



# InterVoice

March/April 2019

Channel Islands Intergroup  
Santa Barbara & Ventura Counties Newsletter



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: Remember to donate to Intergroup as part of 7th tradition and Thank You: :  
: Ventura, Mon., 8:45 AM, #51450 • Ventura, Mon., 7 PM, #31329, :  
: Ventura, Sat., 10AM, #36038 :  
.....

## Great Journey

What place does food have in my life today?

This is a hard one. First, I want to write down a list of negatives, because those push forward in my brain and are blocking every other thought .....

Food is my problem...food is temptation. Food comes between my best life and me. Between my HP and me. I hate food because it wrecked my life. My whole life.

Ok, that's done!

Then, a look at the past. The best thing about food was family celebrations. Family and real comfort and togetherness. And food as fuel is significant. Somehow, though, eating done away from the family table was rebellious satisfaction. It was my assertion, "I Am ME. This is for ME. Leave me alone."

Later, food was part of my depression, and a problem. Diet after diet. Eat, don't eat. Up and down. Guilt and pleasure and lies. A sickening circle. No way out.

Now:

Food is wrenched into a different place.

I admit that right now, this doesn't "flow", this abstinence.

Thanks to OA, food is now one part of my spiritual plan of living. My HP is in charge, as I pray and request each morning, and reassert multiple times a day. I watch for my HP's Footprints, and I aim to follow quietly, humbly. My HP has input regarding my thoughts, my words, my actions, and my relationships. It is my intention to act on that input. Please HP help me.

*continued on page 2*

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*Share your experience, strength and hope here in the InterVoice. Your story is important and will help others!*

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### Responsibility Pledge:

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

Watching and following my HP has exciting implications. I will live life fully today with my HP!

And food obsession has no place anymore, Food, the “wild animal” in this little house that is my body, needs to be tamed, lovingly and over time.

I am trying out a new plan to see if it is good for my body, and blessed by my HP:

3 meals, 0 food in between meals, 1 day at a time.

Thanks to my history (gastric bypass surgery, WW, and whole-foods-plant-based) I can't eat huge meals without pain; and I know healthy choices from not. I love healthy foods, and I know how to weigh and measure routinely. (I love all food... that is the untamed animal!)

This plan leads to changes in my shopping, cooking, my pantry. No more snack foods! No unlimited fruits and salads! No gigantic batches of rice and beans; all has to be shrunken down. Wrench.

The place of food in my service to others has changed, too. I don't cook or bake for others, not even for monthly Feed the Needy events. Others are

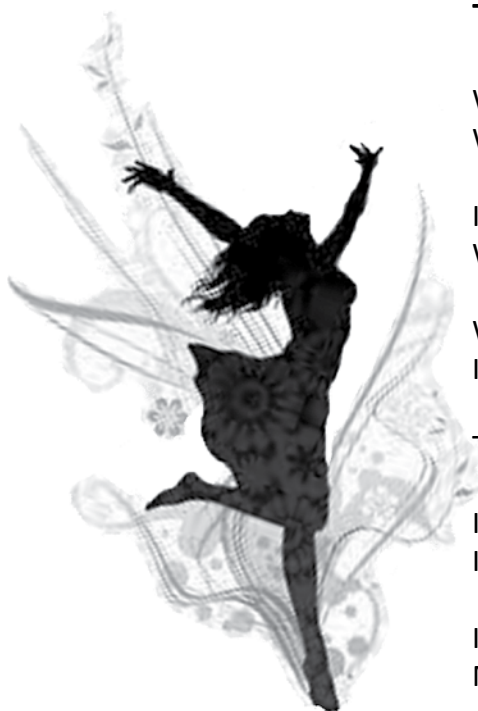
happy to do that. I don't buy snacks for my church. I give money toward their buying snacks instead. At gatherings, I can share myself and express my affection creatively, and not rely upon food. How do I do that??? Wrench!

In public I will need to be imaginative and lighthearted, to not share birthday cakes, or partake in any eating in between meals. I will reach out to my OA fellows for help with how to do this in a not-heavy-handed way! I will make mistakes; that's cool! But real friends still will be ok with me. Wrench!

So, food keeps me alive. I do enjoy what I eat, and I know that my HP wants that. Good noises, good tastes, good hugs, good sights.... these are all godly! This plan that now feels like a wrenching discipline at times, will flow, or it will go, to be replaced by something better. All good. I'm just looking ahead for those Footprints.

My dear HP,  
Grant me the Courage to change what I can,  
and the Wisdom to cling to You.

*Anonymous*



## The Me I Aim to Be

When it is cold I am Most Courageous.

When it is grey I feel Giggly.

In a crowd I absorb Confidence.

When I am alone I feel Aligned.

When I cook I feel Rich.

If I am uncomfortable I know I am in God's land.

The Me I Am

I am provided for, for today, and I am grateful.

I have warmth while my siblings are cold. My eyes are open.

I am surrounded by potential and abundance. It is in me and around me.  
May I use that privilege today.

*Anonymous*



## How to Discuss OA with Your Doctor or Healthcare Professional

One way of carrying our message of OA to others who suffer with our compulsion, is to talk to our doctors or other healthcare providers about OA and our recovery. OA claims no medical, nutritional or psychological expertise, so when we find a professional in the healthcare field who is open to listening and working with us on our recovery, it is a blessing. They may also be open to providing OA information to other patients who are in need and searching for an answer to their eating, psychological, and spiritual distress.

Some of the ways to start the discussion and provide information are:

- Discussing your own recovery with your primary physician, specialists, dentists, nutritionists, dietitians and psychologists, and asking if they have others who might be in need of the benefits that OA offers.
- Ask if you can bring literature to the office, such as: **Lifeline** magazine, pamphlets, and (as I have done) the **InterVoice** which contains the Channel Islands Intergroup meeting schedule. The meeting schedule has phone numbers of OA meeting secretaries who have recovery and can help anyone interested in knowing more about OA. Be sure to ask permission before leaving any of the literature in the waiting room, or just give it to the provider to dispense to compulsive eaters who are willing to be helped by OA.
- Another important piece of literature is, the **Professional Community Courier**, OA's annual newsletter for healthcare professionals. You can print the **Courier** out or get this and much more by ordering the **Professional Presentation Folder** from [www.oa.org](http://www.oa.org).

All of this information is written in a concise way in a print-out on the OA website, [www.oa.org](http://www.oa.org). It becomes a great little pamphlet when it is all folded down, in just the right way, to put in your wallet or purse. It has a list of all the points you may want to discuss, and ways you might want to prepare. If you want more literature to take to a provider, there is a wealth of information in the **Courier**.

My personal healthcare professionals have been open to the message of OA. One even passed out the meeting schedule to two people the same day I dropped them off.

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### Our Outreach Committee is looking for volunteers to carry our message!

**When:** Next meeting: Sunday, March 10th  
8:30am - 9:45am

**Where:** Coffee Bean and Tea Leaf  
4360 E. Main St. Suite E, Ventura, CA 93003

#### **Interested in giving back?**

Call or text: Elaine S. 909-908-7069  
or Stephanie J. 805-729-4811

It is **so much fun** to give service and join in  
the fellowship of the Spirit.

You **really** don't want to miss it!  
[www.oaciia.wordpress.com](http://www.oaciia.wordpress.com)

# Meeting Schedule for Channel Islands Intergroup

Sun	6 PM Santa Barbara	<b>Literature Study: Big Book</b> (#11982), Garden Court, 1116 De La Vina St. Meeting in Library A (use main entrance, go down to end of hall to library on right). Street parking or visitor spots, <i>do NOT park in resident spots.</i>	Carla 805-450-4241
Mon	8:45 AM Ventura	<b>Literature Study</b> (#51450), 21 North Dunning St. Meet back of Duplex.	Susan A. 805-642-7627
	12 PM Santa Barbara	<b>Literature Study</b> (#32642), Goleta Presbyterian Church, 6067 Shirrell Way, behind Fairview Center. Meet in Youth Room behind Social Hall and Kitchen. Left parking lot. OK to bring lunch.	Barbara G. 805-969-9942
	7 PM Ventura	<b>Newcomers &amp; Pitch</b> (#31329), Bible Fellowship Church, 6950 Ralston St., at Johnson Dr. Meeting in Pavilion #1. Enter parking from Ralston St. Last Monday of month is a speakers meeting.	Lenore 805-654-8271
		<b>Note: SB 7:35pm Big Book &amp; Step Study CLOSED effective 5/20</b> The last Monday evening Santa Barabara meeting was 5/13. Please try another local meeting or a phone meeting (see oa.org)	
Tues	6:30 PM Ojai	<b>Literature Study</b> (#47208), Oak View Park and Resource Ctr., 555 Mahoney Ave. 1st door on the left as you walk toward the building in front of the parking spaces. Park in diagonal parking, where sign says "Authorized vehicles only." Additional parking in lot across Mahoney. <i>Do NOT park on street in front of residences.</i>	Natalie G. 805-640-2528
Wed	11 AM Camarillo	<b>Steps and/or Traditions Study</b> (#56380), New Meeting, Center for Spiritual Living Pleasant Valley, 221 E. Daily Dr., Room 4.	Grace 805-910-9544
	12 PM Ventura	<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.	Jock D. 707-478-1806
	7:30 PM Santa Barbara	<b>Literature Study</b> (#36031), Trinity Evangelical Lutheran Church, 909 N. La Cumbra Rd. @Foothill Rd. Meeting Room 303 in preschool buildings, left of main church.	Quinn 707-334-1121
Thurs	12 PM Santa Barbara	<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	Sue E. 805-448-0094
	7 PM Ventura	<b>Big Book/Topic Meeting</b> (#54396), 3700 Dean Drive, Look for Signs!	Gary 805 766-7136
	7:30 PM Carpenteria	<b>Channel Islands Intergroup</b> (#005-09068), 1 <sup>st</sup> Thurs. of each month. Carpenteria Community Church, 1111 Vallecito Rd. Exit 101 at Casitas Pass Road. PLEASE SEND A MEETING REP!	Natalie G. 805-640-2528
Fri	10 AM Santa Barbara	<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.	Lara 805-687-4553
	10:30 AM Ventura	<b>Discussion Dialogue</b> (#35404), Trinity Lutheran Church, 196 N. Ashwood Ave. At intersection of Loma Vista and Ashwood. Meeting in library.	Chuck 805 701-9901
Sat	10 AM Ventura	<b>Long-timers Pitch—All are welcome!</b> (#36038), Ventura County Medical Center, 3291 Loma Vista Rd. at Hillmont Ave. Meeting in Cafeteria Conference Room on bottom floor.	Rhiannon 805-535-5996
	10 AM Santa Barbara	<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
	10:30 AM Santa Barbara	<b>Step Study—OA 12 &amp; 12</b> (#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 [OA.org](http://OA.org) > "Find a Meeting"