



Channel Islands Intergroup—Santa Barbara & Ventura Counties

InterVoice | July-Aug 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



"Each day that we live well, we are well, and we embody the joy of recovery, which attracts others who want what we've found in OA."

~OA 12&12 Step 12 pg 87

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."

-revised policy adopted at OA's World Service Business Conference 2021

Channel Islands Intergroup supports the OA fellowship through our ongoing vision, priorities & goals (here), as established following the membership survey (here).



CELEBRATE RECOVERY!

July 4 10:00am-12:00pm PT

LAIG July 4th Party

It's party time!! Join us as we celebrate spiritual independence. Four keynote speakers will share how they've experienced spiritual liberation.

REGION 2 CONVENTION

Keynote Speakers, Panels, Workshops, Entertainment, Dancing, Fellowship

This year's R2 Convention celebrates diversity and unity in recovery! Track A: We Are All OA –Representing the full range of our fellowship, Track B: Keys to Recovery – Physical, emotional, and spiritual recovery.



Registration open

R2 Convention Schedule



CIIG WORKSHOP

July 18 1:00-3:00pm PT

A longtime member shares her experience, strength and hope on Steps Eight and Nine. Bring your Big Book, your journal, and your open mind. **See & Share the Flyer.**

- Listen to Series Workshops at OA Podcasts or look for 'OA Channel Islands' on a podcast service.

LIFELINE NOW FREE — OALIFELINE.ORG

Read real stories of recovery written by OA members!

Visit [Oalifeline.org](https://oalifeline.org) to discover more than a thousand shares of experience, strength, and hope—free for any OA member to read while it remains online.

An ad hoc team is working on a replacement for Lifeline and oalifeline.org. Take advantage of this resource now and look for announcements later this year!



EVENT RECORDINGS See [OACIIG.WORDPRESS.COM](https://oaciig.wordpress.com) for a list of recovery events and check the host site for on-demand recordings...the list is updated as events are announced.



IS YOUR OA MEETING READY TO RETURN TO FACE-TO-FACE MEETINGS?

Channel Island Intergroup (CIIG) allows your meeting to make your own decisions about when the time comes to return to in-person meetings. The prospect might be a little more complicated than before.

Here are some issues to consider:

- Is there a device available for those who wish to continue on Zoom?
- Is there available Wi-Fi for the Zooming members?
- Is the format inclusive of both the remote members and those participating in person?
- How is the 7th tradition to be handled?
- How will phone numbers be shared between face-to-face members and those on Zoom?
- How can we make literature and/or step study literature shareable between the remote members and those in the face-to-face meeting?

Whatever your group decides, current meeting info will help the newcomer and returning members. Update your meeting listing on oa.org and also let the CIIG InterVoice editor know so your meeting details will be correct on our site and in the newsletter.

If you have questions or need additional guidance, **please reach out to CIIG**—see page 4 for contacts.

WORKSHOP WISDOM

Take What you Like and Leave the rest

- FOOD ADDICT is a noun. You can't change that. EAT is a verb. You can change that.
— heard at [Avoiding PRE-lapse: How to Nurture Continued Abstinence](#)
- I don't put anything in my mouth that will stay in my mind.
— heard at [Know Your Triggers](#)

YOU ARE NOT ALONE!

"If you think you may be a compulsive eater, **give yourself a chance for recovery** by trying the OA program. Our way of life, based on the Twelve Steps and Twelve Traditions, has brought us physical, emotional, and spiritual healing that we don't hesitate to call miraculous. **What works for us will work for you too.**"
—Introduction to the Twelve Steps



CARRY THE MESSAGE

Share OA's *Professional Community Courier* with health & wellness professionals to educate them about OA and how OA can supplement the treatment they provide – send [this link](#) or print & deliver a copy!

• Compulsive eating
• Under-eating
• Food addiction
• Anorexia
• Bulimia
• Binge eating
• Overexercising

No matter what the problem with food, we can provide ongoing support to your patients or clients.

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 Handouts
- [OA Appendices](#)
 - 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

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 July 7 and July 21 @6:30-7:00pm to brainstorm, share ideas and inspiration, and step up for a task. *Contact Amy K. 805-340-5882*



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

~OA Responsibility Pledge



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!

- Join the R2 Public Outreach Service Mtg July 6 and Aug 3 @7:00-8:00pm PT
- Chat with the R2 Chair July 11 and Aug 8 @6:00-7:00pm PT or email chair@oar2.org

RECOVERY WHEN YOU NEED IT

YOU ARE NOT ALONE! LIVE & ON-DEMAND OPTIONS

Always available

Podcasts

Event Recordings

Visit oa.org, oaciig.wordpress.com/podcasts, 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

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=Nk4rZzhZa1E3R0hDd0l3NzY2YVlmZz09>

Young People

Targeted for Young People—Joined OA age 18-30—All are welcome!

[YPoala Meetings & Resources](#)

[YP phone meetings](#)

[Young Person's Committee Mtg](#)

Mon-Fri & Sun

Avision4you These phone meetings are recorded and on demand at 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

Meeting Secretaries

Please keep meeting info current so the newcomer can find our meetings. Notify World Service of any meeting change at oa.org > "Meetings > Edit A Meeting." Contact Natalie G. at 310-488-2893 for help

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	Santa Barbara – Big Book Literature Study (#11982) Join video: https://zoom.us/j/121125386 Mtg ID 121 125 386#	Carla N. (805) 450-4241
MON	12:00 PM	Goleta – Literature Study (#32642) Join video: https://zoom.us/j/707412653 Mtg ID 707 412 653#	Barbara G. (805) 969-9942
	7:00 PM	Ventura – Newcomers & Pitch (#31329) Join video: https://zoom.us/j/764663562 Mtg ID 764 663 562#	Lenora (805) 654-8271
TUES	6:30 PM	Ojai – Literature Study (#47208) Join video: https://zoom.us/j/944326689 Mtg ID 944 326 689	Natalie G. (310) 488-2893
WED	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 video: https://zoom.us/j/964481947 Mtg ID 964 481 947	Gracie D. (805) 910-9544
	7:30 PM	Santa Barbara – Literature Study (#36031) Join video: https://zoom.us/j/606273362 Mtg ID 606 273 362	Quinn S. 707-334-1121
THUR	12:00 PM	Goleta – Literature Study (#15648) Join video: https://zoom.us/j/442292151 Mtg ID 442 292 151	Sue F. (805) 448-0094
	1 st Thurs only 6:30–7:45 PM	First Thurs Channel Islands Intergroup Meeting!!! (#005-09068) Join video: https://zoom.us/j/662532539 Mtg ID 662 532 539	Natalie G. (310) 488-2893
FRI	10:00 AM	Santa Barbara & Ventura combined– Big Book Step Study (#00243) & Discussion (#35404 was 10:30 am) Join via video: https://zoom.us/j/653778661 Mtg ID 653 778 661	LaCene W. (805) 300-9309
SAT	9 ³⁰ AM & 10:00 AM	Newcomer Meeting! Join us before the 10:00 meeting Combined Ventura & Santa Barbara Meetings Join via video: https://zoom.us/j/356466128 Mtg ID 356 466 128	Sandra (213) 700-5825 Susan R. (805) 680-8371

Sponsors	Intergroup 2021	7 th Tradition Thank You!
Amy K. 805 340-5882	CIIG Board	Mail check or use electronic payment CIIG oaciig.wordpress.com
Amy W. 646 373-6828	Chair Susan R 805 680-8371	PO Box 1321, Summerland CA 93067
Chuck 805 701-9901	Vice Chair open—service needed	805 947-0792 IG # 005-09068
Elaine S. 909 908-7069	Treasurer Rhiannon 805 535-5996	For Paypal.com, use the email
Gary H. men only 805 766-7136	Rec Secty Amy K. 805 340-5882	Ciigtreasurer@gmail.com and click here
LaCene 805 300-9309	Bus Secty Lenora 805 654-8271	for PayPal Instructions for 7th Tradition.
Lenora B. 805 654-8271	CIIG Volunteers	Region 2 oar2.org
Natalie G. 310 488-2893	Retreats Natalie G. 310 488-2893	4733 Torrance Blvd., PO Box 335
Rei D. 805 798-3567	WS Rep open—service needed	Torrance CA 90503
Rhiannon 805 535-5996	R2 Rep Elaine S. 909 908-7069	World Service Organization oa.org
Rodger S. men only 805 448-4566	esaffan@icloud.com	PO Box 44727
Sandra L. 213 700-5825	Outreach Amy K 805 340-5882	Rio Rancho NM 87174-4727
Stephanie J. 805 729-4811	InterVoice service opportunity for either	505 891-2664
Susan R. 805 680-8371	& Web Jocelyn 805-453-8190	
	jmkwriter@aol.com	Updated 7/01/2021