

Sept./Oct. 2016

InterVoice

Channel Islands Intergroup—Santa Barbara
& Ventura Counties Newsletter



Upcoming Events: OA's 57th Birthday Party—Jan 13-15, 2017 LAX Hilton, Los Angeles.

Thank You: Ventura #, Goleta #, Ojai #47208 and Santa Barbara #and for your donation to Intergroup.

Dear Reader:

R-E-L-A-P-S-E is a seven-letter word! Spoken by a compulsive overeater with all the frightful, virulent, alarming feelings as those of attending my first OA meeting. I know because this is my story. When I came to OA about twenty years ago after nothing worked to keep my weight down or off, those horrible feelings were replaced by love and acceptance.

After several years, I experienced what is known as “fat serenity.” I was fat-and-happy and thinking this was as good as it gets. I was wrong. Attending meetings, having a sponsor, using the nine tools, especially literature, and working the twelve steps was the journey I was seeking. Physical recovery was calling me. I maintained a seventy-pound weight loss and kept it off for seven years.

I was very happy and so pleased *with myself* to be at a healthy weight, yet even after seven years I was still unaccustomed to my new body. Fears grew. My ego took hold again, and boosted by my stopping smoking cigarettes, relapse appeared. ****BAM**** I took that first compulsive bite!

What I learned during that demoralizing relapse is that my ego had to be humbled. Although my eating plan is quite generous, it has sometimes felt like a diet. Then ****WHAM**BAM**** I'd take that first compulsive bite.

But now, by living the OA Twelve Step Program of Recovery, with the help of a power greater than myself, sponsor, the fellowship, the 12 steps and 9 tools, I have begun to recognize and give up some long-held habits.

As I write this article, the word R-E-L-A-P-S-E is drifting away and another seven-letter word is taking its place—S-U-C-C-E-S-S, spoken by a compulsive overeater who is more honest, openminded and willing to receive a reprieve from compulsive eating one day at a time.

Keep Coming Back. It works if we work it. Together we get better.
Sue F.

Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

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Please consider submitting an article to
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Available sponsors:

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Meeting Schedule for Channel Islands Intergroup of Overeaters Anonymous

Sun	SB 6 PM	Literature Study: Big Book (#11982), Unity Church, 227 E. Arrellaga St.. Meet in Prayer Room, across courtyard from office. 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
	SB 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
	SB 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: Big Book (#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
	Ventura 7 PM	Topic Meeting (#54396) The Place of Peace, 2021 Sperry Ave. near Ivy Lawn Memorial Park.	Lori (805) 861-3664
	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	SB 10:00 AM	Women's Literature Study—Big Book and Step Study. (#00243), Unity Church, 227 E. Arrellaga St. Meeting 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	Camarillo 7:30 AM	Meditation Mtg—(#54448), Church of Christ/Temple Ner Ami, 515 Temple Ave.	Karin G 310 245-4426
	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
	SB 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.	Susan R. 805 680-8371
	SB 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.	Susan R. 805 680-8371