

InterVoice

May/June 2014

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

An Invitation to You

I've just celebrated 4 years of abstinence in OA. I've experienced amazing recovery at the physical (61 lbs. gone), mental and spiritual levels. What this program has given me is beyond my wildest dreams.

I work a very strong program, and, one of the most important aspects of that program is service. Service takes me out of myself and my "diseased" thoughts. It keeps my butt in the rooms, which I need, because my disease will make me forget. It helps me meet others in the program, because on my own, I'd just come at the last minute and leave as soon as the meeting was over. It keeps my meetings alive (I don't want my meetings to close because I wasn't willing to serve). It allows me to "carry this message to compulsive overeaters."

If you have not served for awhile, I invite you to serve again. If you've never served, I invite you to do so, at either the group or Intergroup level. If you currently serve, please invite someone you know to a service position. A personal invitation can encourage someone who is shy to put themselves out there. I invite you to find out for yourself how much serving can strengthen your recovery!

—Natalie G.

Sponsorship Workshop hosted by the California Central Coast Intergroup

Saturday, June 21, 10am-3pm

United Church of Christ
11245 Los Osos Valley Road
San Luis Obispo, CA 93405

This will provide a chance to listen and learn, ask questions, and better understand OA Sponsorship, a most important service opportunity! For more information, contact: CCCI of OA, 596-5033, or visit the Events Page at oaciig.wordpress.com.

** REGION 2 CONVENTION **



July 4-6, 2014
Hyatt Regency S.F. Airport
1333 Bayshore Highway
Burlingame, CA 94010

Visit www.oar2.org 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
oaciig.wordpress.com



Region 2 of OA
4733 Torrance Blvd., PMB #335
Torrance, CA 90503
oar2.org

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

Service Board

Chair
[position open!!]
Vice-Chair
Erik, (805) 565-2319
Treasurer
Spencer, (805) 896-8118
Recording Secretary
Raven, (805) 964-6359
Business Secretary
Barbara G., (805) 969-9942

Volunteer Service Positions

Retreats & Marathons
[position open!!]
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!

Getting the Word Out

A few suggestions for members and groups to help attract those still suffering and get the word out:

Members:

- Create bright-colored signs for bulletin boards. Put a tear-off pull-tab at the bottom of the sheet with a local contact number on each tab. These work very well tacked or stapled on boards in grocery stores, laundromats, churches, etc.
- Weekly shoppers, community newspapers and some local daily papers place notices at no charge in their "community bulletin" sections. Some of these need to be renewed monthly.
- Send meeting lists to employee assistance programs at companies with a large number of employees. Calling first to get a name helps get the information to the right person.

Groups:

- Hold a "public information seminar" in the community room at the local library. This may require a room deposit but usually no room charge. Leave flyers for the event wherever you go: grocery stores, libraries, university buildings, doctors' offices, bookstores, health clubs. Carry a roll of tape with you at all times. At the meeting, distribute back issues of *Lifeline*, your monthly local newsletter, and the pamphlet *Fifteen Questions* to help newcomers determine if they need OA.
- Have a picnic in the summer. Focus on inviting the community to have some fun and get to know us and our recovery program. Pass out *Fifteen Questions* flyers with your intergroup's phone number on them, as well as a contact person's number for your meeting.
- Write brief articles for the InterVoice. Have each group member write a paragraph or two about any OA-related topic, such as abstinence, the tools, service, sponsorship, working the steps, etc.

Please submit further suggestions to the InterVoice editor. We'll see they get published in a future issue or distributed to the Intergroup representatives to be taken back to the groups. Together we get better!

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 East 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 300, Room 302.	Andy V. (310) 795-3393
	Oxnard 6:00 pm	Literature Study (#53218) Oxnard Alano Club, 620 South D Street (upstairs, first room on the left).	Dana 487-6164
	Ventura 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 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.	???
FRI	Santa Barbara 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 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	Pitch (#36036) First Congregational Church, 2101 State St. (at Padre St.). Meeting in the Fireside Room. Enter through the patio door in courtyard.	Judy 729-2056
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