

# InterVoice

November/December 2012

Bi-monthly newsletter of the **Channel Islands Intergroup (CIIG)**

Overeaters Anonymous in Santa Barbara & Ventura Counties

Website: <http://oaciig.wordpress.com>

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## 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."

### *An excerpt from AA Big Book*

"God, I ask that you remove my fear and direct my attention to what you would have me be." (page 68)

"God, I earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." (page 70)

"God, I am faced with indecision and I am unable to determine which course to take. I ask You for inspiration, an intuitive thought, or a decision. God, I pray to be shown what my next step should be. Give me whatever I need to take care of my problems. Especially free me from self-will so that I may be of help to others. What can I do today to help others?" (page 86)

"God, please direct my thinking; especially, that it be divorced from self-pity, dishonesty or self-seeking motives. What can I do for the man that is still sick?" (pages 86 and 164)

## CIIG Service Positions

CIIG held elections at the October meeting. There are still service group positions are open to any OA member:

- Vice-Chair
- Business Secretary

If you're interested in strengthening your recovery through service, contact CIIG Chair Natalie G. (805) 640-2528.

## Group Service Reps Needed

Currently, only about 20-30% of OA groups in the Channel Islands Intergroup (CIIG) are represented at the monthly CIIG meetings. The CIIG is a service body dedicated to serving all the groups in the Channel Islands area, and the best way we can do that is to hear from all of our groups.

Intergroup Representatives are the link between each individual group and the CIIG, which is the service body that serves the Channel Islands groups. There are no abstinence requirements, only a willingness to act as a liaison between your group and the CIIG and to attend the monthly meetings, which are held on the first Tuesday of each month in Carpinteria.

Being an Intergroup Representative is a great way to use the tool of service and is also a great deal of fun.

If you know your group does not have an Intergroup Representative and you would like to serve, please attend the next meeting of the CIIG, on Tuesday, December 4th at 7:30 p.m. at the Carpinteria Community Church, 1111 Valecito Rd., Carpinteria. Or, you can contact Natalie G. (805) 640-2528 for more information.

## Group Service Reps Needed

Available on the OA website, you can find streaming and downloadable recordings from OA members, OA meetings, reading of OA pamphlets, and much more. Visit [oa.org/oapodcasts](http://oa.org/oapodcasts)

There are also podcasts available from our Intergroup website, [oaciig.wordpress.com/podcasts](http://oaciig.wordpress.com/podcasts)

## 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 October 2, 2012)

### CHAIR & WEB

Natalie G., (805) 640-2528

### VICE-CHAIR & BUSINESS SECRETARY Open

### TREASURER

Barbara G., (805) 969-9942

### RECORDING SECRETARY

Linda M., (805) 659-0567

### INTERVOICE & PARLIAMENTARIAN

Keith M., (805) 766-3981

### RETREATS & MARATHONS

Raven, (805) 964-6359

### REGION 2 REP

Natalie M., (805) 814-9241

### PUBLIC & PROFESSIONAL OUTREACH

Ellen M., (805) 569-3111 (SB)

### SERVICE OPPORTUNITIES AVAILABLE!



## 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	<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.	Monica 698-8411
Monday	<b>Ventura</b> 8:45am	<b>Literature Study</b> (#51450) 21 Dunning St., Back of Duplex.	Lauri 658-7744
	<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.	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.	Phae 302-6052
	<b>Santa Barbara</b> 7:35pm	<b>Writing (Lifeline)</b> (#51002) First Congregational Church, 2101 State St. Meeting in Dorcas Classroom, through courtyard door on left (not patio door).	Marissa (909) 851-5522
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.	Nancy 686-0719
	<b>Ojai</b> 6:30pm	<b>Writing (Literature)</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. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Natalie G. 640-2528
Wednesday	<b>Ventura</b> 12:00pm	<b>Literature Study</b> (#35960) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr). Enter parking from Ralston St. Meeting in Building 500, Room 520.	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.	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>	Raven 964-6359
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>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.	Darren 452-7125
Saturday	<b>Ventura</b> 10:00am	<b>Pitch</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>	Betty 644-5218
	<b>Santa Barbara</b> 10:30am	<b>Step Study (OA 12&amp;12)</b> (#36037) Unitarian Society, 1525 Santa Barbara St. Meeting in Classroom 1 in courtyard. Varies at times, look for signs.	Jennifer F. 895-1108