



“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



“We’re always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.”

~OA 12&12 Step 12 p87

"Unlike our dieting days, we abstain only one day at a time, not worrying about ensuing results. Each new day we recommit to our personal plan of abstinence, without thinking about tomorrow next month or next year."

~A Commitment to Abstinence:
A decision, one day at a time
(OA pamphlet)

RECOVERY

“Holding on to the miracle means staying in fit spiritual condition. It particularly means living in Steps Ten, Eleven, and Twelve. Step Ten is like weeding the garden. I might have done a good job the first time through the Steps, but weeds have a way of creeping back in among the flowers if I don’t tend to them constantly. The Eleventh Step in the morning is the daily renewal of my faith. If I don’t renew my subscription every morning, it runs out sometime during the day. And Step Twelve is about passing it on. To stay clear and clean, a lake needs a flow in and a flow out. My flow-in is working my program. My flow-out is passing on the message to those who are still suffering and practicing these Principles in all my affairs.”

~Freedom Isn't Free, Overeaters Anonymous, Third Ed., p116

WORKSHOP WISDOM

Take What you Like and Leave the rest

Relapse: where do I go from here?

[Replay here](#)

- “I didn’t get here because I had a snackcident. I got here because I couldn’t stop eating.”
- “We are powerless, not helpless.”
- “Steps breakdown: 1 is admission; 2-7 are submission; 8-9 are restitution; 10-11-12 are reconstruction.”



Spiritual Independence

[Replay here](#)

- “Choose courage over comfort, that’s where god is.”

Sober Eating

[Replay here](#)

- What it means to be a drug addict with food, what it means to be an alcoholic with food...and what the solution is.



HOPE Hearing Other People's Experiences

Check out these podcast resources from around our region and around the world!

[R2 Convention Speakers](#), [A Design for Living](#), [SoAZ Workshops](#), [UK Speakers](#), [Dallas: New Beginnings](#)

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

~ WORLD SERVICE ANNOUNCEMENTS ~

Message to All Groups



The OA Board of Trustees has issued an instructive letter to all OA groups that meet virtually to immediately stop screen sharing and all other unauthorized reproductions of OA literature in virtual meetings. Since this issue affects OA as a whole, it is not a matter of group conscience. OA World Service asks that you download this letter and share it with your group as soon as possible. Download [DOCX file](#) or [PDF file](#).

Request to All Sponsors

WSO needs sponsors to write about the ways you provide support and guidance to your sponsees, while keeping the focus on their recovery through the Twelve Steps and Twelve Traditions. OA is updating and reforming our current sponsorship publications. The new publication will provide guidance to sponsors, both new and veteran, who are being challenged to meet the needs of our increasingly diverse Fellowship. World Service is asking all sponsors to share their experience, strength, and hope in 250-300 words. See [this flyer](#) for details, including some great questions you can respond to.



YOU ARE NOT ALONE!

"We will help you and rejoice with you and tell you that we are not failures just because we sometimes fail. We'll hold out our arms in love and stand beside you as you pull yourself back up and walk on again to where you are heading."

~*Our Invitation to You*, OA 3rd ed. p5

IT WORKS WHEN WE WORK IT

"We have what we need any time we are willing to let go of self-will and humbly ask for help."

~OA 12&12 Step 3, p23

BETTER...AND BETTER!

"The remarkable thing about OA's success is that the program gets people to function far better than they ever have in their lives. ... Now you have tools of feeling, touching, caring, loving, sharing, being honest with your family, and looking at life in an understanding way and not fighting it but going along with it. Once you treat the illness, you have the potential to be a more 'together' person than you were."

~[A Disease of the Mind, Appendix A](#)

FREEDOM

"I believe that people can be addicted to food, and it's important for them to identify and remove from their lives the foods and food elements to which they are sensitive. These are called trigger or binge foods: they give people cravings, obsessions, or the inability to stop. Any food can be appropriate in an abstinent food plan, but if a food causes problems for the person, it needs to be removed. Then the food addict is free to use the Twelve Steps to create the life he or she really wants to live."

~[The Role of a Plan of Eating in Recovery from Compulsive Eating](#)

Learn more in the [Difference Between Abstinence and A Plan of Eating](#)—OA WSO Handouts



SERVICE OPPORTUNITIES *Help carry the message!*

Channel Islands Intergroup supports the OA fellowship through our ongoing vision, priorities & goals (here), as established following the membership survey (here). Monthly Intergroup Meetings are on Zoom on the 1st Thursday (Sept 2 & Oct 7) from 6:30-7:45pm. All are welcome!

- **Meeting Reps** – represent your fellows & report CIIG news [details here](#)
- **CIIG Vice Chair** – fill in where needed and support activities [details here](#)
- **World Service Rep** – represent CIIG for WSO Business [details here](#)

Outreach Committee invites you to join us in fun and fellowship to get projects from concept to reality. Join us 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



Save the Date!

**2021 FALL
ASSEMBLY
OCT 22-24**

**Face-to-Face
In person**

Burlingame, CA

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 [R2 Public Outreach Service Mtg](#) Sept 7 and Oct 5 @7:00-8:00pm PT
- [Chat with the R2 Chair](#) Oct 10@6:00-7:00pm PT or email chair@oar2.org

RECOVERY WHEN YOU NEED IT



Lifeline now free online! Visit OAlifeline.org to discover more than a thousand shares of experience, strength, and hope!

Daily Meetings *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 language, day, etc. If desired, set a Special Focus: Body Image, 100lbbers,

Always available

Podcasts

Event Recordings

Daily

4:00AM -10:00PM PT

YOU ARE NOT ALONE! LIVE & ON-DEMAND OPTIONS

Browse topics at oa.org, oaciig.wordpress.com/podcasts, and 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.

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

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

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>

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

[YPoala Meetings & Resources](#)

[YP phone meetings](#)

[Young Person's Committee Mtg](#)

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
	1st 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	<i>CIIG Board</i>	<i>Mail check or use electronic payment CIIG</i>
Amy W. 646 373-6828	Chair Susan R 805 680-8371	oaciig.wordpress.com
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 Paypal.com, use the email
LaCene 805 300-9309	Bus Secty Lenora 805 654-8271	Ciigtreasurer@gmail.com and click here
Lenora B. 805 654-8271	<i>CIIG Volunteers</i>	for PayPal Instructions for 7th Tradition.
Natalie G. 310 488-2893	Retreats Natalie G. 310 488-2893	Region 2 oar2.org
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	esaffan@icloud.com	World Service Organization oa.org
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
	jmkwriter@aol.com	Updated 9/01/2021