

# InterVoice

March/April 2014

Bi-monthly newsletter of the **Channel Islands Intergroup (CIIG)**  
Overeaters Anonymous in Santa Barbara & Ventura Counties  
Website: [oaciig.wordpress.com](http://oaciig.wordpress.com)  
Editor: [oaciig.intervoice@gmail.com](mailto:oaciig.intervoice@gmail.com)

## A Tribute to Rozanne S.

From the OA.org website:

*"We are deeply saddened to report that OA's beloved founder, Rozanne S., has passed away peacefully at the age of 84. Rozanne began Overeaters Anonymous in California on January 19, 1960, and fulfilled her dream that it become an international organization. We are forever grateful to her for her vision, perseverance, and love, through which so many have found recovery from compulsive eating. Our thoughts and prayers are with her family and loved ones during this difficult time. Cards may be sent in care of the World Service Office."*

To read a tribute to Rozanne, visit [oaciig.wordpress.com](http://oaciig.wordpress.com) or [oa.org](http://oa.org).

## Interactive Workshop hosted by the California Central Coast Intergroup

**Saturday, March 22, 10am-3pm**

Pacific Dunes Ranch RV Resort  
Conference Hall  
1205 Silver Spur Place  
Oceano, CA 93475

Join our event speaker-leader for this interactive event focused on aspects related to both abstinence and recovery from relapse: listen to speaker's recovery, experience, strength, and hope; develop & define your abstinence vs. your food plan, and much more.

Come attain and/or deepen your recovery, and join your sisters and brothers from out of your area!

For more information, contact:  
Linda at 805-709-0117,  
[Indschaefer@gmail.com](mailto:Indschaefer@gmail.com), or visit the  
Events Page at [oaciig.wordpress.com](http://oaciig.wordpress.com).



## 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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Torrance, CA 90503  
[oar2.org](http://oar2.org)

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

## Service Board

Chair  
Cinthya, (805) 415-6488  
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Erik, (805) 565-2319  
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Recording Secretary  
Raven, (805) 964-6359  
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Barbara G., (805) 969-9942

## 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  
Ariana (916) 289-3399 (SB)  
Leslie, (805) 701-2877 (Ventura)

**Service Opportunities Available!**

## FROM OUR FELLOWSHIP

*Step 4 was introspective self-honesty work. Then Step 5 was admitting my part as relates to the Step 4 drama. It took a week of thinking, three hours of writing, and about six hours of discussion. I tried to calm myself and stay out of the fetal position. Following Step 5, I slept longer and harder for three days and napped a couple of times per day. For those days, I was quiet and non-communicative with others, though I felt a huge relief and release more each day.*

*Then 6 and 7 were emotional and spiritual prep. Those helped me to continue and be brave with Steps 8 and 9. So far I have no one on these lists, as I have worked on this for some time, perhaps four years and somewhat consciously for the past two years. It's been my way to make amends as life unfolds although full disclosure, I've participated in plenty of drama, which I know now relates to my screwed up emotions, vague to non-existent spirituality, with the eating like a pig being a symptom. That led to sugar addiction, sugar to me being all of the saccharide family. I believe it is critical to my abstinence to recognize that the illness and addiction will always be there. I want to remain part of the OA fellowship to keep this thing called abstinence that I now "have" and hold onto it for dear life.*

*It is not just due to working the emotional and spiritual stuff. For me, it has been crucial to also work on the physical side of addiction by seeing a naturopath about my hormones, food plan, and food cravings. Thanks to a few supplements, the saccharide or junk carb cravings have been gone for a few weeks, which means my mind has become even more peaceful.*

*I've been practicing Step 10 for about a week and a half per my sponsor's direction, and all has been well. So my sponsor is moving me to Step 11. No time for me to sit back and get lazy and complacent, time to keep doing more work.*

*To qualify, my weight is down by 18 lbs. and pants size from 16 to 12. If you like charts and graphs, the numbers improvement is directly proportional to the treatment of emotional, spiritual, and physical maladies that I've endured since I was about 16 years old and "did Atkins." It's 32 years later and I might just finally get my [stuff] together. I have you guys and my sponsor all to thank for that, because through these meetings we all go to, I've discovered just how alone I felt, and used food to fill that hole.*

*Let's keep working together to mend our holes. I am very thankful for this program.*

--Lauren, Ventura

## 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).

|            |                           |   |                         |
|------------|---------------------------|---|-------------------------|
| <b>SUN</b> | Santa Barbara<br>6:00 pm  | Literature Study (Big Book) (#11982) Unity Church, 227 East Arrellaga St. Meeting in Chapel. Additional parking in upper lot on Valerio St.                                     | Monica<br>698-8411      |
| <b>MON</b> | Ventura<br>8:45 am        | <b>Literature Study</b> (#51450) 21 South Dunning St., Back of Duplex.  | Ann<br>861-3004         |
|            | Goleta<br>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<br>969-9942     |
|            | Ventura<br>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<br>415-6488    |
|            | Santa Barbara<br>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<br>(707) 704-3697   |
| <b>TUE</b> | Goleta<br>5:30 pm         | Leader's Choice (#07100) Christ Is King Episcopal Church, 5073 Hollister Ave. Meeting in last classroom at rear of church.  | Nancy<br>686-0719       |
|            | Ojai<br>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<br>798-0321     |
|            | Carpinteria<br>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.<br>640-2528  |
| <b>WED</b> | Ventura<br>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<br>6:00 pm         | Literature Study (#53218) Oxnard Alano Club, 620 South D Street (upstairs, first room on the left).   | Dana<br>487-6164        |
|            | Ventura<br>6:00 pm        | Big Book Study (#52770) Community Memorial Hospital, 120 North Ashwood Ave. The last Wednesday of the month, we read from the AA 12&12.   | Jan<br>850-5657         |
|            | Santa Barbara<br>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.<br>640-2528  |
| <b>THU</b> | Goleta<br>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<br>964-6359       |
|            | Santa Barbara<br>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<br>729-3102        |
| <b>FRI</b> | Santa Barbara<br>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.            | Jeanne<br>564-4213      |
|            | Ventura<br>10:30 am       | Lifeline (#35404) Orchard Community Church, 8180 Telephone Rd. Meeting in building north of church on Telephone Rd.   | Barry<br>861-8250       |
|            | Santa Barbara<br>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<br>698-3542       |
| <b>SAT</b> | Ventura<br>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<br>644-1968        |
|            | Santa Barbara<br>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.<br>895-1108 |