

InterVoice

September/October 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

** CIIG BOARD ELECTIONS **

Elections for the following positions will be held at the CIIG Intergroup meeting on October 7th at the Carpenteria Community Church: Chair, Vice Chair, Business Secretary, Recording Secretary and Treasurer.

Service at the Intergroup level is a GREAT way to strengthen your recovery and get to know fellow OA members in our intergroup.

For more information, please call Natalie at (805) 640-2528.

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

Kern County Intergroup
Sept. 26th & 27th (Bakersfield)
Grace Baptist Church, 2550 Jewetta Avenue, Bakersfield, CA
Rhonda R. (661) 205-7225, or
Shannon O. (661) 599-2499

Higher Power What is It...How Do I Get It?

California Central Coast Intergroup
October 11th (Oceano)
Pacific Dunes Ranch RV Resort
1205 Silver Spur Pl., Oceano, CA
Katherine (805) 709-9401 or
Lana (805) 215-8844



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
[service opportunity]
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
[service opportunity]
InterVoice
Amy W., (646) 373-6828
Web
[service opportunity]
Region 2 Rep.
Natalie M., (805) 814-9241
Public & Professional Outreach
Ariana (916) 289-3399 (SB)
[position open!] (Ventura)

Service Opportunities Available!

Notes from the SLO Sponsorship Workshop (cont'd.)

Continued from the July/August InterVoice. 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):

- 7) *Every OA group ought to be fully self-supporting, declining outside contributions.* Principle: Responsibility. Each sponsor/sponsee relationship should be fully self-supporting; meaning each person is responsible for maintaining and sustaining the relationship. It also means that when we meet, we use the tools outlined in the A.A. and O.A. literature and we refrain from using bringing in outside sources.
- 8) *Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.* Principle: Fellowship. Sponsors are "non-professionals" (meaning they do not counsel or provide therapy). They are fellow OA members who support sponsees by sharing their experience, strength and hope.
- 9) *OA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.* Principle: Structure. Sponsors are directly responsible to those they serve (the sponsee). The guidance here is that sponsors are not "above" sponsees. It's an equal relationship.
- 10) *Overeaters Anonymous has no opinion on outside issues, hence the OA name ought never be drawn into public controversy.* Principle: Neutrality. As a sponsor, I have no opinion on my sponsee's outside issues (e.g., debts, childcare, family relationships, jobs, etc.).
- 11) *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.* Principle: Anonymity. We need always maintain anonymity within and about our sponsor/sponsee relationships.
- 12) *Anonymity is the spiritual foundation of all these traditions; ever reminding us to place principles before personalities.* Principle: Spirituality. The guidance here is to remember to call on our HP to guide us as we serve as sponsors and participate as sponsees. And to rely on the principles of the OA steps and traditions, instead of on what our personalities would have us do.

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.	Kris 805-551-1560
	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., from small parking lot, meeting room is in cottage, just down hallway on right, under archway & thru garden.	Jennifer K. 746-3465
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