

InterVoice

September/October 2015

Bi-monthly newsletter of the **Channel Islands Intergroup (CIIG)**
Overeaters Anonymous in Santa Barbara & Ventura Counties



Website: oaciig.wordpress.com
Editor: oaciig.intervoice@gmail.com

HAPPY HOLIDAYS

I have been abstinent for 8 years, and this will be my (HP willing) 9th abstinent holiday season. Previously, I had a rough time during the holidays and stayed in a food fog from Halloween to my birthday which is in February. I experienced incomprehensible demoralization. That all changed in 2007 with a life changing event and the freedom I enjoy now. This is a much more tranquil time of year for me because I have found the freedom to not eat compulsively, one day at a time, during the holidays and all through the year contingent on the maintenance of my spiritual health. What do I do instead of overeating during the holidays?

There is a workshop in Carpinteria coming up Saturday, Dec. 5, 2015. More information about this can be found elsewhere in this newsletter. I offered to do service on the workshop entitled "Connecting with a Higher Power that will Support Your Recovery." Volunteering on the workshop committee helps me to stay abstinent because in order for me to feel good about doing service, I want to feel good about food choices and amounts.

When I first came to program in 1983, I heard 'Service is Slimming' so I tried it. There was a Regional convention in my town, and I attended the planning meetings. The only problem was that I binged on the way home. I thought about food during the meeting. I realized that I wasn't doing anyone any service and that I needed to focus on my step work before I was ready to do service at the Intergroup or regional level. So I continued to do service on the group level like reading the steps at the meeting, putting up chairs, typing up the format. Doing service for me is insurance in the bank. During the time I am typing up the format I am not eating. Or if I bring flyers to give to my doctor's office, I am not eating as I am performing the service. Since I am helping on the workshop committee, between now and the time of the workshop, I'll be corresponding with other compulsive eaters in recovery. The committee members and Channel Islands Intergroup are helping to arrange for the event to go smoothly in order to carry the message to those in and out of the rooms still suffering from the debilitating disease of compulsive eating. Communicating with others is part of the solution. Isolation and disconnection are part of the disease. While I'm doing service, I am not overeating. I am connecting with my HP in order to help decide what is best for the group as a whole. I cannot think clearly if I am knee deep in Twinkies and Ho Hos. I want a clear mind today. I recoil from overeating and food fog as from a hot flame.

What else do I do during the holidays instead of eating compulsively?

- Do the next right action
- Fully Feel my feelings
- Call a friend and listen to them
- Write a letter, write in my journal
- Do my professional work
- Play the flute
- Read a novel or read something to improve my mind
- Meditate
- Make a photo book for my son celebrating one of his recent life events
- Cut and tie bows with ribbon and decorate the house
- Do something for my spouse
- Do some stretching
- Light a candle and watch it
- Ask myself "What do I need besides food or drink?" and give it to myself like a walk at sunset or time with children
- Slow down, Pause, Rest
- Steer clear of drama
- Try on clothes and see how I can accessorize
- Clean out a closet or drawer
- Attend a musical event like Messiah, Nutcracker or something the local church is doing. One year I went to the tree lighting and caroling event at the top of the tram in Palm Springs. FUN!

Early in abstinence, we had cubby mailboxes for inter-office mail. Often at the holidays 5 or 6 people would stuff sweet gifts in my cubby. I have an allergy of the body and an obsession of the mind. Eating too much of these things causes a brain fog and eventually leads to frustration, despair, unhealthy bodyweight and dysmorphic body image. I had the choice of what to do with them. I learned the hard way to leave a little note in my cubby. I started to live in the solution. The note said "Thank you for your thoughtfulness, I have a sensitivity to sugar so please do not leave your gift here. Thank you!" That little note saved me a lot of heartache, mind wrangling, grief and self loathing. And the neighbors understood. This is about recognizing my limits and asking for help instead of thinking people will know what I need.

It is insurance in the bank to practice a little program everyday even holidays and when family is visiting. There is a 7am - 12 step meeting near me, and I can attend while everyone else is just waking up. Also, instead of planning a trip that is mostly sitting, I plan trips where I'll be active without overdoing exercise. Last year, we invited the children from my husband's first marriage to come and visit. Instead of preparing a huge meal, we ordered take out from the local organic food store. No one spent the day in the kitchen. We spent the day playing in the ocean, playing with the football on the beach, and later watching the sunset and looking at old photos. Connection with HP, loved ones, nature and the past.

I don't have to stay in a mindless brain freeze through the holidays this year. I can choose again, I can choose living in the solution. I hope I meet you on the road. Much love, Janine I.

CHANNEL ISLANDS INTERGROUP WORKSHOP!!!

When: Saturday, December 5th
from 9am-3pm (lunch noon-1pm)

Where: Faith Lutheran Church,
1335 Vallecito Place, Carpinteria,
CA 93013

Topic: "Connecting with a Higher
Power that will Support Your
Recovery"

Suggested donation \$10

**Please contact Stephanie at
805.729.4811 with any questions!**

Contact Information

CIIG (#005-09068)
PO Box 1321
Summerland, CA 93067
(805) 899-3250
oaciig.wordpress.com



Region 2 of OA
4733 Torrance Blvd., PMB #335
Torrance, CA 90503
oar2.org

World Service Organization (WSO)
PO Box 44020
Rio Rancho, NM 87174-4020
(505) 891-2664
oa.org

Service Board

Chair
Jock D., (707) 478-1806
Vice-Chair
Laura N., (805) 687-4553
Treasurer
Barbara, (805) 969-9942
Recording Secretary
SERVICE AVAILABLE!
Business Secretary
Natalie G., (805) 640-2528

Volunteer Service Positions

Retreats & Marathons
Amy W., (646) 373-6828
InterVoice
SERVICE AVAILABLE!
Web
Haley D., (805) 201-8086
Region 2 Rep.
Natalie G. (805) 640-2528
Public & Professional Outreach
Stephanie, (805) 729-4811 (SB)
Sherrice, (805) 798-3904 (Ventura)
Service Opportunities Available!

Meeting Schedule for the Channel Islands Intergroup of Overeaters Anonymous

All phone numbers (805) unless otherwise stated. Please notify the World Service Office of any meeting updates by visiting the "Find a Meeting" page at www.oa.org.

Meeting details are current as of Jan. 1, 2015. To confirm meeting date, time and location, please call the contact listed for each meeting.

Definition of "Closed Meeting:" Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).

SUN	Santa Barbara 6:00 pm	Literature Study (Big Book) (#11982) Unity Church, 227 East Arrellaga St. Meeting in Prayer Room (across courtyard from office.) Additional parking in upper lot on Valerio St.	Zoe 707-704-3697
MON	Ventura 8:45 am	Literature Study (#51450) 21 North Dunning St., Back of Duplex.	Susan 642-7627
	Goleta 12:00 pm	Literature Study (#32642) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch to eat at meeting.	Barbara 969-9942
	Ventura 7:00 pm	Newcomers & Pitch (The last Monday of the month is a Speaker's Meeting) (#31329) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.). Meeting in Pavilion #3. Enter parking from Ralston St. Last Monday of the month is a speaker meeting.	Rhiannon 535-5996
	Santa Barbara 7:35 pm	Writing (Lifeline) (#51002) First Congregational Church, 2101 State St. Meeting in Dorcas Classroom, through courtyard door on left (not patio door).	Zoe 707-704-3697
TUE	Ojai 6:30 pm	Literature Study (#47208) Ojai Valley Community Church, 907 El Centro, Ojai, CA 93023. Corner of El Centro and Loma (park in smaller lot, closer to Loma).	Natalie G. 640-2528
WED	Ventura 12:00 pm	Literature Study (#35960) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.). Enter parking from Johnson Dr. Meeting in Building 300, room 302.	Jock D. (707) 478-1806
	Santa Barbara 7:30 pm	Literature Study (#36031) Grace Lutheran Church, 3869 State St. Near La Cumbre Plaza, across from Macy's. Meeting in library.	Natalie G. 640-2528
THU	Goleta 12:00 pm	Literature Study (#15648) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch.	Sue 964-0809
	Carpinteria 7:30 pm	Channel Islands Intergroup (#005-09068) 1 st Thursday of each month. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Natalie G. 640-2528
FRI	Santa Barbara 10:00 am	Women's Literature Study (Big Book) (#00243) Unity Church, 227 East Arrellaga St. Meeting in Bride's Room (upstairs). Additional parking in upper lot on Valerio St. Closed Meeting.	Jeanne 564-4213
	Ventura 10:30 am	Lifeline (#35404) Trinity Lutheran Church, 196 N. Ashwood Avenue, Ventura, CA 93003. The church is located at the intersection of Loma Vista and Ashwood. Meeting room is in the library.	Jennifer K. 746-3465
SAT	Ventura 10:00 am	Longtimer's Pitch Are all welcome! (#36038) Ventura County Medical Center, 3291 Loma Vista Rd. (at Hillmont Ave.). Meeting in Cafeteria Conference Room on bottom floor.	Carol E. 208-1756
	Santa Barbara 10:00 am	PLEASE NOTE: THIS MEETING IS HELD MONTHLY. THE SECOND SATURDAY OF EACH MONTH. Newcomer Meeting (#36037) An introductory meeting (20 minutes) to OA and please feel free to stay for 10:30am weekly meeting (below), Unitarian Society, 1525 Santa Barbara St. Meeting in Classroom 1 in Courtyard. Varies at times, look for signs.	Rick G. 453-3524
	Santa Barbara 10:30 am	Step Study (OA 12&12) (#36037) Unitarian Society, 1525 Santa Barbara St. Meeting in Classroom 1 in Courtyard. Varies at times, look for signs.	Rick G. 453-3524