

# InterVoice

January/February 2015

Bi-monthly newsletter of the **Channel Islands Intergroup (CIIG)**  
Overeaters Anonymous in Santa Barbara & Ventura Counties



Website: [oaciig.wordpress.com](http://oaciig.wordpress.com)  
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## **\*\* OA's 55<sup>th</sup> Birthday Party Weekend! \*\***

January 23-25, 2015

Join us for OA's 55th Birthday Party in Los Angeles!!

**Workshops, meetings, fellowship...recovery!**

Details online at:

[www.oalaig.org](http://www.oalaig.org)

## **\*\* TRY A PHONE MEETING! \*\***

### **This Month's Featured Phone Meeting/Workshop:**

Second Sundays of 2015 by phone conference –  
The Importance of Working All 12 Steps. 13 hours that  
can change your life! Working through all 12 Steps (one  
step per month), members will share how working the  
Steps CHANGED THEIR LIVES!!

Please go to [oa.org](http://oa.org) (select datebook/calendar tab) for  
more information.

## **"Continued..." Step 10**

Step 10 is "Continued to take personal inventory and when we were wrong, promptly admitted it."

The word that has caught my attention in this step lately is "continued." It struck me recently that part of the reason for my recovery in this program is that I have "continued;" not just taking inventory, but doing many things described in the program.

Each morning, I email my sponsor my food from the day before and send her my action plan for that day. I read from OA and AA literature and write on it. I continue to do that on a daily basis.

Each evening, I do a daily inventory, meditate, and then list at least three things that I'm grateful for that day (this list cannot include food or eating). I continue to do that each evening.

I go to meetings. I try to make three a week; sometimes it's only one, but I continue to go to meetings.

I talk to my sponsor twice a week. I talk to my sponsees two to three times a week each. Even when we don't make our regularly scheduled sessions, we continue to take the action of calling each other.

I use the tools of the program—all of them to varying degrees of frequency. Whether or not I use the telephone once a month or do service on a weekly basis, the point is that I continue to use the tools.

My circumstances do not matter. It doesn't matter if I am sick with the flu, in the peak of health, or on vacation. It doesn't matter if I have a jam-packed schedule and no room to do even one more thing. It doesn't matter if I feel like it or not. It doesn't even matter if I feel my program is working or not, if I feel like I'm close to HP or not, if the weather is nice or not—I CONTINUE to take these spiritual action steps that I know I need to take.

Other words for this are perseverance, stick-to-itiveness, determination—all things that I was never willing or able to do before, except when it came to eating compulsively, and then I was the queen of "continuing" (continuing to do all the insane things mentioned on pages 9 and 10 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous).

I've come to see that one of the most powerful spiritual actions I can take in the program is to continue—just like it says in Step 10. Thank HP for that!

-- Natalie G.

## **Contact Information**

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4733 Torrance Blvd., PMB #335  
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  
Erik, (805) 565-2319  
Vice-Chair  
Molly, (805) 252-0472  
Treasurer  
Spencer, (805) 896-8118  
Recording Secretary  
Ariana, (916) 289-3399  
Business Secretary  
Barbara, (805) 969-9942

## **Volunteer Service Positions**

Retreats & Marathons  
Natalie G., (805) 640-2528  
InterVoice  
Amy W., (646) 373-6828  
Web  
[service opportunity]  
Region 2 Rep.  
[service opportunity]  
Public & Professional Outreach  
Stephanie, (805) 729-4811 (SB)  
Sherrice, (805) 798-3904 (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](http://www.oa.org).

Meeting details are current as of Jan. 1, 2015. To confirm meeting date, time and location, please call the contact listed for each meeting.

<b>SUN</b>	<b>Santa Barbara</b> 6:00 pm	<b>Literature Study (Big Book)</b> (#11982) Unity Church, 227 East Arrellaga St. Meeting in Prayer Room (across courtyard from office.) Additional parking in upper lot on Valerio St.	Jocelyn 682-6752
<b>MON</b>	<b>Ventura</b> 8:45 am	<b>Literature Study</b> (#51450) 21 South Dunning St., Back of Duplex.	Natalie M. 814-9241
	<b>Goleta</b> 12:00 pm	<b>Step Study</b> (#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
	<b>Ventura</b> 7:00 pm	<b>Newcomers &amp; Pitch</b> (#31329) Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.). Meeting in Pavilion #3. Enter parking from Ralston St.	Natalie M. 814-9241
	<b>Santa Barbara</b> 7:35 pm	<b>Writing (Lifeline)</b> (#51002) First Congregational Church, 2101 State St. Meeting in Dorcas Classroom, through courtyard door on left (not patio door).	Mary 962-5953
<b>TUE</b>	<b>Ojai</b> 6:30 pm	<b>Literature Study</b> (#47208) St. Andrews Episcopal Church, 409 Topa Topa Dr. (at Bristol Rd.). Meeting in the center classroom in farthest left building.	Charloa 798-0321
	<b>Carpinteria</b> 7:30 pm	<b>Channel Islands Intergroup</b> (#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
<b>WED</b>	<b>Ventura</b> 12:00 pm	<b>Literature Study</b> (#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
	<b>Santa Barbara</b> 7:30 pm	<b>Literature Study</b> (#36031) Grace Lutheran Church, 3869 State St. Near La Cumbre Plaza, across from Macy's. Meeting in library.	Natalie G. 640-2528
<b>THU</b>	<b>Goleta</b> 12:00 pm	<b>Brown Bag</b> (#15648) Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch.	Raven 964-6359
<b>FRI</b>	<b>Santa Barbara</b> 10:00 am	<b>Women's Literature Study (Big Book)</b> (#00243) Unity Church, 227 East Arrellaga St. Meeting in Bride's Room (upstairs). Additional parking in upper lot on Valerio St. Closed Meeting.	Jeanne 564-4213
	<b>Ventura</b> 10:30 am	<b>Lifeline</b> (#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
<b>SAT</b>	<b>Ventura</b> 10:00 am	<b>Longtimer's Pitch</b> Are all welcome! (#36038) Ventura County Medical Center, 3291 Loma Vista Rd. (at Hillmont Ave.). Meeting in Cafeteria Conference Room on bottom floor.	Jill 644-1968
	<b>Santa Barbara</b> 10:30 am	<b>Step Study (OA 12&amp;12)</b> (#36037) Unitarian Society, 1525 Santa Barbara St. Meeting in Classroom 1 in courtyard. Varies at times, look for signs.	Jennifer F. 895-1108

**Definition of "Closed Meeting:"** Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).