



Channel Islands Intergroup—Santa Barbara & Ventura Counties

InterVoice | Sept-Oct 2020

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. ~OA Preamble

Set Aside to Step Ahead

The Set Aside Prayer: God, please help me set aside everything I think I know about myself, my disease, the 12 steps, and especially you, so I may have an open mind and a new experience of all these things. Please let me see the truth.



The Big Book directs us to release preconceived beliefs and move beyond our fears to move forward in our recovery.

- ❖ "It meant I would have to throw several lifelong conceptions out of the window." pg42
- ❖ "We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a power greater than ourselves, we commenced to get results..." pg46
- ❖ "Do not let any prejudice you may have against any spiritual terms deter you from honestly asking yourself what they mean to you." pg47
- ❖ "Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice ... we hope no one else will be prejudiced for as long as some of us were." pg47
- ❖ "We who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion." pg49
- ❖ "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." pg58
- ❖ "Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable." Appendix II, Spiritual Experience.

Save the Date! Big Book Workshop Nov 7-8

Our speaker is a Big Book thumper, with very long term abstinence, who will take us through The Steps, making sure we have a clear understanding of how to identify trigger ingredients, our powerlessness and the spiritual solution that can take us to a personality change needed to recover from our deadly disease and stay recovered.



Sponsors

Susan R.	805 680-8371
Stephanie J.	805 729-4811
Sandra L.	213 700-5825
Rhiannon	805 535-5996
Rei D.	805 798-3567
Natalie G.	310 488-2893
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Chuck	805 701-9901
Amy W.	646 373-6828
Amy K.	805 340-5882
men only Rodger S.	805 448-4566
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(To be added/removed, contact Jocelyn)

Contact Information

Intergroup Service Board

Chair: Natalie G.—310 488-2893

Vice Chair: Laura N.—805 687-4553

Treas: Stephanie J.—805 729-4811

Rec. Sec: Susan R.—805 680-8371

Bus. Sec: Lenora B.—805-654-8271

Volunteer Service Positions

World Svc Rep: Natalie G.—310 488-2893

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OA Guidelines — “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.”

CIIG Workshop Series



CIIG is pleased to continue the workshop series created in response to our member survey...

- **Step 3 Workshop: Oct 4th 1:00-3:00 pm**
A recovered member shares her experience, strength, and hope on Step 3—with exercises & time for writing and questions.

[Click to see and share the event flyer](#)

- **[Listen to Step 1 and Step 2 Workshops now](#)**
from any ‘OA Channel Islands’ podcast service:
Step 1 (6/14/20); Step 2 (8/16/20).

[Click here to download Step 2 Workshop handouts](#), with reading & writing prompts.

Sample writing prompt:

Keeping in mind what you currently believe, how does or doesn’t your current conception work as a power that you believe could restore you to sanity?

Events

Please check the Channel Islands Intergroup for recovery event topics, dates, and links—there are already more than a dozen virtual events planned for September and October and the list is updated as workshops are announced.

Meetings are virtual, the recovery is real!

SPIRITUAL RECOVERY

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

- ❖ **“practice these principles in all our affairs” ~ Step Twelve**
- ❖ **“place principles before personalities” ~ Tradition Twelve**

Spiritual principles for Steps 1-12 are outlined in the [OA 12&12](#) in Step 12, page 123. For a full list, including principles for each OA Tradition and each Concept of OA Service, download [“The Spiritual Principles”](#) from WSO.



Spiritual Principle of Step Two: HOPE



Spiritual Principle of Step Three: FAITH



OA Slogans

Insight & Inspiration ... great for writing and discussion

ACTION any change to improve our nature

CHANGE choosing humility allows new growth every day

DENIAL don't even notice I'm lying

EGO easing god out

GIFTS getting it from the steps

NUTS not using the steps

PAUSE pay attention—use Step Eleven

WAIT why am I talking?

WOW willingness over willpower

Sponsorship: Walking Day by Day

An LAIG Event

OA Retreat – Sat, Oct 24 @ 9:00 am - 5:30 pm PDT

A powerful and motivational day of discussion, participation, and communing with your OA fellows. Click for details to join via Zoom

“Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen.” —Alcoholics Anonymous, Big Book page 100



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

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**Always available**

**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—click on 'Special Edition' and scroll down.

OA Meeting List—Channel Islands Intergroup

updated 10/12/2020

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	Santa Barbara – Big Book Literature Study (#11982) Join via video: https://zoom.us/j/121125386 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 121 125 386#	Peggy (805) 698-3542
MONDAY	12:00 PM	Goleta – Literature Study (#32642) Join via video: https://zoom.us/j/707412653 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 707 412 653#	Barbara G. (805) 969-9942
	7:00 PM	Ventura – Newcomers & Pitch (#31329) Join via video: https://zoom.us/j/764663562 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 764 663 562#	Lenora (805) 654-8271
TUESDAY	6:30 PM	Ojai – Literature Study (#47208) Join via video: https://zoom.us/j/944326689 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 944 326 689	Natalie G. (310) 488-2893
WEDNESDAY	12:00 PM	Camarillo – Literature Study (#56380) We use <i>For Today</i> and the <i>OA 12&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: https://zoom.us/j/964481947 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 964 481 947	Gracie D. (805) 910-9544
	7:30 PM	Santa Barbara – Literature Study (#36031) Join via video: https://zoom.us/j/606273362 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	Goleta – Literature Study (#15648) Join via video: https://zoom.us/j/442292151 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	First Thursday of each month Carpinteria – Channel Islands Intergroup Meeting!!! (#005-09068) Join via video: https://zoom.us/j/662532539 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 662 532 539	Natalie G. (310) 488-2893
FRIDAY	10:00 AM	Santa Barbara – Big Book Step Study (#00243) combined with 10:30 am Ventura – Discussion Dialogue (#35404) Join via video: https://zoom.us/j/653778661 PW: 099337 Join via phone (no video): (669) 900-9128, Mtg ID: 653 778 661	Laura N. (805) 687-4553 <i>landline</i>
SATURDAY	10:00 AM – 11:00 AM	Combined Ventura & Santa Barbara Meetings Join via video: https://zoom.us/j/356466128 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 and choosing “Meetings > Edit A Meeting.” Please contact Natalie G at 310-488-2893 if you need help doing this.