

# InterVoice

March/April 2011

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."

## Upcoming Events

- *Big Book Workshop* at Verdugo Hills Mental Health Center, Glendale. March 5, 2-4:30pm. Contact Gail, 818-244-2941.
- *Bowling Night* at Mission Hills Bowl. Mission Hills, CA. March 26, 7:30-9:30pm. Contact Allie, 310-990-2744.
- *Step 3 Workshop* at Darby Office. Reseda. March 27, 1-3pm. Contact Kristen M., 818-406-2606.
- *Region 2 Spring Assembly*. Los Angeles. April 15-16.

## "Gifts from OA"

- OA gave my food issues a name: compulsive overeating.
- OA said this disease couldn't be controlled by willpower, thus taking the guilt away.
- OA depends upon a Higher Power, teaching me to walk closer to God.
- OA has provided a place for others like me to meet, so I'm not alone anymore.
- OA has a Twelve-Step plan for recovery, giving me hope for the future.
- OA offers me something I've never received anywhere else: sanity.  
— Pam, Goose Creek, SC  
(from *Lifeline*, February 2011, p. 21).

## How Did OA Start?

The idea of OA came to cofounder Rozanne S. at a Gamblers Anonymous (GA) meeting she attended with a compulsive gambling friend in 1958. As GA members shared their stories, she heard her story—not of gambling, but of compulsive overeating. She knew then that the Twelve-Step and Twelve-Tradition program founded by Alcoholics Anonymous (AA) and modeled by GA offered her a chance to change her life and reduce her 152-pound body to a size that would fit her 5-foot-2-inch frame. Not until 1960, when her weight had increased to 161 pounds, could she find other people who shared her convictions.

Her chance meeting with a new neighbor, Jo S., gave Rozanne strength in numbers, even if it was only one person. Together they found another compulsive overeater, Bernice S., and convened the first OA meeting in Los Angeles, California, January 19, 1960. Today, about 6,500 OA groups meet each week in over 75 countries. With OA divided into 10 regions worldwide and approximately 54,000 members worldwide, it helps thousands of compulsive eaters find new life in recovery. (From *OA.org*)

## Workshop Report

"Save the date" ... CIIG is planning our *Annual Channel Islands Women's Retreat* for Sept 23-25, 2011. Check our website for details in the coming weeks.

Last year, CIIG hosted a workshop in Carpinteria (Nov 13, 2010) that was well attended by 30+ people. One attendee related her experience: There were some terrific speakers that covered a variety of abstinence issues. They helped clarify what abstinence *is* and what it *is not*. In meetings, for example, the word "abstinence" is often used interchangeably with the word "recovery." The speakers discussed bulimia and anorexia, and answered questions from the audience. Participants found the workshop informative, and look forward to future opportunities like this from the OA organization! Thanks to Linda G., Tommie, and others who helped organize the workshop. Thanks for your service!



## 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 5, 2010)

CHAIR & TREASURER  
Jennifer F., (805) 895-1108

VICE-CHAIR  
OPEN - Service Needed!

BUSINESS SECRETARY  
Stephanie, (805) 729-4811

RECORDING SECRETARY  
Raven, (805) 964-6359

INTERVOICE  
Darren, (805) 452-7125

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

REGION 2 REP  
Jan, (805) 850-5657

**SERVICE OPPORTUNITIES AVAILABLE!**  
Public Outreach (Ventura),  
Public Outreach (Santa Barbara),  
Vice-Chair, Web, and W.S.O. 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.

\*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 February 2011.

			Receipts*	Contact
Sunday	<b>Camarillo</b> 9:00am	<b>Literature Study (Big Book)</b> (#46514) St. John's Pleasant Valley Hospital, 2309 Antonio Ave. Meeting on 3rd Floor, Classroom #1.	\$67.80	Stacey (818) 640-2298
	<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.	\$60.00	Monica 698-8411
Monday	<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.	\$120.00	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.		Jan 850-5657
	<b>Santa Barbara</b> 7:30pm	<b>Writing (Lifeline)</b> (#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	<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.	\$72.00	Nancy 686-0719
	<b>Ventura</b> 6:00pm	<b>11th Step &amp; Meditation</b> (#36029) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Meeting in Pavilion #3. Enter parking from Ralston St.	\$18.00	Jennifer 746-3465
	<b>Ojai</b> 6:30pm	<b>Literature Study</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 only. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>		Jennifer F. 895-1108
Wednesday	<b>Ventura</b> 12:00pm	<b>Literature Study (OA Brown Book)</b> (#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
	<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.	\$164.40	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>	\$120.00	Raven 964-6359
	<b>Ojai</b> 12:30pm	<b>Literature Study &amp; Writing</b> (#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	<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>Ventura</b> 6:00pm	<b>Pitch</b> (#32396) Missionary Church Counseling Center, 500 High Point Dr. Meeting in the Library.		D'Nay 824-7879
	<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.	\$248.35	Daniel S. 636-6489
Saturday	<b>Ventura</b> 10:00am	<b>Longtimers</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>	\$85.00	Susan 485-6904
	<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
	<b>Goleta</b> 3:00pm	<b>Women's Focus</b> (#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); **LGBT** (Wed 7:30pm in Long Beach); **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). Also, in **Spanish** (Sat 3pm in LA). 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](http://www.oa.org).