

InterVoice

July/August 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

** 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.

Is Food a Problem for You? 2-Day Big Book Workshop

Kern County Intergroup
Sept. 26th & 27th (Bakersfield)

You will hear experience, strength and
hope through the first 164 pages.

Grace Baptist Church
2550 Jewetta Avenue
Bakersfield, CA 93312

Fri.: 6:30-8:30 PM
Sat.: 9:00 AM to 4:00 PM
Questions?
Rhonda R. (661) 205-7225
Shannon O. (661) 599-2499



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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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!

Notes from the SLO Sponsorship Workshop

There was a sponsorship workshop in San Luis Obispo on Saturday, June 21st. One part of the workshop dealt with how we can use the 12 Traditions to guide us in our sponsor/sponsee relationships. Here are some notes that were taken during the workshop—you might find them useful (all quotes are from The Twelve Steps and Twelve Traditions of Overeaters Anonymous):

- 1) *Our common welfare should come first; personal recovery depends upon OA unity.* Principle: Unity. The guidance here is that in a sponsoring relationship, personal recovery depends upon the unity of both fellows; meaning that the sponsor wants to participate to support the sponsee, and that the sponsee wants to participate and is willing to do the work.
- 2) *For our purpose, there is but one ultimate authority—a loving God as he may express himself in our group conscience; our leaders are but trusted servants, they do not govern.* Principle: Trust. "When faced with a problem or challenge, we ask God's guidance to show us what is best for the group as a whole." In a sponsoring relationship, we do the same thing, and we work things out according to our "group" conscience.
- 3) *The only requirement for membership is a desire to stop eating compulsively.* Principle: Identity. The only requirement needed to ask for a sponsor is the desire to stop eating compulsively. Individual sponsors may have additional requirements that he/she asks the sponsee to commit to.
- 4) *Each group should be autonomous except in matters affecting other groups or OA as a whole.* Principle: Autonomy. Each sponsor/sponsee relationship is autonomous and decides what works best for each person and the relationship as a whole.
- 5) *Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.* Principle: Purpose. "These twelve-steps and twelve-traditions principles should be the focus of every OA meeting. The same thing applies when we sponsor other OA members. We help them most when we listen, avoid giving advice, and share our experience with living by OA principles."
- 6) *An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.* Principle: Solidarity. This is a reminder that as sponsors/sponsees in OA, we stick to the primary purpose of sharing recovery and working the steps. We refrain from discussing outside issues in our sponsor/sponsee calls.

(Traditions 7-12 to be continued in the next InterVoice)

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.aa.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.	Natalie M. 814-9241
	Goleta 12:00 pm	Step Study (#32642) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch to eat at meeting.	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 Johnson Dr. Meeting in Building 300, room 302.	Andy V. (310) 795-3393
	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.	Rie 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.	Sue 964-0809
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
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