

Sept/Oct, 2018

# InterVoice



Channel Islands Intergroup

—Santa Barbara & Ventura Counties Newsletter

**Remember to donate to Intergroup** as part of **7th tradition**  
and **Thank You:** Goleta #32642, #15648.



## Perhaps She Came to Scoff, She Eventually Remained to Pray

I remember my first OA meeting. I was in my late twenties and had about 100 pounds to lose. I also recall how I couldn't wait to leave that meeting. I thought this must be some religious cult I have stepped into. What does God have to do with my excess weight? I remember thinking, these people need to "take control," not pray for help.

It took me another 20+ years before I entered an OA meeting again. This time around I was out of ideas and had over 200 pounds to lose. I know firsthand that this is a progressive, fatal disease. I have seen the damage it can do and I was finally willing to listen, take direction and consider God.

It was shortly after my 50<sup>th</sup> birthday when I finally returned to an OA meeting – a recommendation by a therapist I had just started seeing. I had reached a point of suicidal depression. I truly understand what people mean when they say "the gift of desperation." I felt so broken.

What I found in those meeting rooms was something I desperately needed, friendship, support and understanding. I had spent the previous 20 years in a self imposed prison of food and isolation. It was pleasurable at first, a stack of DVD's, pizza and oblivion. But one day, seemingly out of the blue the loneliness was more than I could bear. The things that brought me pleasure only filled me with pain. I couldn't seem to stop on my own. Things needed to change.

It had been a long time since I faced the scale. I much preferred the mental snapshot of my younger, thinner self, than the reality of the 363 pound body I somehow found myself living in. I was overwhelmed by the amount of weight I had to lose and was afraid I would never reach a healthy body weight. That's when I first heard the slogan, "One Day at a Time."

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## Contact Information:

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805 947-0792 [oaciig.wordpress.com](http://oaciig.wordpress.com)

**Region 2 of OA**—4733 Torrance Blvd.,  
PO Box #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: 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:

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Region 2 Rep: **Position open**  
Public & Professional Outreach  
SB Outreach: Abby—248 933-3864  
Ventura Outreach: **Position open**  
Professional Outreach: Stephanie J  
—805 729-4811

\*\*\*Please consider submitting an article to InterVoice. Your story is important and will help others!



Contact editor at [perilebeck@tfoncom](mailto:perilebeck@tfoncom)

## Responsibility Pledge:

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

## Perhaps She Came to Scoff...

*continued from page 1*

After a few weeks of saying good bye to all my favorite foods, I was finally ready to find a sponsor. I was on my way to an OA workshop and decided to give this prayer thing a try. You see, I needed to "act as if," because prayer was so foreign to me. I did not grow up practicing any form of religion. That day I believe I got my first "God shot." A woman passed me a note while I was at the workshop that said, "If you need a sponsor, I am available." I took her up on the offer.

We began by creating a list of foods I knew I could not control. I also considered what foods provide my body nourishment rather than just filling the void. I started to feel, that just because I don't compulsively overeat, certain foods, like pretzels, I couldn't justify having them since they provided my body very little if any nutrient value. I personally needed to look at all my food as fuel for my day. At first I did not like these new healthy foods. To be honest, the only vegetables I was used to eating, was the lettuce and tomato on my double-double cheeseburger. But, I found with time, my taste buds changed and I began to crave the healthier options.

My sponsor began to take me through the Big Book of Alcoholics Anonymous. She assigned a chapter and a corresponding podcast from "a vision for you" website. We spoke twice a week to discuss what I had read. I was glad that I also had a therapist who was versed in the 12 step process, She was able to provide additional feedback on my step work. My sponsor encouraged me to exercise regularly and report my food.

I needed that accountability.

Although I was so used to isolation, I knew I had to begin to break that habit. I often pray for the willingness to open up to others, to give service at meetings, intergroup and other committees. When I am useful, it quiets that negative critic in my head and enables me to cultivate a network of amazing friends.

I came to OA to lose weight, but gained so much more. This spiritual pilgrimage has created richer relationships at work and home. I now have the ability to recognize destructive thinking and the tools to deal with life on life's terms.

So much in my life has changed over these last two years. I am thrilled to let go of my size 4x pants and slip into a size 12 (197 pounds lost).

During this journey I began going to church to explore different faiths which has given me greater peace and a deeper belief that my higher power has a plan. I just need to trust and step out of my own way. Not always easy to do, but so much better for my soul.

with gratitude~ Jojo



## This is Your Intergroup and Your InterVoice!

We take so much for granted. This happens even when we pray every morning and thank God for our lives. We think that if we don't step up and do service, the service that needs to get done to make OA function as an organization, someone else will do it. **This is just not so!** You are needed to keep this Intergroup functioning. Each OA meeting is asked to send at least one Intergroup rep. to your monthly Intergroup meeting. We need people to step up to take positions in Intergroup. We need people to attend regional meetings. We need people to share their experience, strength and hope not just at meetings, but by writing for InterVoice, joining our committees, attending Professional– Outreach or Workshops and Retreats. Please seriously look at your life and consider if you cannot find time to commit to keep our precious organization going. **It's fun!**

A vibrant Intergroup and InterVoice will only come about with each of us doing all we can. Not more than we can, but all we can. **Join us in the Sunlight of the Spirit!**

# Hello Everyone!

I am especially excited (this time, to the nth degree!) to present to you a well-honed, entertaining-yet-serious presentation-workshop tailor made for us here on the Central Coast.

## The Big Book is Alive in Overeaters Anonymous

*The Way to Peace & Permanent Recovery from Compulsive Overeating*

9 AM to 3 PM ~ Saturday ~ October 13th, 2018

First Presbyterian Church ~ Geneva Room ~ 981 Marsh Street ~ San Luis Obispo



*Suggested donation \$5 ~ No one will be turned away!*

Bring your AA Big Book, an OA friend and lunch (or dine in SLO)



Seen at the OA Birthday Party and presented (in various forms) many times throughout California over the years, this two-woman team will delve, explore and present all the answers we need to obtain recovery and stay recovered from compulsive (over) eating via the Big Book of Alcoholics Anonymous.

Hear each of their stories of long-term freedom from compulsive (over)eating and hear how they recovered from a "seemingly hopeless state of mind and body!"

Escavating answers and surprises and really delving into the history and how tos of recovery, our fearless leaders show how you, too, can recover, be free, and lead a life that is happy, joyous and free!

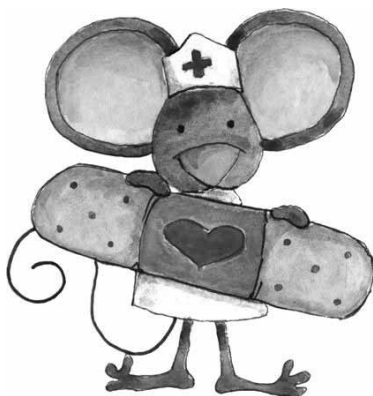
No rsvp is required, but would be appreciated, as I would love to hear from you and find out if you are coming and how many friends you are bringing with you! The more, the merrier! Should you not know whether you can go until the last minute, we welcome you with open arms and will be glad that you came! There is plenty of room.

Forget everything you know about recovery, the 12 steps, 12 traditions, sponsorship, fellowship, and service! Just come with a truly open mind and your Big Book! A truly eventful presentation, I hope to see you there!

Yours in Service,

Katherine G.

### **Talk to your Health Care 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, to get out the message. YOU can do this too.

If you are Recovering, be sure to share your OA experience with all your health care professionals. When our doctors see that we are losing weight and are 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. If your meeting does not have literature for the Health care Professional please contact Stephanie at (805) 729-4811. She has both pamphlets and an entire packet devoted to educating Health Care Professional about our program.

# Meeting Schedule for Channel Islands Intergroup

Sun	SB 6 PM	<b>Literature Study: Big Book</b> (#11982), <b>New location!</b> Garden Court, 1116 De La Vina St. Meeting in Library (use main entrance, go down hall). Street parking or visitor spots, do not park in resident spots.	Carla 805 450-4241
Mon	Ventura 8:45 AM	<b>Literature Study</b> (#51450), 21 North Dunning St., Meet back of Duplex.	Susan 805 642-7627
	Goleta 12 PM	<b>Leaders Choice</b> (#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	<b>Newcomers &amp; Pitch</b> (#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	<b>Big Book &amp; Step Study</b> - Newcomers Welcome! (#51002), <b>New location!</b> 1116 De La Vina St., Garden Court, meet in library. Park in Visitor or Staff spots-- <del>bch Foothill gclg</del> --or on street.	Elaine S 909 908-7069
Tue	Ojai 6:30 PM	<b>Literature Study</b> (#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	<b>Literature Study</b> (#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 11 AM	<b>Steps &amp;/or Traditions Study</b> (#56380) <b>New meeting!</b> Center for Spiritual Living Pleasant Valley 221 E Daily Dr., Room 4.	Judith 805 603-8947 Grace 805 910-9544
	SB 7:30 PM	<b>Literature Study</b> (#36031), Trinity Evangelical Lutheran Church, 909 N. La Cumbra Rd. @Foothill Rd., across from parking lot.	Quinn 707 334-1121
Thu	Goleta 12:00 PM	<b>Literature Study</b> (#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	<b>Topic Meeting</b> (#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	<b>Channel Islands Intergroup</b> (#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	<b>Literature Study—Big Book and Step Study.</b> (#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	<b>Discussion Dialogue</b> (#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	<b>Long-timers Pitch</b> —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	<b>Step Study—Newcomers</b> (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	<b>Step Study</b> —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"