

InterVoice

July/August 2015

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

Powerful Questions/Statements

Heard at the R2 Convention this Past Weekend:

- How is food/my eating dictating how I live my life/ what I do with my life?
 - What are some of the excuses I gave/give for my over/under eating?
 - The first victim of any addiction is the truth/honesty. Overeaters are those who lie, assign blame, keep score in relationships, and fight battles that just don't exist.
 - How many times did I want to be included, yet I chose food over people?
 - Excess food ceased to become a luxury and became a necessity.
 - How do I put myself in places where I can "just happen" to use?
 - A hammer to my head is NOT one of the tools of recovery. (This is in reference to feeling ashamed because we have this disease.)
 - In order for recovery to take place, the pain of eating has to outweigh the fear of letting go of the food.
 - What did I do today to make it safe for people in OA?
 - My primary purpose is to stay abstinent and to help others achieve that abstinence.
 - Three lies we tell ourselves: 1) It's not gonna bother me this time, 2) It's gonna bother me, but I can control it, and 3) It doesn't matter, because I'm not worth it.
 - Surrender means being out of good ideas (because I didn't have any to begin with).
 - EVERYONE is affected by what I put in my mouth—me, my partner, my family, my friends, anyone I come in contact with. (This is part of selfishness.)
- Natalie G.

"I attended the Region 2 Convention in San Diego this past weekend. We live in an amazing region full of amazing fellows! Huzzahs to the San Diego IG for doing such a great job hosting this convention! Many of the attendees were from the San Diego area, but there were also attendees from all of Region 2 (which is CA, northern NV, Hawaii and all of Mexico). In fact, there were attendees from as far away as Florida, India and New Zealand! There were many wonderful workshops, among them, a Big Book Boot Camp that spanned all three days, plus workshops on chronic slippers, right relationships, sponsoring, recovery from relapse, men's, anorexia and bulimia, and LGBT. If you've never attended a convention or the OA birthday party, I encourage you to do so. The amount of inspiration, recovery and fellowship available is priceless."

--Natalie G.

OTHER:
PLEASE
CONTACT JOCK
IF YOU'RE
INTERESTED IN
A MEETING IN
CARPINTERIA!!
707-478-1806

Contact Information

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



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
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
Natalie G., (805) 640-2528

Volunteer Service Positions

Retreats & Marathons
Amy W., (646) 373-6828
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!

Recovery with the 12 Steps of OA!

*They've peddled us countless sure schemes
Assuring us bods of our dreams.
From pills diuretic
To implants synthetic
To treadmills and spinning machines.*

*We adopted their weight-loss routines,
With their rail-thin, laddered-ab memes
Plus we purged and restricted,
But then, as predicted,
We failed at all such regimes.*

*Then finally we found the means
Using HP and god-given genes,
Plus regular reps
Of working The Steps
To pull on our sane-waisted jeans.*

--Erik O.

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.

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).

SUN	Santa Barbara 6:00 pm	Literature Study (Big Book) (#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
MON	Ventura 8:45 am	Literature Study (#51450) 21 North Dunning St., Back of Duplex.	Susan 642-7627
	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.	Rhiannon 535-5996
	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).	Mary 962-5953
TUE	Ojai 6:30 pm	Literature Study (#47208) Ojai Valley Community Church, 907 El Centro, Ojai, CA 93023. Corner of El Centro and Loma (park in smaller lot, closer to Loma).	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
	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. OK to bring lunch.	Raven 964-6359
	Carpinteria 7:30 pm	Channel Islands Intergroup (#005-09068) 1 st Thursday of each month. Carpinteria Community Church, 1111 Vallecito Rd. Exit at Casitas Pass Rd. <i>Send a meeting rep!</i>	Natalie G. 640-2528
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. Closed Meeting.	Jeanne 564-4213
	Ventura 10:30 am	Lifeline (#35404) Christ Bridge at 3645 Telegraph Road. The cross streets are Telegraph and Glen Ellen Drive, across the street from the Anacapa Middle School tennis courts. Meeting room is in the building closest to the big church sign on the corner.	Jennifer K. 746-3465
SAT	Ventura 10:00 am	Longtimer's Pitch 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
	Santa Barbara 10:30 am	Step Study (OA 12&12) (#36037) Unitarian Society, 1525 Santa Barbara St. TEMPORARY ROOM CHANGE (6/29-7/17, 2015) Meeting in the Blake Lounge (upstairs). Varies at times, look for signs.	Jennifer F. 895-1108

