



InterVoice

September/October 2019

Channel Islands Intergroup
Santa Barbara & Ventura Counties Newsletter



Remember to donate to InterGroup as part of our 7th Tradition.
Thank You: InterGroup #005-09068, Ojai #47208, Santa Barbara #51002,
#36031, #32642 & #15648, Ventura #36038

Abstinent, Loving Witness

Active addiction leads to denial, and asking more of a sponsee than I do of myself, is a red flag. Stinking thinking says my extra weight doesn't count because I carry it so well. Without abstinence, serenity eludes me, and I'm in bondage to self, reactive and thin-skinned about feedback or comments.

Boundaries get lost in a good fog, and I find myself taking your inventory or offering advice to fix personal problems. Character defects flair up and I'm more judgmental, impatient, demanding. First and last, I'm ineffective.

How has abstinence helped me be a better sponsor?

The first gift of abstinence is clear thinking, so I bring more sanity to the relationship. When I walk the walk, I'm willing to be an ear and listen. I feel more flexible and less rigid. I demonstrate less judgment and more tolerance. I establish and maintain healthy boundaries that hold us both accountable. It's obvious to both of us when I cross a line. Abstinence gives me room to own it and quickly make amends.

I am willing to be more honest about my own flaws and shortcomings. Instead of advice, I share my experience, strength, and hope in the first person: "When my in-laws visit, I go to extra meetings." To get off the pity pot, I do extra service." "I feel edgy this week, so I made an outreach call."

Threefold recovery speaks louder than words. I can honestly share my struggles, model my willingness to go to any lengths, or quote OA Conference-approved literature and show its direct application to my life.

Sponsees are receptive when I give specific examples about what works for me. I tell them how I use the "God can" as suggested on page 95 of the Twelve Steps and Twelve Traditions of Overeaters Anonymous. When I'm out of sorts, I come to a HALT, and ask if I'm

continued on page two

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 44727
Rio Rancho, NM 87174-4727
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
Business Secretary, Lenora B.,
805-654-8271

Volunteer Service Positions: Service Opportunity

InterVoice: Peri L., 360-477-6796
perilebeck@cox.net
Web: Grace, 805-910-9544
oaciig.web@gmail.com
Region 2 Rep: **(OPEN)**

Service Opportunity

Outreach: Chair, Elaine S., 909-908-7069
esaffan@icloud.com
Retreats and Workshops: Chair, Amy W.,
646-373-6828

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



Contact editor: Peri L.
perilebeck@cox.net
360-477-6796



Responsibility Pledge:

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

Abstinent, Loving Witness
continued from page one.

Hungry, Angry, Lonely, or Tired. I share, "I was tired so I put myself to bed at 9 p.m."

On the three-legged stool, I am more grounded, centered and focused. Only then can I function as the "loving witness," mentioned on page 49 in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*. I can accept that each of us works our own program in our own way. I simply ask, "What are you willing to do?" and respect sponsees' choices.

As it says on page 106 in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, "Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and embody the joy of recovery which attracts others who want what we've found in OA."

Anonymous
Reprinted from *Lifeline*, December 2014

Something for the Newcomer...



Little Voice Said

Eight weeks ago, I attended my first OA meeting. I'd researched OA and vaguely knew about a concept of abstinence, but that was about it.

After a bit more reading, and another meeting, and devouring the *Big Book* and the *Twelve and Twelve*, I realized I urgently needed a sponsor. After all, on reading the *Twelve and Twelve*, it seemed I was already through Step One through Three and needed to be getting on with Step Four. I could sense it might be insufficient to work that one alone, so I drew a breath, gathered my courage and found a sponsor.

In our first conversation, we talked a little, but before I could tell her how far along in the program I was, she asked me to read aloud the first paragraph of Step One. Then she asked which sentence resonated most with me. I pulled one out and read it back to her. She said, "Right. Go away and write about that for the next time we talk."

I wanted to say, "No, no, it's ok. I've done Step One. I accept I'm powerless over food and my life is unmanageable. I need and want God's help. Let's look at Step Four!" I didn't want to waste more time. Didn't she realize I'd been immersed in the material for two weeks and was a very fast learner? I was secretly horrified that if this was the pattern, it would take me at least two weeks to do Step One!

Something held me back. I knew she had more than twenty years of abstinence, and I wanted that too. And a little voice said, "Maybe you aren't such a fast learner. Maybe you should listen to someone vastly more experienced? Maybe not be such a know-it-all?"

I took my sponsor's advice. I moved slowly through the paragraphs. I found there was so much to write about. And I suddenly didn't want to rush.

Eight weeks in, and I'm still on Step One. I'm in sight of the final paragraph, but several miracles have occurred. I have experienced a beautiful abstinence and without fear, for the last five days, I have learned humility and patience. I have had time to meditate and reflect on the true implications of Step One.

When I first rushed through the chapter, I grasped it intellectually. Now, I have come to believe it in my heart.

Gillian K., Leeds, England
Reprinted from *Lifeline*, December 2014

What's Happening in Our InterGroup?

CIIG Board Elections are next month!!!! November 3, 2019! Come join us for some great service and lots of fun by serving on the board. We are voting for our Chair, Vice Chair, Treasurer, Recording Secretary and Business Secretary. There are lots of volunteer positions available, too. It's a fun way to provide service to your OA family! Please send a meeting rep! We would love to hear about your meeting and what kinds of events and activities your members feel might be worthwhile for us to engage in as a larger community.

Outreach: Our own Elaine S. has written a great article for the *SB Independent*, called, **Compulsive Eating is a Disease and There is a Solution—It's Free right here in Santa Barbara!** It was on their website for two weeks and was published in last week's hard-copy edition on August 29th! Check it out!

In her article, Elaine writes: "Compulsive eating is a disease, not a matter of character, and I have it. When I consume certain ingredients, they have the effect of creating a craving and I want more and more. I have no idea when I will stop eating." But for those of us who are real compulsive eaters, something in our heads sends us to these foods, over and over and over again. For a real compulsive eater, it is human emotions, and not only when we are feeling resentments and fears, but even when things are going well for us. Food is the drug that brings us ease and comfort."



Ojai Day: We will have a booth at the ***Ojai Day Festival, Saturday, October 19, 2019, from 10am-5pm***, in downtown Ojai. Stop by to see us or contact Natalie 310-488-2803 or natalieg.oa@gmail.com to volunteer and help with the booth.

Sponsoring Workshop: We are planning a sponsoring workshop for Fall. We will have four speakers with long term abstinence, both men and women. Each will share about how they sponsor. Check our website, oaciig.wordpress.com, for date, time and place.

Retreats

7th Annual Men in Recovery Retreat - October 25-27, 2019

Presented by Bay Area OA and HOW Intergroups

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

New Freedom Retreat - *South Bay Intergroup of Overeaters Anonymous*

November 8-10, 2019 - Holy Spirit Retreat Center, Encino, CA (<http://www.hsrcenter.com/>)

\$220 per person, double occupancy if postmarked on or before Monday, Sept 9, 2019

\$235 if postmarked after Monday, Sept 9, 2019.

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)

or Loni G. at 562-431-7275 (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.

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>	Elaine S. 909-908-7069
Mon	8:45 AM Ventura	Literature Study (#51450), 21 North Dunning St. Meet back of Duplex.	Chuck S. 805 701-9901
	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.	Natalie M. 805-814-9241 Chuck S. 805 701-9901
Tues	6:30 PM Ojai	Literature Study (#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	Literature Study (#56380), Center For Spiritual Living - Pleasant Valley, 221 E. Daily Dr., Camarillo, CA 93010.	Judith 805-603-8947
	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.	Samantha H. 805-558-2038
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
	6:30 PM Carpinteria	Channel Islands Intergroup (#005-09068), 1 st Thurs. of each month. Carpinteria 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 undesignated 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.	Gary 805-766-7136
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. <i>First Saturday of the month is a Speaker Meeting</i>	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