

# InterVoice

November/December 2013

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)

## OACIIG SERVICE BOARD ELECTION RESULTS

CIIG Board elections were held at the board meeting in October. Here is the new service board:

- Chair: Cinthya
- Recording Secretary: Raven
- Business Secretary: [service opportunity!]
- Vice Chair: Erik
- Treasurer: [service opportunity!]

CONGRATULATIONS to the new board members, and a special thank you to the outgoing board members for their service to O.A. and to all of us. ♥

As you can see, there are still service opportunities for the positions of Treasurer and Business Secretary. Here are the descriptions, from the CIIG Bylaws, for these two positions:

- ~ BUSINESS SECRETARY: Handles incoming and outgoing correspondence of the OACII Board.
- ~ TREASURER: Handles the financial statements and pays expenses of the OACII.

If you know of someone you think would be great for either position, please encourage them to serve. Service on the CIIG board is fun, rewarding, a great opportunity to meet other OAers in the intergroup area, and an excellent way to promote your recovery in OA.

*"Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service....There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. 'A life of sane and happy usefulness' is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise."*

Tools of Recovery. © 2011 Overeaters Anonymous, Inc. All rights reserved.

## Got a Great Idea for a Workshop?

If there's a workshop you'd be interested in attending or giving, please contact our Retreats & Marathons Chair, Raven, at: (805) 964-6359.

## From Our Fellowship

*Sharing experience, strength, and hope from our OA Channel Islands Intergroup.*

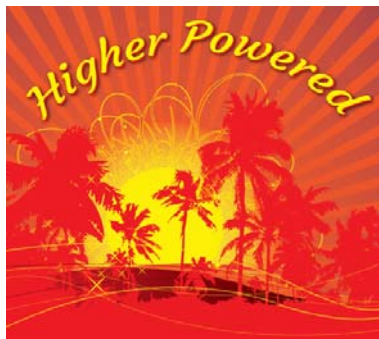
*"As much as we might like to, we cannot skip the making of amends. The experience of OAs who have worked the steps before us shows that recovery depends on completing steps eight and nine." --The Twelve Steps and the Twelve Traditions of Overeaters Anonymous, p. 73.*

Have you worked Step 8, "Made a list of all persons we had harmed and became willing to make amends to them all," and Step 9, "Made direct amends to such people wherever possible, except when to do so would injure them or others."? If so, we'd **love** to hear from you! Please send your submissions to the editor at [oaciig.intervoice@gmail.com](mailto:oaciig.intervoice@gmail.com).

## Santa Barbara Outreach Help Needed

Can you serve OA in an easy way from home for 5-10 minutes a week? We need someone to renew the OA craigslist posting weekly or, even better, twice a week. It doesn't require much computer skill; only a fairly basic knowledge of how to use the Internet. We will provide a brief training if unfamiliar with craigslist. Please contact Ellen M. at (805) 569-3111.

## OA's 54th Birthday Party!! January 17-19, 2014 in L.A.



Visit: [oaciig.wordpress.com](http://oaciig.wordpress.com) for more information or to register.



## OA's Responsibility Pledge

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

## 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)  
PO Box 44020  
Rio Rancho, NM 87174-4020  
(505) 891-2664  
<http://www.oa.org>

## Service Board

Chair  
Cinthya, (805) 415-6488  
Vice-Chair  
Erik, (805) 565-2319  
Treasurer  
[service opportunity!]  
Recording Secretary  
Raven, (805) 964-6359  
Business Secretary  
[service opportunity!]

## Volunteer Service Positions

Retreats & Marathons  
[service opportunity!]  
InterVoice & Website  
Natalie G., (805) 640-2528  
Region 2 Rep.  
Natalie M., (805) 814-9241  
Public & Professional Outreach  
Ellen, (805) 569-3111 (SB)  
Leslie, (805) 701-2877 (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](http://www.oa.org).

SUN	Santa Barbara 6:00 pm	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
MON	Ventura 8:45 am	Literature Study (#51450) 21 South Dunning St., Back of Duplex.	Ann 861-3004
	Goleta 12:00 pm	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 7:00 pm	Newcomers & Pitch (#31329) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.). Meeting in Pavilion #3. Enter parking from Ralston St.	Cinthyia 415-6488
	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	Goleta 5:30 pm	Leader's Choice (#07100) Christ Is King Episcopal Church, 5073 Hollister Ave. Meeting in last classroom at rear of church.	Nancy 686-0719
	Ojai 6:30 pm	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 7:30 pm	Channel Islands Intergroup (#005-09068) 1st Tuesday of each month. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <b>Send a meeting rep!</b>	Natalie G. 640-2528
WED	Ventura 12:00 pm	Literature Study (#35960) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.). Enter parking from Ralston St. Meeting in Building 500, Room 520.	
	Oxnard 6:00 pm	Literature Study (meeting # pending) Oxnard Alano Club, 620 South D Street (upstairs, first room on the left).	Dana 487-6164
	Ventura 6:00 pm	Big Book Study (#52770) CMH, 2809-A Main Street. Entrance and parking in the back of the building. The last Wednesday of the month, we read from the AA 12&12.	Jan 850-5657
	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	Brown Bag (#15648) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. <b>OK to bring lunch.</b>	Raven 964-6359
	Santa Barbara 6:00 pm	Women's Meeting (#52866) Grace Lutheran Church, 3869 State St. Near La Cumbre Plaza, across from Macy's. Meeting in library.	Lisa 729-3102
FRI	Santa Barbara 10:00 am	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 10:30 am	Lifeline (#35404) Orchard Community Church, 8180 Telephone Rd. Meeting in building north of church on Telephone Rd.	Barry 861-8250
	Santa Barbara 7:00 pm	Speaker (#36036) First Congregational Church, 2101 State St. (at Padre St.). Meeting in the Fireside Room. Enter through the patio door in courtyard.	Peggy 698-3542
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.	Jill 644-1968
	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.	Jennifer F. 895-1108