



Channel Islands Intergroup—Santa Barbara & Ventura Counties

# InterVoice | Nov-Dec 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

## OA FELLOWSHIP DAYS

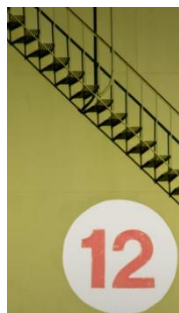
### Nov. 21–22 International Day Experiencing Abstinence



Join OA members worldwide on “IDEA Day” as we begin or affirm our abstinence from compulsive eating and compulsive food behaviors.

- Develop sustainable abstinence by using a healthy [Plan of Eating Tool](#)
- Keep good abstinence fresh by reviewing the [Strong Abstinence Checklist](#)

### Dec. 12 Twelfth Step Within Day



12/12 is a day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating. Twelfth-Step-Within work explicitly supports members we already have. Carry the message of recovery by sharing your experience, strength, and hope.

- [Been Slipping & Sliding](#) writing tool
- [From Slip or Relapse to Recovery](#) action plan



### Traditions Chat with the Region 2 Chair

The **12<sup>th</sup> Tradition** reminds us to “place principles before personalities.” That means we don’t put the names of speakers on flyers and also means we do not mention specific names in meetings. It is ok to share in a meeting about something you heard in a podcast or another meeting with no need to say the person’s name. **Tradition 10** says “no opinion on outside issues” and AA as well as other anonymous fellowships are outside issues.

—R2 Chair, Anne O.

CIIG is part of OA Region 2, which serves California, Hawaii, Mexico and Northern Nevada. Check the [Intergroup Directory](#) and zoom into meetings to meet fellows in our region!

If you have questions regarding Meetings, Service, Intergroups, OA Region 2 Assemblies, 12 Traditions, 12 Concepts of Service, etc., ask the R2 Chair

Email [chair@oar2.org](mailto:chair@oar2.org) or join the 2<sup>nd</sup> Sunday call:  
2<sup>nd</sup> Sunday of even months, Time: 6:00 - 7:00 pm (PT)  
Call 605-475-4000 and enter ID 326612#  
Then press \*6 to mute and \*7 to talk.

### Sponsors

Amy K.	805 340-5882
Amy W.	646 373-6828
Chuck	805 701-9901
Elaine S.	909 908-7069
Gary H. <i>men only</i>	805 766-7136
LaCene	805 300-9309
Lenora B.	805 654-8271
Natalie G.	310 488-2893
Rei D.	805 798-3567
Rhiannon	805 535-5996
Rodger S. <i>men only</i>	805 448-4566
Sandra L.	213 700-5825
Stephanie J.	805 729-4811
Susan R.	805 680-8371

(To be added/removed, contact Jocelyn)

### Contact Information

#### NEW BOARD – Welcome & Thanks!

#### Intergroup Service Board

Chair	Susan R.	805 680-8371
Vice Chair	Gary	805 766-7136
Treasurer	Rhiannon	805 535-5996
Recording Sec	Amy K.	805 340-5882
Business Sec	Lenora	805 654-8271

#### Volunteer Service Positions

World Svc Rep	Natalie G.	310 488-2893
Region 2 Rep	Elaine S.	909 908-7069
	esaffan@icloud.com	

[Retreats & Workshops Chair](#) Amy W.  
646 373-6828 amy\_wendel@yahoo.com

[InterVoice & Web service opportunity for either](#)  
Jocelyn 805-453-8190 jmkwriter@aol.com

#### CIIG [oaciig.wordpress.com](http://oaciig.wordpress.com)

PO Box 1321, Summerland CA 93067  
805 947-0792  
IG # 005-09068

#### Region 2 [oar2.org](http://oar2.org)

4733 Torrance Blvd., PO Box 335  
Torrance CA 90503,

#### World Service Organization [oa.org](http://oa.org)

PO Box 44020  
Rio Rancho NM 87174-4020  
505 891-2664

## CIIG WORKSHOPS

### ► Nov 6-8 Big Book at Home Retreat



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.

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

### ► Step 1, 2, 3 Workshop Recordings

- See [OA Podcasts](#) or use any 'OA Channel Islands' podcast service: Step 1 (6/14/20); Step 2 (8/16/20); Step 3 (10/4/20)

## Workshop Wisdom

12 Step Marathon | 9/19

**Use faith as an action.** Take action even if you are scared—if you trust your HP, you can do it (if you don't trust your HP, develop that relationship).

Life on Life's Terms | OA Rise 9/6

**Recovery is progressive, too.**

**Don't just do something...sit there!**

**Meetings are virtual, the recovery is real!**

## SPIRITUAL RECOVERY

**Through working the Twelve Steps and studying the Twelve Traditions, members have found "physical, emotional, and spiritual healing that we don't hesitate to call miraculous."**

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. ~Step 12 / BB How It Works, p.60

The terms "spiritual experience" and "spiritual awakening" are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms. ~BB Appendix II, Spiritual Experience, p.567

**"Place principles before personalities"** ~Tradition 12

OA's keystone book, *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, outlines ways to practice Step 1-12 principles in our daily life (pg 123-128).

<i>Honesty</i>	<i>Integrity</i>	<i>Love for Others</i>
<i>Hope</i>	<i>Willingness</i>	<i>Perseverance</i>
<i>Faith</i>	<i>Humility</i>	<i>Spiritual Awareness</i>
<i>Courage</i>	<i>Self-Discipline</i>	<i>Service</i>

Download ["The Spiritual Principles"](#) from WSO for a principle associated to each OA Step, Tradition, and Concept of OA Service.

### EVENTS

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

### 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."**

# SPIRITUAL INSIGHT & INSPIRATION

"The spiritual life is not a theory, we have to live it." BB *Into Action*, p.83

**OA Slogans**—Great for writing and discussion!



**ANGER** any new grudge endangers recovery

**CHAOS** creating havoc around ourselves

**FEAR** face everything and recover

**GOD** good orderly direction

**HOW** honest, openminded, willing

**PROGRAM** people relying on god, relaying a message

**PUSH** pray until something/surrender happens

**TRUST** To really undertsand Step Three

## "FIND AN ONLINE MEETING" JOINS FELLOWS ACROSS TIME ZONES

*New World Service Search uses your time zone and finds meetings all over the world at that time!*

A once-modest meeting in New York that typically had about 10 members has now welcomed members from thirty-two countries and 24 US states (shown in green). This 7:15 a.m. EST virtual meeting is at 4:15 a.m. in San Diego, 12:15 p.m. in London, 2:15 p.m. in Nairobi, and 9:15 p.m. in Forbes, New South Wales, Australia.



Read more in [\*A Step Ahead\*](#) | **Find an online meeting**

## YOU ARE NOT ALONE! 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.

# OA Meeting List—Channel Islands Intergroup

updated 11/22/2020

**Important!** Zoom requires a security password for all meetings—use password 099337 for all CIIG Meetings after following the instructions below on how to join each meeting.

| Day                 | Time                   | Meeting<br><i>If prompted for password, contact the secretary →</i>                                                                                                                                                                                                                                                                                                                                | Contact                                                |
|---------------------|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| SUNDAY              | 6:00 PM                | <b>Santa Barbara – Big Book Literature Study (#11982)</b><br>Join via video: <a href="https://zoom.us/j/121125386">https://zoom.us/j/121125386</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 121 125 386#                                                                                                                                                                   | Carla N.<br>(805) 450-4241                             |
| MONDAY              | 12:00 PM               | <b>Goleta – Literature Study (#32642)</b><br>Join via video: <a href="https://zoom.us/j/707412653">https://zoom.us/j/707412653</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 707 412 653#                                                                                                                                                                                   | Barbara G.<br>(805) 969-9942                           |
|                     | 7:00 PM                | <b>Ventura – Newcomers &amp; Pitch (#31329)</b><br>Join via video: <a href="https://zoom.us/j/764663562">https://zoom.us/j/764663562</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 764 663 562#                                                                                                                                                                             | Lenora<br>(805) 654-8271                               |
| TUESDAY             | 6:30 PM                | <b>Ojai – Literature Study (#47208)</b><br>Join via video: <a href="https://zoom.us/j/944326689">https://zoom.us/j/944326689</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 944 326 689                                                                                                                                                                                      | Natalie G.<br>(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.<br>Join via video: <a href="https://zoom.us/j/964481947">https://zoom.us/j/964481947</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 964 481 947 | Gracie D.<br>(805) 910-9544                            |
|                     | 7:30 PM                | <b>Santa Barbara – Literature Study (#36031)</b><br>Join via video: <a href="https://zoom.us/j/606273362">https://zoom.us/j/606273362</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 606 273 362                                                                                                                                                                             | Laura N.<br>(805) 687-4553<br><i>landline</i>          |
| THURSDAY            | 12:00 PM               | <b>Goleta – Literature Study (#15648)</b><br>Join via video: <a href="https://zoom.us/j/442292151">https://zoom.us/j/442292151</a> PW: 099337<br>Or call in via phone: (669) 900-9128, Mtg ID: 442 292 151                                                                                                                                                                                         | Sue F.<br>(805) 448-0094                               |
| <i>1st Thursday</i> | 6:30 PM<br>– 7:45 PM   | <b>First Thursday of each month Carpinteria – Channel Islands Intergroup Meeting!!! (#005-09068)</b><br>Join via video: <a href="https://zoom.us/j/662532539">https://zoom.us/j/662532539</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 662 532 539                                                                                                                         | Natalie G.<br>(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<br>Join via video: <a href="https://zoom.us/j/653778661">https://zoom.us/j/653778661</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 653 778 661                                                                                                  | Laura N.<br>(805) 687-4553<br><i>landline</i>          |
| SATURDAY            | 10:00 AM<br>– 11:00 AM | <b>Combined Ventura &amp; Santa Barbara Meetings</b><br>Join via video: <a href="https://zoom.us/j/356466128">https://zoom.us/j/356466128</a> PW: 099337<br>Join via phone (no video): (669) 900-9128, Mtg ID: 356 466 128                                                                                                                                                                         | Sandra<br>(213) 700-5825<br>Susan R.<br>(805) 680-8371 |

**Attn Mtg Secretaries** Please keep meeting info current so the newcomer can find our meetings. 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.

**7th Tradition** Contributions to CIIG can be made electronically using Paypal.com for the email address [Ciigtreasurer@gmail.com](mailto:Ciigtreasurer@gmail.com). To donate to a specific meeting, ask the meeting. **Thank You!**