



InterVoice

May/June 2019

Channel Islands Intergroup
Santa Barbara & Ventura Counties Newsletter



Remember to donate to Intergroup as part of 7th tradition and Thank You:



Step 10

"1.) When we retire at night, we constructively review our day. Was I resentful, selfish, dishonest, self-seeking, or afraid?

Yes. I resent that "a new way of thinking" in order to have recovery does not include indulging in my addictions. Affects my ambitions, self-image, self-esteem, relationship with Life/HP. I am selfish; thinking that Life should be all about me. That it should run according to my plan; that I should be able to do whatever I want and not have to deal with consequences that everyone else would have to face. In fact, I could't care less about the laws of cause and effect. They suck, and I shouldn't have to deal with them. I really am focusing ONLY on what I (the programming that makes up my identity) think. I am self-seeking: I go out and use anyway, just in a form that is more "benign" or not as honest. Eating a meal that I know is not good for me, but which I think gives me the "fix" is totally self-seeking.

Not taking care of myself (by moving, getting enough sleep, indulging in mini-tantrums and negative thinking about others) is a way to try to "use." I am dishonest and deliberately in denial, when I know I am using anyway, but pretending I am not; when I act like the universe is all about me and fulfilling my egoic desires, that is dishonest. I have SO much evidence to the contrary, and yet I choose to ignore it.

Also, I deliberately don't remember how much better my life is with this "new way of thinking." I lie to myself and think, no, getting that fix won't hurt me "this time." I can't even believe how many "this times" there have been in my past. How many "this times" do I think I get? I pretend that I've only had a couple of "this times," when in fact "this time" is probably closer to half the time (maybe even more). I am afraid: that Life will be boring, that all it will contain is drudgery and work; that I won't get to have fun anymore---WAIT A MINUTE---HOLD THE PHONE---I am afraid that I am boring; that without the drugs, the fixes, the food, the alcohol, the rebellion, I am not worth being with---to myself. I begin to understand

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

Contact editor:
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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.

Meetings and Info for Men of OA

Special thanks to Richard V. for compiling this list!

Here are some links that might help you add depth and breadth to your recovery:

<http://OAMen.org/meetings> - A worldwide list of face-to-face OA meetings with a special focus for men, plus a list of phone meetings with times and instructions on how to join them.

Google Email Group: Email Tuesday@OAMen.org with your first name and last

initial to be added to this group. If you include your phone number and time zone, you will be added to the OA Men Phone Outreach List so you can make and receive phone calls with other OA men.

Yahoo Email Group: Visit <http://oa12step4coes.org/loop/male> - submit your email address to be added to this group

Visit **<http://OAMen.org>** for more information for men in OA.



17th Annual Men in Recovery Retreat

Presented by Bay Area OA and HOW Intergroups
October 25-27, 2019

Villa Maria del Mar (at the beach) 21918 E. Cliff Dr. Santa Cruz, CA. (831) 475-1236

For further information, contact Don at (415)246-3086 or don@donsdonuts.com or Bob (510)825-6959 brosa98@comcast.net



Phone Marathon Meetings

Below is the list of the phone meeting marathons.

They run from: 5am – 9pm Pacific time

Dial 712-432-5200 - Dial the access code 4285115#

press *1 to mute and *1 to unmute your phone if you would like to share on the phone meeting.

Sunday May 14: Mother's Day: Thanking God for the Gift of Life

Friday May 26: Ramadan Begins: Remaining Steadfast in Our Faith

Monday May 29: Memorial Day: Respecting the Courage & Commitment of Our Freedom

Sunday June 18: Father's Day: Remembering Fathers Everywhere

Sunday June 25: Ramadan Ends:

Tuesday July 4: Independence Day: A State of Mind



Step 10

Continued from page one.

why the guidance is to turn away from self-centered thinking (because really, there's not much to this self I'm so obsessed with—it's just a bunch of programming—why focus on trying to please or placate this very unreal collection of thoughts and impulses) and turn toward "a new way of thinking."

If I can let go of focusing on fulfilling every little desire that crosses my mind, and instead focus on following the guidance of my HP ("a new way of thinking, a way of acting on Life, rather than reacting to it"), then I might be free from the need to use. I am willing to try.

Steps 6 and 7: Resentment (I shouldn't have to do this), Anger (God/Life sucks), Fear (I won't get what I want), Cowardice (I'm too afraid to try), Self-pity (Woe is me for being an addict and having to follow a recovery program), Self-justification (I deserve to use, I deserve to have more than others, etc.), Self-importance (I'm

better than everyone else, I shouldn't have to do this), Egotism (I should be all about me), Lying (I'm not really using), Evasiveness (I won't tell my sponsor about this), Dishonesty (My way is better), False Pride (I'm so amazing, can't God see that), Denial (it's only "this one time" about 1,000 times), Jealousy (why can't I be like others), Negative Thinking (this sucks), Greed (I want everything!) [I just sat and talked with HP].

Steps 8 and 9: I don't owe any amends to anyone, but I do pray to be able to embrace and accept a new way of thinking. I am willing to do this (and God please give me the ability). I'm so tempted to make all kinds of promises and plans around this, but that is me trying to control again. God is asking me to consider a living amends in which I remember to stay connected and embrace "the new way of thinking" in each moment."

—Anonymous

S-U-C-C-E-S-S
R-E-L-A-P-S-E
S-U-C-C-E-S-S
R-E-L-A-P-S-E
S-U-C-C-E-S-S

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.



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

When: Next meeting: Sunday, May 5th 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

Workshops and Retreats Committee

Join us at 6:30pm on the first Thursday of each month at the
Coffee Bean and Tea Leaf in Carpinteria (4961 Carpinteria Ave.)

Together, we plan upcoming events for the Ventura and Santa Barbara area.

This meeting takes place 1 hour before the intergroup meeting, also in Carpinteria

Meeting Schedule for Channel Islands Intergroup

Sun	6 PM Santa Barbara	Literature Study: Big Book (#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	Literature Study (#51450), 21 North Dunning St. Meet back of Duplex.	Susan A. 805-642-7627
	12 PM Goleta	Literature Study (#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	Newcomers & Pitch (#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
Tues	6:30 PM Ojai	Literature Study (#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	12 PM Camarillo	Literature Study (#56380), Center For Spiritual Living - Pleasant Valley, 21 E. Daily Dr., Camarillo, CA 93010.	Judith 805-603-8947
	12 PM Ventura	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
	7:30 PM Santa Barbara	Literature Study (#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 Goleta	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 E. 805-448-0094
	7 PM Ventura	Big Book/Topic Meeting (#54396), 3700 Dean Drive, Look for Signs! Enter on College Drive, meet in Club House	Gary 805 766-7136
	7:30 PM Carpenteria	Channel Islands Intergroup (#005-09068), 1 st 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	Literature Study (#00243), First United Methodist Church, 305 E. Anapamu St., Enter lot from Garden St. (NOT Anapamu St.), go to other side of building, park <i>only</i> in undesigned spaces...or, spaces marked "Office." Be aware that there may be families with children in the parking lot. Ring bell at door marked "Office" for entry. Library is three steps up.	Sarah 805-564-3060
	10:30 AM Ventura	Discussion Dialogue (#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	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.	Rhiannon 805-535-5996
	10 AM Santa Barbara	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
	10:30 AM Santa Barbara	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