



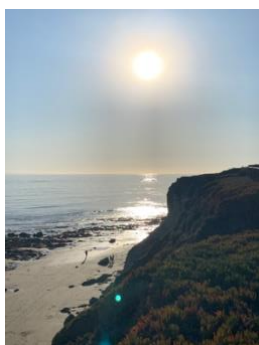
ABSTINENCE



"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 have new ways of coping with our problems and new practices now, which make living a positive, joyful experience most of the time. If we should again crave more than we need, we know we can find relief in the Steps instead of compulsive eating".

~OA 12&12 Step 12

"Abstaining from compulsive eating, unlike dieting, has a sense of permanence about it."

~What is a commitment to abstinence? A Lifetime of Abstinence (OA pamphlet)

"In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and, in many cases, leave us entirely. We then find that, to deal with our inner turmoil, we have a new way of thinking, of acting on life rather than reacting to it- in essence, a new way of living."

~ *Our Invitation to You*, Overeaters Anonymous, Third Ed.

WORKSHOP WISDOM

Take What you Like and Leave the rest

Abstinence Workshop (OA R2 Convention)

[Replay here](#)

"I didn't get abstinent; I chose to keep it"

Keeping Your Eating Sane During the Holiday Season (Sound Bites from OA)

[Replay here](#)

"Plan ahead so you don't plan to fail"

Getting Abstinent, Staying Abstinent (A Vision 4 you 10.10.21 Sunday Special Edition)

[Replay here](#)

"No food chatter was occupying my headspace, I had consented abstinence"

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

A New Plan of Eating Pamphlet Now Available!



A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what “trigger” or “binge” foods are to accepting the many imperfections that come with active recovery. ***A New Plan of Eating's*** guidelines also include insightful and constructive tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements. Available at the OA bookstore.

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. Deadline is November 30, 2021.



OA EVENT DAYS

*International Day
Experiencing Abstinence (IDEA)*
*Observed Friday, Saturday & Sunday,
November 19-21, 2021*

IDEA is our opportunity to gather around the world and begin or affirm our abstinence.

*Twelfth Step
Within Day*
Sunday, December 12, 2021

Twelfth Step Within Day is a day to reach out to the still-suffering compulsive eater in our Fellowship.

Holiday Thankathons

10:30a-12:00p PST.

Thanksgiving Day

Christmas Day

New Year's Day

See Flyer

CIIG Fellowship Picnic

(Face to Face)

12-2p PDT

November 6/21

See Flyer

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 (Nov 4 & Dec 2) from 6:30-7:45pm. All are welcome!

- **Meeting Reps** – represent your fellows & report CIIG news [details here](#)
- **CIIG Board Members** – 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*



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](#) Nov 2 and Dec 7 @7:00-8:00pm PT
- [Chat with the R2 Chair](#) Dec 12 @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

Daily

10:00PM to 3:30AM PT

Sat 3:00PM PT

Young People

Mon-Fri & Sun

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=Nk4rZzhZa1E3R0hDdDl3NzY2YVlmZz09>

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	Laura (805) 687-4553
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	<i>CIIG Board</i>	Mail check or use electronic payment CIIG oaciig.wordpress.com
Amy W. 646 373-6828	Chair M 805 886-6832	PO Box 1321, Summerland CA 93067
Chuck 805 701-9901	Vice Chair Susan R 805 680-8371	805 947-0792 IG # 005-09068
Elaine S. 909 908-7069	Treasurer open- service needed	For Paypal.com, use the email
Gary H. <i>men only</i> 805 766-7136	Rec Secty open- service needed	Ciigtreasurer@gmail.com and click here
LaCene 805 300-9309	Bus Secty Elaine S. 909 908-7069	for PayPal Instructions for 7th Tradition.
Lenora B. 805 654-8271	<i>CIIG Volunteers</i>	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
Sandra L. 213 700-5825	esaffan@icloud.com	PO Box 44727
Susan R. 805 680-8371	Outreach Amy K 805 340-5882	Rio Rancho NM 87174-4727
	InterVoice Monica. 763 229-7486	505 891-2664
	Web open— service needed	

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