



# InterVoice

July/August 2019

Channel Islands Intergroup  
Santa Barbara & Ventura Counties Newsletter



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

## Sustenance from My Higher Power

Sustenance is a means of supporting, maintaining and being supplied with the necessities of life. It provides strength and endurance. The main purpose of the Big Book of Alcoholics Anonymous, as stated on page 45, is to enable us to find a power greater than ourselves, which will solve our problem. My higher power is my source of sustenance and solves my problem. I must do the footwork, such as to study the books, go to meetings and do service. No one is going to go to the grocery store for me when I can do it for myself, or fix a delicious, nutritious abstinent meal. But, for those things that I cannot do for myself, I turn to my higher power. HP does for me what I cannot do for myself. Recognizing I need help is Step 1. Believing HP will help me is Step 2. HP fills me with emotional, spiritual and physical sustenance. HP restores me to sanity one day at a time. HP is in charge of all outcomes. HP decides. I ask my HP in step 3 to restore me to sanity, he does.

Harlan G. from AZ, who spoke at a workshop of CIIG two years ago, says the program is not for those who want it or need it. The program is for those who do it! So what do I do in order to live in freedom from the bondage of food one day at a time?

Sustenance from my higher power is like the meals I need to exist as a human being. Breakfast, morning, is my time for prayer and meditation—quiet connection with HP; Step 10s; feeling gratitude for the people who gave me life—my parents and their parents before them. Although not perfect, they gave me the gift of breath, so I can enjoy the world, love and laugh; so I can have friendships, and carry the message of recovery. What my ancestors gave me is greater than gold. During this time I also feel gratitude for my siblings, aunts, uncles, cousins and friends that fill out my world and the setting of natural beauty I find myself in.

My life and breath allow me to use my hands, mind and heart to create my place in the world and let go of character defects. If I live in character defects, I live in the past or the future. I miss the present moment. While I needed the character defects at one time in order to survive, they are no longer useful. Some part of me needed

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### Contact Information:

CIIG (#005-09068)  
PO Box 1321 Summerland, CA 93067  
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 44727  
Rio Rancho, NM 87174-4727  
505-891-2664, [oa.org](http://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:

#### Service Opportunity

InterVoice: Peri L., 360-477-6796  
[perilebeck@cox.net](mailto:perilebeck@cox.net)

Web: Grace, 805-910-9544  
[oaciig.web@gmail.com](mailto:oaciig.web@gmail.com)

#### Region 2 Rep: Service Opportunity

Outreach:

Chair, Elaine S., 909-908-7069  
[esaffan@icloud.com](mailto:esaffan@icloud.com)

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

Contact editor:  
[perilebeck@cox.net](mailto:perilebeck@cox.net)



### Responsibility Pledge:

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

## Sustenance

*continued from page one.*

selfishness, dishonesty, resentment and fear in the past but now I am recovering from a hopeless state of mind and body—not only my food addiction.

Without help from HP, my character defects create confusion, disconnection and fear—it is too much. My HP has relieved me of the compulsion to self destruct with food and exercise. He relieves me of the bedevilments. But, I must be willing. Together we loosen the chains that bind me. I begin trusting myself, my HP and others, like my sponsor. I have self love and do things I feel good about with all my heart and soul, speaking my truth, listening inwardly, knowing my divine purpose.

During morning snack time, HP gives me sustenance by providing me with gainful employment at jobs I love, as I learn cooperation, setting goals in a group, being kind and generous, collaborating, delegating. Lunchtime, mid-day, my HP provides more work learning new skills, sticking to principles, getting 'er done. Afternoon snack time is a time to slow down, allowing for rest. Dinner time is family time, practicing good communication, sharing joy and doing program service.

My higher power provides all I need! I have a disease of more—more food, more love, more peace, and more sanity. What is enough? As I set aside my physical needs for a moment, cling to the emotional and spiritual lifelines of connectedness, kindness, helpfulness, cleanliness, setting boundaries, humor, lightness of being, generosity, forgiveness, I receive so many incredible gifts from my higher power. The answers are within me.

In For Today, May 20, we read: My joy in recovery is multiplied in direct proportion to the extent to which I share it with other compulsive overeaters. It is my joy to share these thoughts with you.

—Anonymous



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

**When:** Next meetings: Sunday, July 14 and August 11  
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)

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## 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

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# 7th 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](mailto:don@donsdonuts.com)  
or Bob (510)825-6959 [brosa98@comcast.net](mailto:brosa98@comcast.net)

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## South Bay Intergroup of Overeaters Anonymous

Holy Spirit Retreat Center

Encino, CA. (<http://www.hsrcenter.com/>)

## November 8 - 10, 2019

**\$220 per person, double occupancy** if postmarked on or before  
Monday, Sept 9, 2019 - **\$235** if postmarked after Monday, Sept 9, 2019.

Double occupancy rooms with private bathrooms, air and heat; picturesque grounds; beautiful meeting rooms. *Vegan/vegetarian and need non-meat menu items available*

**Note:** *There are a limited number of disabled-accessible rooms available.*

**For more information,** call or email Jennifer P. at 424-224-7135 ([Jennifer.pogue8@gmail.com](mailto:Jennifer.pogue8@gmail.com))  
or Loni G. at 562-431-7275 ([lonig.woman@sbcglobal.net](mailto:lonig.woman@sbcglobal.net)).

***Remember the funny and famous Saturday Night NO-TALENT SHOW.***

***Come prepared!***

*NO REFUNDS (No exceptions) • Reservations may be transferred to another person.*

**Friendly reminder:** *The Retreat sells out early so the sooner you reserve your space the better.*

**Download a MUST HAVE Flier/Sign-up sheet from our website: [oaciig.wordpress.com](http://oaciig.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>	Elaine S. 909-908-7069
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 Goleta	<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
Tues	6:30 PM Ojai	<b>Literature Study</b> (#47208), Oak View Park and Resource Ctr., 555 Mahoney Ave., Multipurpose Building. Park in diagonal parking, where sign says "Authorized vehicles only." Walk through the gate to the paved courtyard. The building is to the right. Additional parking in lot across Mahoney. <i>Do NOT park on street in front of residences.</i>	Natalie G. 310-488-2893
Wed	12 PM Camarillo	<b>Literature Study</b> (#56380), Center For Spiritual Living - Pleasant Valley, 21 E. Daily Dr., Camarillo, CA 93010.	Judith 805-603-8947
	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.	Samantha H. 805-558-2038
Thurs	12 PM Goleta	<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
	7:30 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</b> (#00243), First United Methodist Church, 305 E. Anapamu St., <b>Enter lot from Garden St.</b> (NOT Anapamu St.), go to <b>other side</b> of building, park <i>only</i> in <b>undesignated spaces...or, spaces marked "Office."</b> Be aware that there may be families with children in the parking lot. <b>Ring bell at door marked "Office" for entry.</b> Library is three steps up.	Sarah 805-564-3060
	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. <i>First Saturday of the month is a Speaker Meeting</i>	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