

# InterVoice

May/June 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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## WHO WILL BE THE NEXT REGION 2 TRUSTEE? REGION 2: CA, HAWAII, MEXICO AND N. NEVADA

"I am nearing my last year as R2 trustee and believe this to be the best service position I ever had. I have learned so much about the principles of this program and dealing with life on life's terms. To work with the other Trustees on various projects is a wonderful gift. How many of us get to attend an OA meeting with 15 or so members with combined abstinence of over 300 years? It is a treat to work with people dedicated to bettering OA as a whole..."

--MEG H. R2 TRUSTEE

For more information, please email [trustee@oar2.org](mailto:trustee@oar2.org). And for application go to [http://www.oa.org/pdfs/trustee\\_application.pdf](http://www.oa.org/pdfs/trustee_application.pdf). There are qualifications for this position.

**OA CHANNEL ISLANDS INTERGROUP PRESENTS...**  
**STEPS 3-7 WORKSHOP**  
**OJAI VALLEY WOMEN'S CLUB!!**  
**SATURDAY, MAY 9TH FROM 9AM-3PM**  
For more information, please visit [oa.org](http://oa.org)

## \*\* 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 (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.)
3. Please go to [oa.org](http://oa.org) and click the "podcast" tab for all kinds of virtual workshops including the above "Second Sundays" meeting! And many more!!!

## TRIVIA!

HOW MANY  
TIMES IS THE  
WORD  
"RECOVERED"  
MENTIONED IN  
THE BIG BOOK?

## Contact Information

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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

Chair  
Erik, (805) 565-2319  
Vice-Chair  
Molly, (805) 252-0472  
Treasurer  
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!

## STEP 4

Fourth Step: Made a searching and fearless moral inventory of ourselves

I have been abstinent for 13 years, and I'm a 100 pounder. My life has been transformed thanks to my higher power and the 12 steps of Overeaters Anonymous. Step 4 is the first step, which is a **"personal housecleaning."** In this step I began to look at **my part** in all the circumstances and nooks and crannies of my life. There are many methods of fourth steps. They all work. The challenge is to be honest and thorough, **not perfect**, and to do it with a sponsor.

I completed my first 4<sup>th</sup> Step in 2002, and I immediately was relieved of a lot of **shame** and **guilt**. This inventory was a narrative on the 7 deadly sins plus sex and money. My next sponsor required me to do a 4-column inventory as outlined in the Big Book of AA. This was particularly effective because I could really see the **patterns of my life** and this helped me to look at **causes & conditions** and **my part** in my relationships and my life.

Because of this work and the support of my higher power, sponsors, and fellows, I've been able to value and care for myself and those I love in a new way. I have a loving marriage and close relationships with my adult children and grandchildren. I'm currently in the middle of a new 4<sup>th</sup> step, which is taking me to a much deeper level. I'm looking at my feelings in the here and now: **Column 1 Feeling, Column 2 Caused by, Column 3 How it affects me-my part** (includes what I do, say, feel, my self talk). **Column 4: Reminds me of.**

I want to encourage you to work each step with a loving supportive sponsor. You'll be amazed at the insight, love, and compassion you will learn to have for yourself and others.

Keep coming back! It works if you work it, and you're worth it!

--Barbara C.

## 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 June 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 is in Chapel (across from main sanctuary). 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.	Rhiannon 535-5996
	<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>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>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>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.  <b>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>	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 La Paz Lounge - Room 3 (outer left of complex). <i>Temporary room change during construction July 4 and July 11: Blake Lounge - upstairs from Room 3.</i>	Susan R. 680-8371

