

InterVoice

January/February 2014

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

CHANNEL ISLANDS INTERGROUP WEBSITE—REACHING OUT WORLDWIDE

Have you ever wondered if our website reaches people? Well, wonder no more. Here are some fun facts about the activity on the CIIG website for 2013:

- Our website was viewed about 4,500 times in 2013; there were 10 new posts and 12 pictures uploaded. The busiest day of the year was May 29th with 44 views and the most popular post was Podcasts.
- The most viewed posts and items during the year (in order of most to least viewed) were: 1) Podcasts, 2) Newsletter, 3) Current meeting list, 4) Meetings & Events, and 5) Abstinence Definition Expanded.
- Some visitors found us through searching, mostly for “overeaters anonymous santa barbara,” “channel islands intergroup oa,” “overeaters anonymous,” and “oa santa barbara.”
- We got visits from people in over 40 countries worldwide, most of them coming from the U.S., Canada and the U.K., but also including India, Japan, Australia, Nigeria, South Africa, Colombia, Brazil and Indonesia, just to name a few!

You can view the full report by visiting www.oaciig.wordpress.com.

From Our CIIG Fellowship

A fellow shares their experience working Step 9:

I am feeling uncomfortable so I jump up from my chair during my meditation to do something, anything. Why am I so uncomfortable? I am on step 9 and I need to face and make amends to those I have hurt. I have avoided this most of my life, thinking that if I ignored the shame it would go away. It didn't go away so I just ate over it.

Facing this is frightening, embarrassing and uncomfortable. But what happens if I choose to not make amends to those I have hurt? I lose hope of freedom from the guilt that I have carried around for so many years. I lose the chance for real life changing growth. And where does that leave me? Without hope and in the food.

So I will ask my H.P. for a willing heart and the "courage to change the things I can" and take the next step towards being "happy, joyous and free". —Anonymous

Invitation to Our Newcomers

Are you new to Overeaters Anonymous? We would love to hear from you! Please write to us and share your experience as a newcomer in O.A. and your hope for your recovery. You can send submissions to oaciig.intervoice@gmail.com.

Step 12 Workshop – Los Angeles

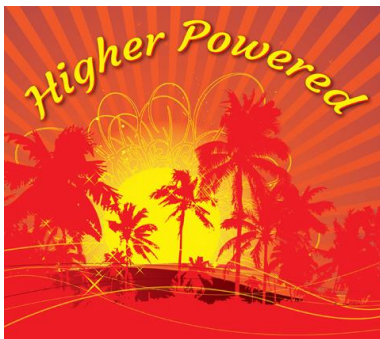
Saturday, February 22nd, 2014, from 2-4 pm,
Veterans Memorial Complex, 4417
Overland Ave, Culver City, CA 90230
For more info: workshops@oalaig.org

R2 12 Step Within Monthly Suggestion

The R2 12 Step Within Committee has begun publishing a monthly suggestion for Groups to Assist Struggling Members or those in Relapse. This month's suggestion is:

Hold Big Book Study Meetings/Workshops that stress the possibility of having freedom from food obsession as opposed to just struggling with our disorder for the rest of our lives.

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



Visit: 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

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Erik, (805) 565-2319
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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.

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. <i>Send a meeting rep!</i>	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. <i>OK to bring lunch.</i>	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 <i>Are all welcome!</i> (#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