



Channel Islands Intergroup—Santa Barbara & Ventura Counties

# InterVoice | July-Aug 2020

## OA Responsibility Pledge

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

## CIIG Workshop Series

**Greetings, fellows!** Members who attended the *Step One* workshop called it powerful and inspiring. A member who identifies as a recovered compulsive overeater, anorexic, and bulimic shared her excitement (and Big Book references) about "recovered" vs "recovering" and how evolving honesty, acceptance, and surrender to another way of doing things using the "simple kit of spiritual tools" helped her solve the food problem and enjoy a "wonderful" life today when she trusts god and continues to clean house and give back to others. Session includes Q&A and pitches.

► **Step 1 listen now:** "Step 1 Presentation and Q&A - June 14, 2020" from any 'OA Channel Islands' podcast service.

► **Step 2 Workshop: Sunday Aug 16<sup>th</sup> 1-3 pm**  
[Click for Flyer](#) A recovered member shares her experience, strength, and hope on Step 2—with exercises & time for writing and question. Bring AA Big Book, OA 12&12.



## A Fellow Shares on Submission vs Surrender

I was so scared of losing too much weight too fast, and I think the reason was projection. I think I was diverting fear of handing over my will and life or continuing to, instead of surrendering to God's will. I almost wrote "submitting" to God's will and I want to take a minute to examine those two words. To submit is to allow something to be, basically not to fight it. I've done a lot of submitting in my life—to my father, to society's mores, to religion, to Capitalism, to my mental illness, to my own doubts. I've admitted that they were stronger than me and allowed them to rule me.

This is so different from surrender. Maybe submitting is like not fighting an arranged marriage, while surrender is more about falling headfirst in love with someone and letting yourself be swept away.

*I don't want to submit to God. I want to leap.*

*I want to surrender completely.*

And that scares the hell out of my ego. That means not trusting it, basically giving away all of its power. And the Ego is greedy. The Ego wants control. The Ego is the priest in Hunchback steeping his fingers as it seeks total control over that one being. And when the Ego is in control, it makes TERRIBLE choices. Choices that contain me, choosing to live in fear and not run too fast or climb too high.

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*The Ego wants to trap me into a life of fear,  
while my HP is all about Creation and Love.*

My HP wants me to be free, to take chances and follow whims. My HP loves and encourages me, wants the world for me, wants me to be totally unpened.

It's an easy choice when I write it out like that, but old habits die hard. Just like making different cognitive choices, I have to be intentional. I have to remind myself every day, every moment why I'm so in love with my HP and what it makes me feel, the freedom that it gives me to be and achieve, to fly. In that way, choosing HP is the opposite of choosing a cage. It is to be like a bird, changing its course with the flock without thinking, instead of a squirrel on the ground, too nervous to choose which way to go.

Sometimes it's easy to remember this. Sometimes, when things are rough, it's harder. I think when I saw that number on the scale and it was so much

lower than my Ego had anticipated, that fear rose up in me again, like "SEE? this is what happens when you let God drive; we end up going so fast that we're bound to flip over!" And where there is fear, there is no room for love, unless you're able to see that you're in fear, and then an act of courage can right things. Courage, from the Latin *cœur* meaning heart. To act from the heart, to choose to act in love even in the presence of fear, that is courageous.

I want to be courageous. I want to be authentic and full of love in the face of fear. Today, I want to restate my ongoing surrender to my HP, let it know that I'm swept away by its love for me. Let it know that, while I slipped into fear, I want my love for it and its love for me to carry me away.

—Jennifer A.

The OA Appendix "Disease of the Body" includes a section on surrender vs. submission and OA WSO provides the [Forewards and Appendices from OA 3rd Edition](#) free online!

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"OA speakers do not represent OA as a whole but speak from their own experience, strength, and hope. OA recognizes there are individual approaches and different concepts of working the Twelve Step program of recovery. We all are reminded that our common disease and our common purpose unite us; differences in approaches to recovery need not divide us. OA is strengthened when we honor and respect all by practicing unity with diversity."—[OA Guidelines](#)  
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### *A Fellow Shares on Step One*

The biggest thing that I got out of the OA first step this time, especially after studying [The Doctor's Opinion](#) (AA BB pp. xxv-xxxii) several times lately, is that the first step here seems to negate it. This step talks about how "many of us" are this way because of this and "some" are like they are because of that. What it doesn't address is that there is a physical and biological allergy that predestines us to be addicts. I feel that the personal history of any one overeater doesn't matter as much as that. [Our Invitation to You](#) talks about the reasons being unimportant, but I feel that it's essential to acknowledge this as a biological disease and not only something caused by an unhealthy relationship with food or a trauma response.

I think of it like this: child molestation. This is a disastrous trait that far too many among our fellowship share. Many victims of childhood

molestation are addicts of one ilk or another. But there are plenty of people in this world that have been molested but not become substance addicts. They've escaped into something else—books or sports, for instance. Correlation isn't the same as causation. Without acknowledging that our disease is biological, not causal by our pasts, there exists too often a tendency, more with food than with any other addiction I think, to blame ourselves and our missteps in life. Not only is this a barrier to recovery because it misunderstands the origins of the disease, but because I know when I first came to OA, I saw my problems and weight as something that I had caused, and therefore, something I could dismantle. Self-will is still powerful with this paradigm. If experience caused it, then perhaps I can change it through self-knowledge or being intentional in my present and future.

## More on Step One...

I also think that this serves as a barrier to surrender to a HP. If this were caused by man, then why am I turning to God about this? However, once I see it as biological, as something God-given, then it makes sense that only God could take the disease away (whatever your concept of God is). Because of these points, I feel like OA is doing its population a disservice by publishing these half measures. Like Bill said, "Half measures availed us nothing" (AA BB [p. 59](#)). Perhaps this is one reason that OAs tend to leave program or have little success compared to those suffering from other addictions. Their foundation is faulty and there's a measure of Ego that says, "I did this. I'll unmake it." As long as that thought and feeling prevails, it is almost impossible to surrender your will because you are using it daily. I feel like the only way that I was able to grasp the knowledge in my mind and heart this time, as the [OA 12&12](#) suggests, was by having a keen understanding of the allergy of the mind and body and not thinking that I had any chance of ending this state myself. Half-measures are

meaningless if I want to work the program successfully at last. I have identified all of my alcoholic foods that my HP has revealed to me and I've extracted them from my diet wholesale. Only in this way can I not trigger a relapse craving.

I remember how much more difficult the program was previously to stay on. And it makes a lot of sense. I would "start easy," removing only the most obvious problem foods and saving the rest for later when I was willing to let them go. How could I succeed!? I was triggering myself repeatedly every day by eating those more innocuous foods that I didn't extract from my diet.

With this knowledge under my belt, I'm not hedging my bets. I hit a bottom and was willing to go all in. I am willing to do whatever is needed to be done. I could give up old friends like potatoes, like orange juice, like cantaloupe. And I'm willing to let go of more, should my HP reveal it to me. Anything to have what the old-timers have. Anything to be sane, joyous, happy, and free as I have never truly been before.

—Jennifer A.

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**All my sobriety and growth, mentally, emotionally, and spiritually, are dependent upon my willingness to listen, understand, and change.**

—*Alcoholics Anonymous*, Big Book page 542 | "A Late Start"

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## LIVE & ON-DEMAND OPTIONS TO HEAR RECOVERY WHEN YOU NEED IT

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Always available  
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Daily

10:00PM to 3:30AM PT

**Podcasts** at [oa.org](http://oa.org), [oaciig.wordpress.com/podcasts](http://oaciig.wordpress.com/podcasts), [oalaig.org/virtual-speakers](http://oalaig.org/virtual-speakers)

**Parking Lot Meeting** Live phone meeting, open to anyone in a 12-step program

Dial: (712) 432-3900 and enter conference ID 6508933#

A great place for support. Irene, the moderator, would love for participants to share and become an active part of this inclusive community. Sheila J. at (310) 413-1745

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Daily

4:00AM -10:00PM PT

**Meeting on the Go** new phone resource, open to anyone in a 12-step program

Dial (559) 670-1414 and enter conference ID 6508933#

You will be put in contact with over 70 speakers, Sheila's Eight Workshops, Lauren's Harp Meditations, music, special events, and more. To access what you want, just put in the extension number, provided at the beginning of the call. Sheila J. at (310) 413-1745

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Monday-Friday

4:00AM & 7:00AM PT

**Avision4you Big Book Study**

Dial (712) 432-5210 and enter conference code 876148#

All these phone meetings are recorded and can be accessed at [avision4you.info](http://avision4you.info).

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Sunday

5:30AM PT

**Avision4you Special Edition speakers meeting**

Dial (712) 432-5210, and punch in the conference ID 876148#

Thousands of powerful Special Edition speakers meetings can be accessed at [avision4you.info](http://avision4you.info)—click on 'Special Edition' and scroll down.

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## OA Meeting List—Channel Islands Intergroup

updated 07/10/2020

### Important!

Zoom now requires a password for all meetings--use password 099337 for all CIIG Meetings after following the instructions below on how to join each meeting.

7th Tradition contributions can be made electronically using Paypal.com for the email address Ciigtreasurer@gmail.com and include group # to allocate to a specific meeting. **Thank You!**

Day	Time	Meeting <i>If prompted for password, contact the secretary →</i>	Contact
SUNDAY	6:00 PM	<b>Santa Barbara – Big Book Literature Study (#11982)</b> Join via video: <a href="https://zoom.us/j/121125386">https://zoom.us/j/121125386</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 121 125 386#	Peggy (805) 698-3542
MONDAY	12:00 PM	<b>Goleta – Literature Study (#32642)</b> Join via video: <a href="https://zoom.us/j/707412653">https://zoom.us/j/707412653</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 707 412 653#	Barbara G. (805) 969-9942
	7:00 PM	<b>Ventura – Newcomers &amp; Pitch (#31329)</b> Join via video: <a href="https://zoom.us/j/764663562">https://zoom.us/j/764663562</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 764 663 562#	Lenora (805) 654-8271
TUESDAY	6:30 PM	<b>Ojai – Literature Study (#47208)</b> Join via video: <a href="https://zoom.us/j/944326689">https://zoom.us/j/944326689</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 944 326 689	Natalie G. (310) 488-2893
WEDNESDAY	12:00 PM	<b>Camarillo – Literature Study (#56380)</b> We use <i>For Today</i> and the <i>OA 12&amp;12</i> in this meeting. They are not required, but if you have them, you might like to have them nearby to aid your participation. Join via video: <a href="https://zoom.us/j/964481947">https://zoom.us/j/964481947</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 964 481 947	Gracie D. (805) 910-9544
	7:30 PM	<b>Santa Barbara – Literature Study (#36031)</b> Join via video: <a href="https://zoom.us/j/606273362">https://zoom.us/j/606273362</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 606 273 362	Laura N. (805) 687-4553 <i>landline</i>
THURSDAY	12:00 PM	<b>Goleta – Literature Study (#15648)</b> Join via video: <a href="https://zoom.us/j/442292151">https://zoom.us/j/442292151</a> PW: 099337 Or call in via phone: (669) 900-9128, Mtg ID: 442 292 151	Sue F. (805) 448-0094
<i>1st Thursday</i>	6:30 PM – 7:45 PM	<b>First Thursday of each month Carpinteria – Channel Islands Intergroup Meeting!!! (#005-09068)</b> Join via video: <a href="https://zoom.us/j/662532539">https://zoom.us/j/662532539</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 662 532 539	Natalie G. (310) 488-2893
FRIDAY	10:00 AM	<b>Santa Barbara – Big Book Step Study (#00243) &amp; 10:30 am Ventura – Discussion Dialogue (#35404)</b> Meetings combined Join via video: <a href="https://zoom.us/j/653778661">https://zoom.us/j/653778661</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 653 778 661	Socorro (805) 766-9723
SATURDAY	10:00 AM – 11:00 AM	<b>Combined Ventura &amp; Santa Barbara Meetings</b> Join via video: <a href="https://zoom.us/j/356466128">https://zoom.us/j/356466128</a> PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 356 466 128	Sandra (213) 700-5825 Susan R. (805) 680-8371

### Meeting secretaries

Please notify World Service of any updates by going to [oa.org](http://oa.org) and choosing “Meetings > Edit A Meeting.” Please contact Natalie G at 310-488-2893 if you need help doing this.