

May/June 2016

InterVoice

Channel Islands Intergroup—Santa Barbara
& Ventura Counties Newsletter



Upcoming Events:

Region 2 Convention 2016—*Joyful Journey, Stepping into Freedom!*

June 24-26, Crown Plaza, Milpitas CA. Early bird registration by April 30th—\$40. On site registration \$60. For more info and to register go to <http://www.oar2.org/convention/upcoming>

Recovery from Relapse Through the 12 Steps, Sat. June 4, 10 AM to 4 PM, brown bag lunch 12:30-1:30. Trinity Lutheran Church, 196 N. Ashwood Ave, Ventura 93003. Suggested donation \$10.

Thank You: Ventura #35960, Ventura #31329, Goleta #32642 and Goleta # 15648 for your donation to Intergroup. Your donations go to spreading the message to compulsive overeaters who still suffer.

Have you tried a Phone Meeting? Here's how:

1. Go to **OA.org** and Click on **Find a Meeting**.
2. Click on **Telephone Meetings**.
3. Choose your **Time Zone** (California is Pacific Standard Time—PST).
4. Chose the **Day and Time** you'd like to attend from the menu options.
5. Click on **Search** and then select the **phone number and PIN** for the specific meeting you are interested in.
6. Dial the phone number. A recording will come on and ask you to enter your **PIN**
7. Once you put in your PIN you can **listen or participate**. If you want to talk or do service, press the star key and the number 1 (*1). If you want to mute yourself press *1 again. On some lines it's *6 to mute.

There are 150 phone meetings with up to 200 participants each across the globe. Every morning at 6:45 AM PST there is a PacSun OA meeting. The phone is **712 432-5200**. The pin is **836731#**. Phone meetings provide a way for people who are home bound to get to meetings. Other people who benefit are folks who live in remote areas, people traveling, those with special needs, the elderly, young people who don't have a car, parents of newborns, any anyone who might like an extra meeting without having to leave the house. We now have a trustee who represents "virtual meetings", and telephone meetings are considered virtual. Virtual meetings are those on the phone, computer and other avenues other than face to face meetings. A new speaker meeting has begun on Wed. night at 7 PM. The phone number is the same as above **712 432-5200**. The pin is **492557#**. You might find phone meetings to be a useful support.

Another wonderful service OA provides are all day phone marathons which usually occur during holidays when food is often a major issue. Upcoming marathons will occur on Mother's Day, Memorial Day, Father's Day and the Fourth of July between 3:45 AM and 9 PM PST with a new facilitator every hour. The phone is **712 432-5200** and the pin is **4285115#**. Hope I hear you on the air waves!

Contact Information:

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Service Board:

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Contact editor at esaffan@icloud.com



Contributed by Janine I.

Meeting Schedule for Channel Islands Intergroup of Overeaters Anonymous

Sun	Santa Barbara 6 PM	Literature Study: Big Book (#11982), Unity Church, 227 E. Arrellaga St.. Meet in Chapel, across from main sanctuary. Additional parking in upper lot on Valerio St.	Caroline 805 637-1614
Mon	Ventura 8:45 AM	Literature Study (#51450), 21 North Dunning St., Meet back of Duplex.	Susan 805 642-7627
	Goleta 12 PM	Literature Study (#32642), Goleta Presbyterian Church, 6067 Shirrell Way behind Fairview Center. Meet in large social hall facing parking lot. OK to bring lunch.	Barbara 805 969-9942
	Ventura 7 PM	Newcomers & Pitch (#31329), Bible Fellowship Church, 6950 Ralston St, at Johnson Dr. Meeting in Pavilion #3. Enter parking from Ralston St. Last Monday of month is a speakers meeting.	Rhiannon 805 535-5996
	Santa Barbara 7:35 PM	**New Format** Big Book & Step Study Meeting. Newcomers Welcome!; (#51002), First Congregational Church, 2101 State St, Dorcas Classroom, through courtyard door on left (not patio door).	Zoe 707 704-3697
Tue	Ojai 6:30 PM	Literature Study (#47208), Ojai Valley Community Church, 907 El Centro. Corner of El Centro and Loma. Park in smaller lot, closer to Loma.	Natalie G. 805 640-2528
Wed	Ventura 12 PM	Literature Study (#35960), Bible Fellowship Church, 6950 Ralston St. (at Johnson Dr.) Enter parking from Johnson Dr. Meeting at Building 300, room 302.	Jock D. 707 478-1806
	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. 805 640-2528
Thu	Goleta 12:00 PM	Literature Study (#15648), Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in large social hall facing parking lot. OK to bring lunch.	Sue 805 964-0809
	Carpinteria 7:30 PM	Channel Islands Intergroup (#005-09068), 1st Thur of each month . Carpinteria Community Church, 1111 Vallecito Rd. Exit 101 at Casitas Pass Road.	Natalie G. 805 640-2528
Fri	Santa Barbara 10:00 AM	Women's Literature Study—Big Book and Step Study. (#00243), Unity Church, 227 E. Arrellaga St. Meet in Bride's Room (upstairs). Additional parking in upper lot on Valerio St. Closed meeting—open to OA members and those who desire to stop compulsive eating	Jeana 805 845-6329
	Ventura 10:30 AM	Literature Study—Lifeline (#35404), Trinity Lutheran Church, 196 N. Ashwood Ave. At intersection of Loma Vista and Ashwood. Meeting in library.	Chuck 805 701-9901
Sat	Ventura 10 AM	Long-timers Pitch —All are welcome! (#36038), Ventura County Medical Center, 3291 Loma Vista Rd. (at Hillmont Ave.) Meeting in Cafeteria Conference Room on bottom floor.	Carol E. 805 208-1756
	Santa Barbara 10:00 AM	Step Study—Newcomers (Second Saturday of every month. Unitarian Society, 1535 Santa Barbara St. Meeting in Classroom 1 in Courtyard. Location varies at times—look for signs.	Rick G. 805 453-3524
	Santa Barbara 10:30 AM	Step Study —OA 12 & 12 (36037) Unitarian Society, 1535 Santa Barbara St. Meeting in Classroom 1 in Courtyard. Location varies at times—look for signs.	Rick G. 805 453-3524

Please notify the World Service Office of any meeting updates by visiting "Find a Meeting" at oa.org