

InterVoice

September / October 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

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

- *Sexuality & Intimacy Workshop* (St. Bede's Episcopal Church, LA), September 8 1-4 p.m. Contact: oalaig.org.
- *The Fall Retreat: Prescription For A Miracle* (Holy Spirit Retreat Center, Encino). September 14-16. Contact: oasfvalley.org.
- *Channel Islands OA Women's Retreat* (St. Mary's Seminary, Santa Barbara). September 28-30. Contact: oawomensretreat.wordpress.com.
- *ABC's of Abstinence Retreat* (Camp Cedar Glen in Julian). October 26-28. Contact: sd.oaretreat.org.

Serenity Prayer (Long Version)

God grant me the serenity
to accept the things I cannot
change; courage to change the
things I can; and wisdom to
know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the
pathway to peace; Taking, as He
did, this sinful world as it is, not
as I would have it; Trusting that
He will make all things right if I
surrender to His Will; That I may
be reasonably happy in this life
and supremely happy with Him
Forever in the next. Amen.
(by Reinhold Niebuhr)

CIIG Service Positions

CIIG will hold elections at the October 2nd meeting (Tues 7:30pm at Carpinteria Community Church). The meeting and all service group positions are open to any OA member. The election is to elect service board members to fill the following service positions: Chair, Vice-Chair, Business Secretary, Treasurer, and Recording Secretary. We also have volunteer service positions for newsletter, public outreach, retreats and marathons, website, and meeting, R2, and WSO representatives. If you're interested in strengthening your recovery through service, contact CIIG Chair Natalie G. (805) 640-2528.

Updated Suggested Meeting Format

At the November 2011 Board of Trustees meeting, the board members approved updates and revisions for the *Suggested Meeting Format*. The revisions include more inclusive language, an emphasis on abstinent sponsors, added focus on Lifeline magazine and updated guidelines for collecting Seventh-Tradition contributions.

In addition, the new meeting format includes the Abridged Tools of Recovery. This is a board-approved abridgement that includes two or three-sentence descriptions of each tool, taken directly from The Tools of Recovery pamphlet. OA groups can use this abridgement to save time during meetings. The *Abridged Tools of Recovery* is also available as a stand-alone document.

Editor's Note

I have served as the InterVoice editor since our March 2010 issue. The InterVoice editor position will be open at the October CIIG meeting. The next term starts with the November 2012 issue. Basic word processing, web, and email skills are helpful to have as the editor's responsibilities include writing the InterVoice newsletter (6 issues per year), attending the monthly CIIG meetings, and providing paper and electronic copies to distribute to our meeting groups. Thanks for letting me be of service!



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 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
Raven, (805) 964-6359

REGION 2 REP
Natalie M., (805) 814-9241

PUBLIC & PROFESSIONAL OUTREACH
Ellen M., (805) 569-3111 (SB)
Nancy, (310) 435-2027 (Ojai)

SERVICE OPPORTUNITIES AVAILABLE!
Public Outreach (Ventura),
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 3 September 2012.

			Contact
Sunday	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 8:45am	Literature Study (#51450) 21 Dunning St., Back of Duplex.	Lauri 658-7744
	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.	Phae 302-6052
	Santa Barbara 7:35pm	Writing (Lifeline) (#51002) First Congregational Church, 2101 State St. Meeting in Dorcas Classroom, through courtyard door on left (not patio door).	Marissa (909) 851-5522
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
	Ojai 6:30pm	Writing (Literature) (#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. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Natalie G. 640-2528
Wednesday	Ventura 12:00pm	Literature Study (#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
	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.	Darren 452-7125
Saturday	Ventura 10:00am	Pitch (#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 1 in courtyard. Varies at times, look for signs.	Jennifer F. 895-1108