

Nov/Dec 2017

InterVoice

Channel Islands Intergroup—Santa Barbara
& Ventura Counties Newsletter



Please **remember** to **donate** to **Intergroup** as part of **7th tradition** and **Thanks** Ventura #36038, Ojai #47209; and Santa Barbara #36031, for your donations.

THE POWER OF THE BIG BOOK! *Presented by A Vision for You*

Two of us from CIIG attended “The Power of the Big Book” convention September 15-17th, in New Jersey. It was presented by A Vision for You. “A Vision for You” is simply the name of an OA meeting that meets six days a week by telephone. It’s a Big Book focused OA meeting, registered at OA.org (See below for how to access these meetings).

Close to 800 fellows attended this incredible weekend. The decades of abstinence of these recovered speakers was amazing and fortunately recordings of the entire retreat are available. You can buy the full weekend podcasts or choose to listen to certain speakers on an “a la carte” basis. (Please see below for information).

The event was moderated by Kristie M. who is maintaining a 170-pound weight loss. She described our disease as “cunning, baffling, degrading, humiliating, cruel, hard and vicious” and talked about how “we go to the food when we are restless, irritable and discontented.”

There were also two personal stories by Patrick B. and Cathy G. Both speakers emphasized the harrowing nature of how this disease took them to the depths of despair (and near death) to how they live now as a **recovered** compulsive overeaters. They provide a powerful testimony to working the 12 steps of Overeaters Anonymous as instructed in the **Big Book of Alcoholics Anonymous**. You could hear a pin drop in the enormous crowd after they were done speaking. The energy was electric.

Patrick B (MN) shared that he might end up losing a foot because of this disease. He was maintaining a 140-pound weight loss. He talked about the insanity he felt in the disease and how he had pushed away people who love him. Now he feels compassion for himself and works with others, sponsoring to enlarge his spiritual life. He says he **worked the steps with the desperation of a drowning man**. He’s now recovered and living the 10th step promises.

Cathy G. also told a similar story of her days as a bulimic. She had to have all her teeth capped as a result of so many years in this disease. She spent hours in bathrooms trying to purge and once got locked in a restaurant for several hours after the staff left, not knowing she was there. She had to call the police from inside the restaurant.

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*****Please consider
submitting an article to
InterVoice.**

Contact editor at
esaffan@icloud.com



Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

(Continued from Power of the Big Book, front page)

Her desperation was evident. After she learned about OA she picked up the simple spiritual tool kit at her feet and began to work the 12 steps. She lives as a **recovered** compulsive eater today.

Most of the weekend was dedicated to studying the 12 steps of Overeaters Anonymous as instructed in the Big Book. The main speakers were Ruth M., Lawrie C., John K. and Harlan G. Here's a brief summary, but we urge you to listen to the actual presentations to experience the power of the Big Book and the Steps, through the words of the speakers themselves.

Step 1: What is our problem? We are powerless over food. Our lives have become unmanageable. We have a dual disease: an allergy of the body, or an abnormal reaction, which for us takes the form of a craving. And an obsession of the mind, which sends us back to our alcoholic foods and food behaviors because of a blank spot that comes over us when we feel everyday human emotions. We can't stop, once we've started, from eating our alcoholic substances or eating when it's not our time to eat, and we can't stay stopped once we've put the food down. We are powerless. We have to put the food (our alcoholic substances) down to get the promises of this program. Entire abstinence cures the physical allergy. But it is **essential that we work the steps to arrest the mental obsession which sends us back to the food.**

Step 2: What is the solution? The key is that the step does not read, "Believed that a Power greater than ourselves could restore us to sanity," but "**Came to believe** that a Power greater than ourselves could restore us to sanity." This is gradual. This is a conclusion step and the only requirement is a **willingness to have an open mind** about this Power. And it's a Power of our own conception.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him. The key is that the step doesn't say, "Turned our will and lives over to the care of God as we understood Him." But "**Made a decision...**" This is simply a decision to keep working the rest of the steps. To put down the food. To put down the prejudice. And be willing.

Steps 4-9: How do we get the solution? We work steps 4-9. Harlan G. stated, "This is not a program for people who want it. This is not a program for people who need it. **This is a program for people who DO it.**" These are the action steps. And step 4 is not a novel. With honesty and rigor, it can be completed in as little time as a week.

Steps 10, 11 and 12: Sometimes called the "Maintenance Steps," the speakers preferred to call these "Improvement Steps, during which we expand our spiritual connection to our higher power." Step 10 is essentially doing a mini-steps 4-9 when resentment, fear or selfishness pop up on a daily basis. Step 11 is our morning and night daily prayer and meditation (it need not be long!). One of the speakers mentioned that the reason Step 11 in the Big Book starts at night is that it assumes we've been diligent about our 10th step during the day! And step 12 —We can't keep what we don't give away. We must carry the message to the compulsive overeater who still suffers by sponsoring. We OWE! The key is that once our sponsees are living in steps 10, 11 and 12, they start to sponsor others, and we are also free to sponsor someone new. This can happen in as little as 8 weeks.

Quote: I don't pray for God to help me, but me to help God. God, what is my direction?

Please see www.avision4you.info for information on the following:

1. Access to live meetings
2. Access to recorded meetings
3. Access to Sunday morning Special Edition Speaker meetings with valuable questions and answers at the end of each podcast.
4. Access to The Power of the Big Book Convention
5. Call Amy W. at 646-373-6828 or Elaine S. at 909-908-7069 for any questions about the convention or accessing the information on this site!



Join us at—The OA Birthday Party

Celebrating Our 58th Year!—January 12-14, 2018

Come get your motivational fix with loads of Inspirational Speakers, meetings and OAers from all over the country.

*** Deluxe Location ***

Luxurious 4 star hotel @ \$127 / night up to 4 people
LAX Hilton, 5711 West Century Blvd, LA, CA 90045

Register at <http://www.oalaig.org/oa-birthday-party>

Negative Grandiosity

When we come to our first OA meeting and hear the success stories of other members who are working the 12 Steps and experiencing both physical and spiritual recovery, we are encouraged. But for a long time I held on to the excuse that, "Yes, it is working for them, but they're not as screwed up as I am." I believed that my deep seeded skepticism, my low self-esteem, my tough childhood, etc., were valid reasons why, as hard as I tried, ultimately, this was never going to work for me. I was certain that I was the one person who was too sick to ever experience the promises of the program

Sadly (I'm being ironic). I made the mistake of sticking around long enough that I have seen people who were a lot sicker than I was who worked the program anyway and have amazing recovery. I have heard it said that if the writers of the Big Book could change one word of the writing they would change the first sentence of Chapter 5 to say "Never have we seen a person fail who has thoroughly followed our path" instead of "Rarely." As I read the rest of the paragraph, I think that with that change they could leave out everything down to the last sentence of the paragraph: "There are those who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest." The middle part of the paragraph: "Those who do not recover are. . . people who are naturally incapable of grasping and developing a manner of living that demands rigorous honest," provides too much wiggle room for negatively grandiose people like myself.

If I am rigorously honest, I am forced to admit that if I am not experiencing "a new freedom and a new happiness" (I have had glimpses of these), it is time for me to let go of my negative grandiosity and be humble enough to be just another compulsive overeater doing my best to work the 12 steps of recovery. The promises are there for me if I'm willing to let go of my excuses and go after them.—Rodger S.

Join the Channel Islands Intergroup
of Overeaters Anonymous as:

The Big Book Comes Alive on the Ventura/Oxnard Coast

April 6, 7 and 8, 2018

Holiday Inn Express 350 E. Port Hueneme Road
Port Hueneme, CA 93041
(805) 986-5353

Our Retreat Speaker is a recovered compulsive eater from Winnipeg, Canada who has 24 years of abstinence. He has dedicated his life to serving OA and bringing the Big Book alive. Together we will go through all the steps as instructed in the Big Book.

Register now and get the early bird rate of \$40.00
Rates go up to \$50 on January 1, 2018.
Make checks payable to—CIIG and mail to:

CIIG
PO Box 1321
Summerland, CA 93067

Hotel paid separately—More information forthcoming.
Room rates are \$138/2 people, \$148/3 people, \$158/4 people
For more information or to volunteer contact Janine I.
(206) 841-1965 or Amy W. (646) 373-6828.



Buy a Raffle Ticket!
**ENTER FOR A
CHANCE TO WIN**
**Free Registration at our
APRIL 6, 7, & 8 2018
Retreat**

A \$50 VALUE.

1 Ticket = \$2

3 Tickets = \$5

6 Tickets = \$10

To purchase raffle tickets see
a retreat committee member,
ask at a local meeting or
contact Janine at
206 841-1965

Meeting Schedule for Channel Islands Intergroup

Sun	SB 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.	Stephanie J 805 729-4811
Mon	Ventura 8:45 AM	Literature Study (#51450), 21 North Dunning St., Meet back of Duplex.	Linda 805 607-3249
	Goleta 12 PM	Leaders Choice (#32642), Goleta Presbyterian Church, 6067 Shirrell Way behind Fairview Center. Meet in kitchen, through social hall, facing parking lot on the left. OK to bring lunch.	Barbara G 805 969-9942
	Ventura 7 PM	Newcomers & Pitch (#31329), Bible Fellowship Church, 6950 Ralston St, at Johnson Dr. Meeting in Pavilion #1. Enter parking from Ralston St. Third Monday of month is a speakers meeting.	Jan 805 850-5657
	SB 7:35 PM	Big Book & Step Study Meeting. Newcomers Welcome!; (#51002), First Congregational Church, 2101 State St, Dorcas Classroom, through courtyard door on left (not patio door).	Gretchen 760 274-4134
Tue	Ojai 6:30 PM	Literature Study (#47208), Ojai Valley Community Church, 907 El Centro. Corner of El Centro and Loma. Park in lower lot off of 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.	Brigette 805 649-5716
	Camarillo 12 PM	Step Study—New meeting! Permanent location has not yet been determined. Call Judith at 805 603-8947 for address.	Judith 805 603-8947
	SB 7:30 PM	Literature Study (#36031), Trinity Evangelical Lutheran Church, 909 N. La Cumbra Rd. @Foothill Rd., across from parking lot.	Jojo L. 818 400-5468
Thu	Goleta 12:00 PM	Literature Study: Big Book (#15648), Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in kitchen, through social hall, facing parking lot. on the left. OK to bring lunch.	Raven 805 453-2961
	Ventura 7 PM	Topic Meeting (#54396) Buenaventura Mobile Home Estates Club House, 11405 Darling	Dean 805 585-0842
	SB 7:00 PM	Big Book & Step Study Meeting at Casa Serina Residential Recovery Home for Women, 1515 Bath St, First Thursday of each month.	Abby 248 933-3864
	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.	Natalie G. 805 640-2528
Fri	SB 10:00 AM	Literature Study—Big Book and Step Study. (#00243), Unity Church, 227 E. Arrellaga St. Meeting 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	Sarah 805 564-3060
	Ventura 10:30 AM	Discussion Dialogue (#35404), Trinity Lutheran Church, 196 N. Ashwood Ave. At intersection of Loma Vista and Ashwood. Meeting in library.	Gary 805 766-7136
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
	SB 10:00 AM	Step Study—Newcomers (Second Saturday of every month. Unitarian Society, 1535 Santa Barbara St. Meeting in Classroom 1 in Courtyard. Location varies at times—look for signs.	Susan R. 805 680-8371
	SB 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.	Susan R. 805 680-8371

Meeting secretaries: please notify the World Service Office of any meeting updates by visiting “Find a Meeting”