

Mar/Apr 2018

InterVoice

Channel Islands Intergroup—Santa Barbara
& Ventura Counties Newsletter



Sober Eating Workshop Changes Lives

By Michelle W.

I had the opportunity to attend the Sober Eating Workshop in Carpinteria on October 22 along with 40 other local fellow compulsive eaters. I am so grateful to Tim, Adam, Jeff, Craig* and about 6 other recovered gentlemen that drove from the Los Angeles area to lead this workshop and share their experience, strength and hope with us.

What an amazing workshop. What an opportunity for me to continue to grow in this program that has changed my life. I am constantly learning more about this disease and how it affects me. This workshop was another great wake-up call and reminder of how important my food sobriety really is. I am humbled by how little I know even after being abstinent for a period of time.

Abstinence, as defined by Overeaters Anonymous, is the act of refraining from "compulsive eating" and "compulsive food behaviors," while working towards or maintaining a healthy body weight. But how do we remain abstinent if we don't know what our alcoholic foods are and what food behaviors trigger us to lose our abstinence?

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Contact Information:

CIIG (#005-09068) PO Box 1321
Summerland CA 93067
805 947-0792
oaciig.wordpress.com

Region 2 of OA—4733 Torrance Blvd.,
PO Box #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: Laura N.—805 687-4553
V. Chair: Rodger S.—805 448-4566
Treas: Natalie G.—805 640-2528
Rec. Sec.— Position open
Bus. Sec: Stephanie J.—805 729-4811

Volunteer Service Positions:

Retreats & Marathons:
Janine I—206 841-1965
InterVoice: Elaine S—805 884-9826
Web: Jojo—818 400-5468
—oaciig.web@gmail.com
Region 2 Rep: Position open
Public & Professional Outreach
SB Outreach: Abby—248 933-3864
Ventura Outreach: Vada
—323 371-1160
Professional Outreach: Stephanie J
—805 729-4811

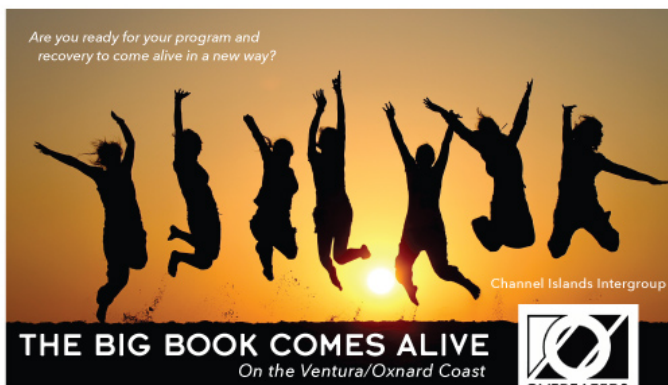
*****Please consider
submitting an article
to InterVoice.**

Contact editor at
esaffan@icloud.com



Channel Islands Intergroup Presents: **THE BIG BOOK COMES ALIVE**

April 6-8, 2018—Port Hueneme, CA



Details on next page

*Craig is the winner of the prize drawing for a retreat registration.

Sober Eating Workshop Changes Lives

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One of things I love about OA is that each individual can have their own food plan. Before this workshop I had a food plan that I had created that was comfortable for me and was working pretty well. However, one of the main messages I took away from this workshop was that the "I" needs to be taken out of any food decisions when it comes to my food. I am powerless and therefore I cannot sanely make any food decisions. Why? Because I can manipulate and make excuses and justify all of my food intake and food behaviors. This disease is cunning and baffling, and I can lie to myself without even knowing it. That is why I need to have a concrete food plan in place, be accountable to another fellow/sponsor about it, and reach out before any "changes" are to be made. Truth be told, I felt it necessary to make some changes to my food plan and had to run all my thoughts by my sponsor before I implemented it into action.

I also loved how they phrased this Food Sobriety as Step Zero. Our alcoholic foods and food behaviors have to be put down before we can pick up this spiritual tool kit (the 12-steps). With a fogged mind and stuffed stomach, there is no way we can be clear enough to hear and listen and work the Steps to connect to a Higher Power. At the same time, it was reiterated that once the food is put down, we cannot be complacent in our abstinence. We have to work immediately on the steps as outlined in the Big Book of Alcoholics Anonymous, so we can have that Spiritual Awakening.

There have been times in my life that I have refrained from my alcoholic foods (white knuckling it for sure) for a period and then picked up the food again because I didn't have the steps. I could stop, but I could not stay stopped. The only difference for me between recovery and a diet is the 12-steps. My food plan could be exactly the same, and I could lose weight on that food plan for a period of time, but only to gain it back plus more. We have to have abstinence to work the steps, but we have to work the steps if we want to have any hope of staying abstinent and living in recovery. **I have to remember that this disease is an allergy of the body (hence why we can't put the alcoholic foods in our body) and an obsession of the mind, and the only solution is the steps.**

I so admired one of our local OA fellows who volunteered to come up to the front of the group and demonstrate the process of identifying her alcoholic foods and food behaviors. She then worked with the speakers to create meal options for breakfast, lunch and dinner (and snack if that works for you). With worksheets in hand, it became very clear what things she could and could not eat. It was miraculous to witness the process of her identifying those alcoholic foods that she held so close and did not want to let go of. It reminded me of when I first got abstinent and the thought of not having certain foods for the rest of my life was impossible to fathom. Luckily, I had a sponsor who told me I just had to refrain from those foods for today. I could handle the idea of "just for today." Little did I know that, as I was getting through each day and working the steps, I would soon not even miss those foods that I held so dear.

If you couldn't make the workshop, you are in luck because it was recorded and is posted on the CIIG website (<https://oaciig.wordpress.com>) along with the worksheets. I highly recommend you have a listen and find someone (or your sponsor) who attended the workshop to lead you through the worksheet to help you identify your alcoholic foods and food behaviors and come up with meal plans. Then quickly find a sponsor to guide you through the steps. As it says in the Big Book "We will be amazed before we are halfway through" (BB, pg. 83). I hope to meet some of you "as we trudge the road to happy destiny. May God bless you and keep you - until then." (BB, pg. 164)

Note: This workshop also took place at the 2018 OA Birthday Party held in LA on the weekend of January 12-14.

Need Catchy Logo for CIIG!

The CIIG Intergroup is soliciting ideas for a new logo for our InterGroup. It can be a drawing or simply letters. Please include the OA symbol (see our masthead). All entries should be emailed to **Jojo** at **grateful_jojo@icloud.com**

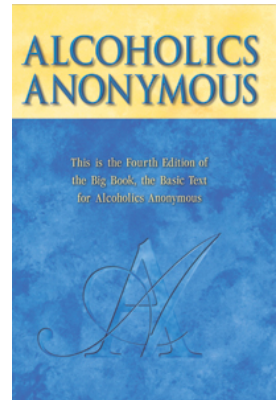


Channel Islands Intergroup Presents:

THE BIG BOOK COMES ALIVE

April 6-8, 2018—Holiday Inn Express, Port Hueneme, CA

Together we will go through all the steps **as instructed in the Big Book of Alcoholics Anonymous**. Friday from 7pm-9pm, Saturday from 9am-5:30pm, Sunday from 9am-noon.—1 hour drive south of Santa Barbara (carpools available) and approximately 1 hour drive from LA.



Retreat Speaker:

A 24 years recovered compulsive eater, from Winnipeg, Canada, who has dedicated his life to serving OA and to bringing the Big Book alive for OA members all over the world. Together we will go through all the steps as instructed in the Big Book.

Workshop Registration:

\$60 Registration Fee

\$20 Catered Lunch on Saturday, April 7th

Register and Pay Online at **OaCIIG.wordpress.com/meetings/retreat**

or Make check payable to: Channel Islands Intergroup and mail to
P.O. Box 1321, Summerland, CA 93067

Hotels:

Holiday Inn Express, 350 E. Port Hueneme Rd., Port Hueneme, CA 93041 — (805) 986-5353 (all discounted rooms have been reserved)

Alternate hotel: Casa Via Mar Inn, 377 W. Channel Islands Blvd, Port Hueneme, (805) 984-6222
Hotel Paid Separately—contact the hotel directly. Make sure to mention you are with OA when making the reservation, breakfast is included in both hotels

More Info? Contact Janine I. (206) 841-1965 or Amy W. (646) 373-6828



Talk to your Medical Professionals About OA!

Step 12 asks us to practice these principles in all our affairs and carry the message to those still suffering from our disease. The Professional Outreach Committee (POC) has been trying to do this by attending various health fairs and events where we can, get out the message. **YOU** can do this too. If you are Recovered be sure to share your OA experience with all your health care professionals. When our doctors see that we are losing weight and keeping it off, they will share this program with their patients. This is already starting to happen and it is a vital way for us to grow. The POC has specific literature for doctors and other health care professionals, which are available to you. Please contact Stephanie at (805) 729-4811 for literature.

Responsibility Pledge:

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

Meeting Schedule for Channel Islands Intergroup

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.	Stephanie J 805 729-4811
Mon	Ventura 8:45 AM	Literature Study (#51450), 21 North Dunning St., Meet back of Duplex.	Linda 805 607-3249
	Goleta 12 PM	Leaders Choice (#32642), Goleta Presbyterian Church, 6067 Shirrell Way behind Fairview Center. Meet in kitchen, through social hall, facing parking lot on the left. OK to bring lunch.	Barbara G 805 969-9942
	Ventura 7 PM	Newcomers & Pitch (#31329), Bible Fellowship Church, 6950 Ralston St, at Johnson Dr. Meeting in Pavilion #1. Enter parking from Ralston St. Third Monday of month is a speakers meeting.	Jan 805 850-5657
	SB 7:35 PM	Big Book & Step Study Meeting. Newcomers Welcome!; (#51002), First Congregational Church, 2101 State St, Dorcas Classroom, through courtyard door on left (not patio door).	Elaine S 909 908-7069
Tue	Ojai 6:30 PM	Literature Study (#47208), Ojai Valley Community Church, 907 El Centro. Corner of El Centro and Loma. Park in lower lot off of 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.	Brigitte 805 649-5716
	Camarillo 12 PM	Step Study—New meeting! Permanent location has not yet been determined. Call Judith at 805 603-8947 for address.	Judith 805 603-8947
	SB 7:30 PM	Literature Study (#36031), Trinity Evangelical Lutheran Church, 909 N. La Cumbra Rd. @Foothill Rd., across from parking lot.	Jojo L 818 400-5468
Thu	Goleta 12:00 PM	Literature Study (#15648), Goleta Presbyterian Church, 6067 Shirrell Way. Behind Fairview Center. Meeting in kitchen, through social hall, facing parking lot. on the left. OK to bring lunch.	Raven 805 453-2961
	Ventura 7 PM	Topic Meeting (#54396) Buenaventura Mobile Home Estates Club House, 11405 Darling	Dean 805 585-0842
	SB 7:00 PM	Literature Study, Casa Serina Residential Recovery Home for Women, 1515 Bath St, Fourth Thursday of each month.	Abby 248 933-3864
	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	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	Sarah 805 564-3060
	Ventura 10:30 AM	Discussion Dialogue (#35404), Trinity Lutheran Church, 196 N. Ashwood Ave. At intersection of Loma Vista and Ashwood. Meeting in library.	Gary 805 766-7136
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
	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

Meeting secretaries: please notify the World Service Office of any meeting updates by visiting “Find a Meeting”