



# Channel Islands Intergroup—Santa Barbara & Ventura Counties

## InterVoice | May-June 2021

"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

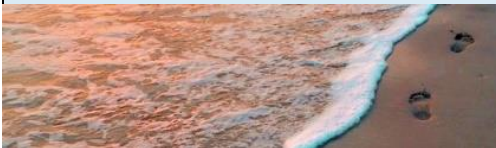


"I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

~The OA Promise  
by Rozanne S.

### Learn about Rozanne S. & OA

- [Reflections: A Visit with OA's Founder](#) (38 min)
- [And Now a Word from Our Founder](#)—a compilation of keynote speeches (86 min)
- [In Memoriam: A Tribute](#) PDF



### EVENTS

Please visit the [Channel Islands Intergroup Special Events page](#) at [OACIIG.WORDPRESS.COM](#) for recovery event topics, dates, and links—and continue to check back...the list is updated as workshops are announced

## WORLD SERVICE NEWS

*Revisions Adopted at World Service Business Conference 2021*

### "Unity with Diversity" Policy Revised

A revised "Unity with Diversity" Policy was adopted at World Service Business Conference 2021. The revised policy is too long for this newsletter recap but can be read in full at [OA.ORG NEWS](#).

### "Abstinence and Recovery" Policy Revised

A revised "Abstinence and Recovery" Policy was adopted at World Service Business Conference 2021. OA's revised policy states:

"WSBC 2021 accepts the following:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis."

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

## NEW PAMPHLETS

*Now available in print from the OA bookstore and as e-books on Amazon Kindle, Barnes & Noble Nook, and Apple Books platforms.*

- **A Lifetime of Abstinence: One Day at a Time** dives more deeply into the details of what abstinence looks like on a daily basis. It offers newcomers and members practical suggestions for how to build and develop a recovery program as well as compassionate advice on the multifaceted disease that is compulsive eating. This pamphlet combines and replaces the discontinued pamphlets *A Commitment to Abstinence*, *Before You Take That First Compulsive Bite*, *Remember...*, and *Maintaining a Healthy Body Weight*. (#155) US\$1.00.
- **In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery** distills vital introductory information from older pamphlets and focuses intently on defining compulsive eating and answering questions about the basics of our recovery program. It combines and replaces *Questions and Answers*, *A Program of Recovery*, and *Compulsive Overeating: An Inside View*. (#135) US\$2.00.

**A Lifetime of Abstinence**  
One Day at a Time

**In OA, Recovery Is Possible**  
About Compulsive Eating and the OA Program of Recovery

## WORKSHOP WISDOM

*Take What you Like and Leave the rest*

- The Steps

Steps 1-3	Give Up
Steps 4 & 5	Own Up
Steps 6-9	Clean Up
Steps 10-12	Grow Up

- The *Steps* protect me from myself; the *Traditions* protect OA from me.



# SPIRITUAL INSIGHT & INSPIRATION

Z	P	I	H	S	W	O	L	L	E	F	I	P	W	K	D
W	E	P	E	R	S	E	V	E	R	A	N	C	E	A	M
I	E	X	Q	K	J	O	Y	O	U	S	T	Z	Y	Y	E
L	S	R	P	N	I	A	T	S	B	A	E	C	T	P	D
L	N	E	R	E	C	O	V	E	R	K	G	O	I	P	I
I	O	Y	S	E	R	E	N	I	T	Y	R	U	N	A	T
N	P	A	U	Q	E	I	P	L	A	N	I	R	U	H	A
G	S	R	R	E	N	H	E	Q	H	L	T	A	T	U	T
N	D	P	R	T	O	A	C	N	K	O	Y	G	O	M	I
E	N	F	E	R	H	L	I	Z	C	V	N	E	O	I	O
S	E	E	N	U	P	T	V	Q	W	E	K	E	L	L	N
S	M	O	D	S	I	W	R	K	R	P	Q	Z	S	I	K
Q	A	Z	E	T	S	P	E	T	S	O	F	A	I	T	H
K	E	W	R	I	T	E	S	Z	K	H	O	P	E	Y	Y
E	N	I	L	P	I	C	S	I	D	-	F	L	E	S	Z
Z	S	P	I	R	I	T	U	A	L	T	H	G	U	O	S

## SEARCHING

### Seek & Find Recovery!

*These recovery-related words are in the grid—look forwards, backwards, up, down, and diagonally.*

ABSTAIN	INTEGRITY	SERVICE
AMENDS	JOYOUS	SOUGHT
COURAGE	LOVE	SPIRITUAL
DAY	MEDITATION	SPONSEE
EXPERIENCE	MEET	STEPS
FAITH	ONE	STRENGTH
FELLOWSHIP	PERSEVERANCE	SURRENDER
FREE	PHONE	TOOLS
HALT	PLAN	TRUST
HAPPY	PRAYER	UNITY
HONESTY	RECOVER	WILLINGNESS
HOPE	SELF-DISCIPLINE	WISDOM
HUMILITY	SERENITY	WRITE

## IT WORKS WHEN WE WORK IT—RECOVERY RESOURCES

- [Strong Abstinence Checklist](#)
- [Been Slipping & Sliding](#)
- [From Slip or Relapse to Recovery](#)
- [Difference Between Abstinence and A Plan of Eating](#)—OA WSO Workshop Handouts
- [OA Appendices](#) about our three-fold illness
  - The Role of a Plan of Eating in Recovery from Compulsive Eating
  - A Disease of the Mind
  - A Disease of the Body
  - A Disease of the Spirit

## PRACTICE THESE PRINCIPLES & PRINCIPLES BEFORE PERSONALITIES

See [“The Spiritual Principles”](#) for a principle for each OA Step, Tradition, and Concept of OA Service.

See & Share OA Outreach & Public Info Videos from [OA Outreach](#), [OA PI](#), or [Facebook](#)  
Send to your health care provider!



## CIIG WORKSHOP

**Fitting the Pieces Together**  
Steps 5, 6, 7 Podcast

Channel Islands Intergroup presented another great Steps workshop in March to support the fellowship and the ongoing vision, priorities & goals established following the membership survey. To replay the Steps 5-7 Workshop (3-28-21), see [OA Podcasts](#) or use any 'OA Channel Islands' podcast service. Also available: Step 1 (6/14/20); Step 2 (8/16/20); Step 3 (10/4/20); Step 4 (1/31/21); and Big Book Study (11/6-8/20).

Speakers share experience, strength & hope and offer prompts for a new way of thinking about Steps 5, 6, and 7, such as *Am I willing to...let go of my egocentric, self-centered worldview? Tear up my plan? Let go of resentment? How does a character defect I'm holding onto help me? What will happen if I do not change? How could my life improve if I release it? Am I ready to let it go?* **The workshop is virtual, the recovery is real!**



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

*~OA Responsibility Pledge*

## SERVICE OPPORTUNITIES

*Help carry the message!*

**The Outreach Committee Has Exciting News!**

This new era of connecting via the internet is giving us loads of new opportunities. Now that we can reach across town or across the world without the cost and challenge of travel, we have some great ideas. We need **you** to join us in fun and fellowship to get these projects from concept to reality. They include:

- Monthly zoom panel for professionals to learn about our program
- New member informal meeting 30 min. prior to a scheduled meeting
- Carrying the Message workshops

Join us May 5 and May 19 @6:30-7:00pm to brainstorm, share ideas and inspiration, and step up for a task. *Contact Amy K. 805-340-5882*



Channel Islands Intergroup (CIIG) is part of OA Region 2, which serves California, Hawaii, Mexico, and Northern Nevada. Reach out to R2 for fellowship, service, or support!

- Use the [Intergroup Directory](#) to zoom into meetings to meet fellows in our region!
- Join the [R2 Public Outreach Service Mtg](#) May 4 and June 1 @7:00-8:00pm PT
- If you have questions about Meetings, Service, Intergroups, 12 Traditions, 12 Concepts of Service, Assemblies, etc., ask a CIIG Service Board Member (listed on page 4), email [chair@oar2.org](mailto:chair@oar2.org), or [Chat with the R2 Chair](#) May 9 or June 13 @6:00-7:00pm PT

## RECOVERY WHEN YOU NEED IT

**YOU ARE NOT ALONE! LIVE & ON-DEMAND OPTIONS**

Always available

**Podcasts**

**Event Recordings**

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

Did you miss a workshop, panel, or speaker? Check our [event summaries](#) and then go to the host site to look for playback options

Daily by Time Zone



**Easy-to-use Time Zone Search** at [oa.org/find-a-meeting/?type=1](http://oa.org/find-a-meeting/?type=1)

uses your time zone and finds meetings all over the world at your local time!

Start at ["Find a meeting"](#) and click the ["Online"](#) tab. Select your time zone and add filters for special focus, language, day, etc. If desired, set a Special Focus: Body Image, 100lbbers, Young People, Mens, and others.

Daily

10:00PM to 3:30AM PT

**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

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, Lauren's Harp Meditations, Sheila's Eight Workshops, 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

Sat 3:00PM PT

**Chronic Illness Focus** Join Meeting ID: 828 0864 1809 Passcode: serenity

Contact: Emily K 510.917.6983 <https://us02web.zoom.us/j/82808641809?pwd=Nk4rZzhZa1E3R0hDdDl3NzY2YVlmZz09>

Mon-Fri & Sun

**Avision4you** These phone meetings are recorded and on demand at [avision4you.info](http://avision4you.info)

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

- **Monday-Friday** 4:00AM & 7:00AM PT **Big Book Study**
- **Sunday** 5:30AM PT **Avision4you 'Special Edition' speakers**



# OA Meeting List—Channel Islands Intergroup

Click Join Video and use PW: 099337 or Join phone only (no video): (669) 900-9128 + Mtg ID from below

Day	Time	Meeting <i>If prompted for password, contact the secretary →</i>	Contact
SUN	6:00 PM	<b>Santa Barbara – Big Book Literature Study (#11982)</b> Join video: <a href="https://zoom.us/j/121125386">https://zoom.us/j/121125386</a> Mtg ID 121 125 386#	Carla N. (805) 450-4241
MON	12:00 PM	<b>Goleta – Literature Study (#32642)</b> Join video: <a href="https://zoom.us/j/707412653">https://zoom.us/j/707412653</a> Mtg ID 707 412 653#	Barbara G. (805) 969-9942
	7:00 PM	<b>Ventura – Newcomers &amp; Pitch (#31329)</b> Join video: <a href="https://zoom.us/j/764663562">https://zoom.us/j/764663562</a> Mtg ID 764 663 562#	Lenora (805) 654-8271
TUES	6:30 PM	<b>Ojai – Literature Study (#47208)</b> Join video: <a href="https://zoom.us/j/944326689">https://zoom.us/j/944326689</a> Mtg ID 944 326 689	Natalie G. (310) 488-2893
WED	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 video: <a href="https://zoom.us/j/964481947">https://zoom.us/j/964481947</a> Mtg ID 964 481 947	Gracie D. (805) 910-9544
	7:30 PM	<b>Santa Barbara – Literature Study (#36031)</b> Join video: <a href="https://zoom.us/j/606273362">https://zoom.us/j/606273362</a> Mtg ID 606 273 362	Laura N. <i>landline</i> (805) 687-4553
THUR	12:00 PM	<b>Goleta – Literature Study (#15648)</b> Join video: <a href="https://zoom.us/j/442292151">https://zoom.us/j/442292151</a> Mtg ID 442 292 151	Sue F. (805) 448-0094
<i>1st Thur</i>	6:30 – 7:45 PM	<b>First Thurs Channel Islands Intergroup Meeting!!! (#005-09068)</b> Join video: <a href="https://zoom.us/j/662532539">https://zoom.us/j/662532539</a> Mtg ID 662 532 539	Natalie G. (310) 488-2893
FRI	10:00 AM	<b>Santa Barbara &amp; Ventura combined– Big Book Step Study (#00243) &amp; Discussion (#35404 was 10:30 am)</b> Join via video: <a href="https://zoom.us/j/653778661">https://zoom.us/j/653778661</a> Mtg ID 653 778 661	LaCene W. (805) 300-9309
SAT	9 <sup>30</sup> AM & 10:00 AM	<b>Newcomer Meeting!</b> Join us before the 10:00 meeting <b>Combined Ventura &amp; Santa Barbara Meetings</b> Join via video: <a href="https://zoom.us/j/356466128">https://zoom.us/j/356466128</a> Mtg ID 356 466 128	Sandra (213) 700-5825 Susan R. (805) 680-8371

## Meeting Secretaries

Please keep meeting info current so the newcomer can find our meetings. Notify World Service of any meeting change at [oa.org](http://oa.org) > “Meetings > Edit A Meeting.” Contact Natalie G. at 310-488-2893 for help

Sponsors	Intergroup 2021	7 <sup>th</sup> Tradition Thank You!
Amy K. 805 340-5882	<i>CIIG Board</i>	<i>Mail check or use electronic payment</i>
Amy W. 646 373-6828	Chair Susan R 805 680-8371	<b>CIIG</b> <a href="http://oaciig.wordpress.com">oaciig.wordpress.com</a>
Chuck 805 701-9901	Vice Chair open—service needed	PO Box 1321, Summerland CA 93067
Elaine S. 909 908-7069	Treasurer Rhiannon 805 535-5996	805 947-0792 IG # 005-09068
Gary H. <i>men only</i> 805 766-7136	Rec Secty Amy K. 805 340-5882	For <a href="http://Paypal.com">Paypal.com</a> , use the email
LaCene 805 300-9309	Bus Secty Lenora 805 654-8271	<a href="mailto:Ciigtreasurer@gmail.com">Ciigtreasurer@gmail.com</a> and click here
Lenora B. 805 654-8271	<i>CIIG Volunteers</i>	for <a href="#">PayPal Instructions for 7<sup>th</sup> Tradition.</a>
Natalie G. 310 488-2893	Retreats Judy + open for helpers	<b>Region 2</b> <a href="http://oar2.org">oar2.org</a>
Rei D. 805 798-3567	WS Rep open—service needed	4733 Torrance Blvd., PO Box 335
Rhiannon 805 535-5996	R2 Rep Elaine S. 909 908-7069	Torrance CA 90503
Rodger S. <i>men only</i> 805 448-4566	<a href="mailto:esaffan@icloud.com">esaffan@icloud.com</a>	<b>World Service Organization</b> <a href="http://oa.org">oa.org</a>
Sandra L. 213 700-5825	Outreach Amy K 805 340-5882	PO Box 44727
Stephanie J. 805 729-4811	InterVoice <i>service opportunity for either</i>	Rio Rancho NM 87174-4727
Susan R. 805 680-8371	& Web Jocelyn 805-453-8190	505 891-2664
	<a href="mailto:jmkwriter@aol.com">jmkwriter@aol.com</a>	Updated 5/02/2021