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.	\$248.35	Daniel S. 636-6489
Saturday	Ventura 10:00am	Maintainers (#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>	\$85.00	Susan 485-6904
	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 895-1108
	Goleta 3:00pm	Women's Focus (#49669) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in Room 6.	\$150.00	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); **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). 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.