

# InterVoice

March/April 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)  
Editor: [oaciig.intervoice@gmail.com](mailto:oaciig.intervoice@gmail.com)

## Why is the difference between Abstinence and A Plan of Eating important?

The definition of abstinence is the same for all members, but the details of A Plan of Eating for each member may differ depending on what compulsive food behaviors we engaged in while practicing our disease, such as overeating, under-eating, and purging. A Plan of Eating is a Tool to help the OA member to maintain abstinence, i.e., to refrain from compulsive eating and compulsive food behaviors and to work toward or maintain a healthy body weight. There are as many "plans of eating" in OA as there are members, and a plan may change over time for each member. *Dignity of Choice* has samples of some of the many plans of eating OA member's use. (please see [oa.org](http://oa.org) for more info)

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

### This Month's Featured Phone Meetings:

1. 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) for more information.)
2. "A Vision for You" phone meetings M-F and Sunday Special Edition (Please go to [avision4you.info](http://avision4you.info) or [oa.org](http://oa.org) for more information.)

## STEP 1

The Twelve Steps are the heart of hundreds of recovery programs. OA is not alone. It has been said that OA without working The Steps is just another diet club or support group. Where does it start? It all starts with Step 1.

Step 1 is "We admitted we were powerless over food — that our lives had become unmanageable."

When I first walked into the rooms, my initial thought was that all the folks were crazy except for me. It took me a month to realize that I was a stone cold, hopeless compulsive overeater. After two consecutive workdays of not being able to stop binging on a specific food after swearing off it, I was ready to accept the truth. I had tried greater than 23 diets in my lifetime, many repeatedly. One definition of insanity that I learned in this program is trying the same thing over and over and expecting a different result. On every single diet that I went on, I expected to stick to it and lose the weight. I could never keep the weight off and always picked up the food again.

The spiritual principle associated with Step 1 is honesty. I had to become honest with myself, you in the rooms, my sponsor, my family, and colleagues about everything, no matter how seemingly small or unimportant.

After admitting I was powerless over food, I was able to recognize that I needed help, your help. I learn so much in the rooms from your shares. My secret story was being told again, again, again; yet many of these people were normal weight, "normal" people. Once admitting my powerlessness, I got a sponsor and started working The Steps. I put down the food and picked up the Big Book and my Higher Power. It hasn't always been easy, though it has been a journey beyond my wildest dreams. I have experienced recovery.

I start my day by saying Steps 1-3 (also at meal times), the serenity prayer, Step 3 & 7 prayers, a few select biblical verses and praying. As it says in the Big Book on pg. 85, I pray often throughout the day, "Thy will be done." I have recently started mediating having learned the difference from my sponsor: praying is asking and mediating is receiving.

Now abstinent for more than a year by the Grace of God and working The Steps of OA -- attempting to live in Steps 10-12 -- I try to never take Step 1 for granted. When I am traveling (or get too busy,) food looks more interesting. Then I remember to get back on track -- Step 1. I have had repeated confirmation of the allergy of the body. When I take in even hidden red-light trigger foods, the cravings start. This without fail triggers the unstoppable obsession of the mind -- why can't I, why did I, why did you?

I encourage you to read (or reread) the following in the Big Book of Alcoholics Anonymous: The Doctor's Opinion, Chapter 2 --There is a Solution, and Chapter 3 -- More about Alcoholism which includes my favorite story -- Jim (pages 35-37.)

Keep coming back!

-- Pamela E.

## Contact Information

CIIG (#005-09068)  
PO Box 1321  
Summerland, CA 93067  
(805) 899-3250  
[oaciig.wordpress.com](http://oaciig.wordpress.com)



Region 2 of OA  
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

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Erik, (805) 565-2319  
Vice-Chair  
Molly, (805) 252-0472  
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Barbara, (805) 969-9942  
Recording Secretary  
Ariana, (916) 289-3399  
Business Secretary  
Barbara, (805) 969-9942

## Volunteer Service Positions

Retreats & Marathons  
Amy W., (646) 37-6828  
InterVoice  
Amy W., (646) 373-6828  
Web  
[service opportunity]  
Region 2 Rep.  
Natalie G. (805) 640-2528  
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.

**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).

<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 North Dunning St., Back of Duplex.	Susan 642-7627
	<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.	Natalie G. 640-2528
	<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.	Carol E. 208-1756
	<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

