



InterVoice



Nov/Dec, 2018

Channel Islands Intertroup
Santa Barbara & Ventura Counties Newsletter

.....
: **Remember to donate to Intergroup** as part of **7th tradition** and **Thank You:** :
: Ventura, Wed., Noon, #31329 • SB, Wed., 7:30 PM, #36031, :
: SB, Sun., 6 PM #11982 • Goleta, Mon., Noon #32642, Thurs., Noon #15648. :
:.....

Three Pertinent Ideas

- (a) That we were Alcoholic (Compulsive Overeating/Bulimia) and could
.....NOT manage our own life.
- (b) That probably no HUMAN power could have relieved our alcoholism
.....(Food Addiction/Compulsive Overeating/Bulimia).
- (c) That God could and would if He were sought.

Hello dear ones,

My name is Stephanie J. I am a fellow member of Overeaters Anonymous, a recovered Compulsive Overeater/Bulimic (Multiple addictions) and a trusted steward of these 12 steps. I am in my 55th year of life and the mother of a beautiful 22 year old son, who is the light and joy of my life. I have just celebrated one year of continued abstinence from Compulsive Overeating on 10/23/2017. I have miraculously abstained for eight years from the horror of Bulimia since 7/23/2010, by the Grace of God—through our program. I have maintained a weight loss of between 45-50 lbs for 8 years and continue to grow and learn. I thank each and every one of you for sharing your experience strength and hope with me. Here we go...

What was it like? = (a) - Hell

The devastation of this disease ravaged my life for 30+ years and took a toll on me physically, emotionally and spiritually. I was deeply disturbed and beyond desperate. My AA sobriety was at stake and I couldn't stop bingeing and purging, even when my teeth were eroded down to nubs and I was hemorrhaging blood from my nose. I remember that my nose felt like a faucet I couldn't turn off...so gross. I was absolutely powerless and my life was severely unmanageable. I remember raging at my son on a daily basis. I blindly invited him into my world of numbing and drugging myself with food... while I drew the shades to binge-watch "24" with him, lying to him by saying that I was pms'ing. This was the darkness of my addiction, my "bottom", if you will. Pitiful and incomprehensible demoralization of drawing my innocent young son into this addiction. I was killing myself, and my son was a witness and a participant. I was sick and dying and hurting the person I loved more than anyone in the world.

continued on page 2

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, Natalie G, 310-488-2893
Vice Chair, Laura N., 805-687-4553
Treasurer, Stephanie J., 805-729-4811
Recording Secretary, Elaine S.
909-908-7069

Volunteer Service Positions:

Retreats & Workshops:
—Natalie G, 310-488-2893
InterVoice: Peri L—360-477-6796
—perilebeck@tfon.com
Web: Elaine S—909 908-7069
—oaciig.web@gmail.com
Region 2 Rep: **Position open**

Public & Professional Outreach

SB Outreach: —**Position open**
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: perilebeck@tfon.com



Responsibility Pledge:

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

What happened? = (b)

I am forever grateful to my AA sponsor Dawn D's suggestion that OA had the same 12 step solution for my food addiction. That was the moment my life changed radically. I made a decision to attend an OA 12 Step Retreat at Rancho Allegre in 2007 (after admitting powerlessness). Through marinating in the framework of the 12 steps and our principles, I had a spiritual awakening. God could relieve me of this obsession with food and it was possible for me to recover through the same steps that got me sober!!!! I made the connection and the lights came ON! I could relate to Bill W. "He had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than he had ever known"(BB page 11).

So, I found out that I had a "blind spot" when it came to my food addiction. It was just the beginning of a new freedom and a new happiness through these gorgeous steps, traditions and concepts. It required me being honest, open minded and willing to go to any lengths to recover from this seemingly hopeless state of mind and body. I had already come to believe in a power greater than myself through "Putting a plug in the jug" in AA. Fortunately for me these programs are not transferable. I had to go through the entire process of the 12 steps again with food addiction. Cunning, baffling and powerful as it was...I courageously put one foot in front of the other. OA was the "last house on the block" for me, as we like to say...

I came to meetings and asked a sponsor to help me. I took direction and was willing to work the steps from the OA 12 step workbook and our compatible 12 & 12. We met weekly to discuss what had been revealed by looking at my resentments/anger, dishonesty, self-seeking, selfishness and fear that had been driving my addiction. Also, my sponsor helped me to identify foods that were a problem for me (binge/alcoholic foods). From there I became willing to choose different foods for my daily food plan, foods that were "sane and sound" and didn't cause the allergy or phenomenon of craving. I then proceeded to follow her direction while working through the 12 steps by committing to abstinence through this daily practice of surrendering my will, life and food thru transparency. I needed to surrender control by doing things differently, to achieve a different result, to change ME and stop demanding that the World follow MY script. The end of suffering as I had known it.

That was but a beginning. I have had several relapses (awakenings) over the years that have taught me how to trust God more, clean house daily, help others with care

and abandon by deepening my commitment to service in OA and to "Keep coming back, no matter what!"

What it's like now: = (c)

Progress, not perfection, my friends. That crippling defect of perfectionism can be a rather sneaky and subtle foe for this compulsive person, so I certainly do not claim any high ground here, only my most honest and sincere desire to give back what has been so freely and lovingly given to me. For Fun and for Free!

This program is how I stay awake and alert by actively engaging in ever heightened levels of service by studying the Big Book of Alcoholics Anonymous, engaging in daily stepwork, remaining abstinent and sober; sponsoring others and saying YES to service positions that I am certain will be ego-smashing and humility building exercises. I remain open by daily prayer and meditation and by trusting, being willing to be vulnerable (wrong), willing to be uncomfortable and make mistakes. (Boy, do I make my share of 'em!!! Yikes!) I am continuing to build conscious contact with my Higher power daily. Naturally, the obsession of my mind is activated

by various forms of self-centeredness but, FEAR NOT: THERE IS A SOLUTION! Isn't that COOL! This lifelong journey for which I am given a daily reprieve, (by way of rigorous honesty & devotion) has now opened my purpose to a life of service and joy beyond description. Being a "Rocketeer" of this program, via the daily launching upon "At Once we commence to outgrow fear." I can now say without doubt, that God is doing for me what I can not do for myself. I am wholly and completely committed to seeking God's will for me and the power to carry it out, to be of maximum service to others, like you. I ask my HP to show me the way of patience, kindness, tolerance and love that I may to be able to help my sponsees find their Higher Power. Thank you all past and present sponsees! ♥ I love you.

My sponsor Barbara C. Always encourages me to share more "tasty morsels" and "fruits" of our program: Physical recovery: Maintaining a 45-50 lb. weight loss for 8 years! No more painful yo-yoing! In the last 6 years, my teeth have been in a "painstaking phase of development." I now have a new smile that I am really proud of! This has been a living amends to myself through intense dental reconstruction that has been nothing short of miraculous (and costly). I have actively engaged in weekly chiropractic care to make direct amends to my body by this level of self-care. I also



get monthly massages to be kind to this vehicle that is so good to me! I have let go of sugar and white flour and eat foods that support, uplift and nurture my relationship with HP, me and you.

Oh, how I have a desire to write volumes about the joy and miraculous personal adventures I've had. The Family Afterward bears a mention: my sister and I are closer than we have ever been, my son is a beautifully bright and caring person as well as a fine physical specimen—no signs of the ravages of compulsive overeating or food addiction torture. Greek-Godlike in appearance, he is gainfully employed with a full time job, a loving girlfriend, his own HP, a family that loves him unconditionally... and a sober/abstinent Mom who especially enjoys his open expressions of love, kindness a generosity. Win-win!

I want to thank My sponsor Barbara C., for trudging this road of happy destiny with me. Her selflessness, devotion to her own recovery through the steps and service to others, plus her incredible wisdom, are instrumental in

my Recovery. I love you Barbara! Thank you Elaine and Peri for suggesting this spiritual action that has only brought me closer to God by accepting myself and honoring how powerful this transformation has been. This writing is in honor of my mother Susan, who died of the disease of addiction on November 2, 2008. Hey Mama..your baby is doing just fine. (I know, you know, that I know.)

My dream and purpose is to help others who are suffering from this disease. If you would like to speak to me directly, my phone number is (805) 729-4811.

I will be more than happy to hear from you.
You are not alone.

Faith feast/Fear Fast Holiday Seasons Greetings!

Stephanie J
Recovered COE/Bulimic
CIIG Treasurer/Business Secretary
OA Professional Outreach Chair
Bona fide Lover of OA

A note from Natalie-Our CIIG Chair

Hello dear fellows,

We had our monthly Intergroup meeting last night and also held elections.

A HUGE thank you to the outgoing board members—you are all rock stars, and your service is deeply appreciated.
*Check out the new board members for 2018 under **Contact Information** on page one.*

This is a request, an invitation, an exhortation from me, personally, to you, as a member of OA in the Channel Islands region.

Attendance at the CIIG meetings has been sporadic, and the only reason we got 4 of the positions filled is that those who are already serving agreed to continue serving in different positions. If CIIG can't get more participation from members, then we will simply cease to be, and the groups that exist in the Channel Islands region (Camarillo to Santa Barbara, Goleta, Ventura and Ojai) will be without representation at the regional and world service levels of OA.

PLEASE get the word out by specifically inviting people you know to get involved in Intergroup.

The reason we have workshops and retreats is because Intergroup exists.

The reason we feel connected to the other groups in our area is because Intergroup exists.

The reason we have outreach programs to attract those in need to OA is because intergroup exists.

The reason that we have a voice in telling the OA organization about the needs and hopes for members in our area is because Intergroup exists.

It's not about "service is slimming" or anything like that. It's not about making anyone feel guilty. It's about the facts. If members don't participate and do service, CIIG goes away. It's that simple. We're all busy, so that's not a reason. It takes 1-2 hours a month to be a meeting representative to Intergroup. It takes 2-5 hours a month to serve on the board or hold a position such as web-master, InterVoice editor, Region 2 representative or a position like that. That is so little to give to get SO much back.

PLEASE let all your groups know that THEIR intergroup would love for them to send a meeting representative to the monthly Intergroup meetings. That way, OUR Intergroup can support meetings and keep OA healthy in our area.

So happy to be of service!

Natalie :^)

Chair, Channel Islands Intergroup Chair

Meeting Schedule for Channel Islands Intergroup

Sun	SB 6 PM	Literature Study: Big Book (#11982), NEW LOCATION! Garden Court, 1116 De La Vina St. Park in Visitor or Staff spots, or on street--do not park in "Resident" spots. Meet in Library.	Carla 805 450-4241
Mon	Ventura 8:45 AM	Literature Study (#51450), 21 North Dunning St., Meet back of Duplex.	Susan 805 642-7627
	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), NEW LOCATION! Garden Court, 1116 De la Vina St. Park in Visitor or Staff spots, or on street—do not park in "Resident" spots. Meet in Library.	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 11 AM	Steps and/or Traditions Study (#56380) New Meeting , Center for Spiritual Living Pleasant Valley, 221 E. Daily Dr, Room 4.	Grace 805 910-9544
	SB 7:30 PM	Literature Study (#36031), Trinity Evangelical Lutheran Church, 909 N. La Cumbre Rd. @ Foothill Rd. Meet in room 303 of pre-school section, left of main sanctuary and church offices.	Quinn 707 334-1121
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.	Sue 805 448-0094
	Ventura 7 PM	Topic Meeting (#54396) Buenaventura Mobile Home Estates Club House, 11405 Darling	Dean 805 585-0842
	SB <i>4th TH</i> 7:00 PM	Literature Study , Casa Serena Residential Recovery Home for Women, 1515 Bath St, <i>Fourth Thursday of each month.</i>	Abby 248 933-3864
	Carpint <i>1st TH</i> 7:30 PM	Channel Islands Intergroup (#005-09068), <i>1st Thursday of each month.</i> Carpinteria Community Church, 1111 Vallecito Rd. Exit 101 at Casitas Pass Road. <i>Service Opportunity: Be a Meeting Rep</i>	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 <i>2nd SAT</i> 10:00 AM	Step Study—Newcomers <i>Second Saturday of each month.</i> 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"