



Service

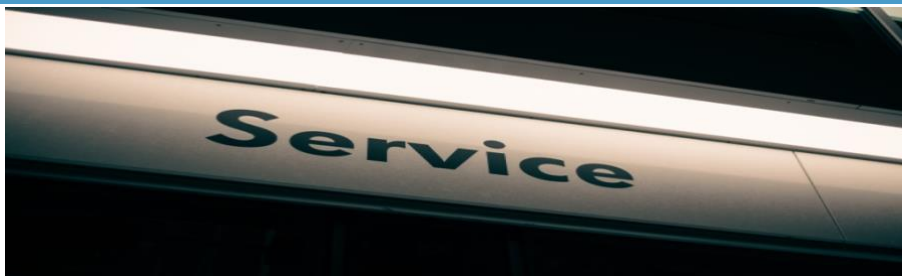
"Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level." ~ *OA The Tools of Recovery (abridged)*



"When we keep OA's Eighth Tradition, we discover a beautiful spirit of caring service which becomes a powerful factor in our healing".

~ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 176*

"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" ~ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 1*



"As OA members we may donate many hours of service to each other, sponsoring, speaking at meetings, and doing necessary committee and other service work. For this none of us receives payment in money. Our reward is something money can't buy—our own personal recovery"

~ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 171*

WORKSHOP WISDOM

Take What you Like and Leave the rest

Joy in Sharing Our Recovery Through Sponsorship Workshop (OA R2 2014 Convention)

[Replay here](#)

"I need to walk the talk"

OA Service and Recovery-All Together Now We are Reaching Out Our Hands

[Replay here](#)

"We have the strength, experience and hope to share with others"

The Problem, The Solution and The Program of Recovery (A Vision 4 you 08.15.21 Sunday Special Edition)

[Replay here](#)

"Understanding the true nature of my problem"

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 ANNOUNCEMENT ~

Message to All Groups

NEW Downloadable: Twelve and Twelve Introduction



The [introduction](#) to OA's keystone book, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#), is now available as a free download on [oa.org](#). This brief passage explains that OA uses the terms "compulsive overeating" and "compulsive eating" interchangeably to recognize all forms of compulsive food behaviors. Key differences between the OA program and a typical diet are also included, as well as a heartfelt welcome to compulsive eaters everywhere. Find the [Introduction to the Twelve Steps](#) on the ["And your journey begins" page](#) for newcomers, the [Twelve Steps page](#), and in the [Document Library](#).

WHY SERVICE?

"A key part of recovery in addition to working the Twelve Steps? Service. When you hear about performing service, you may think, "Wow". Working the Twelve Steps *and* giving service? That's a lot!" Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples: Show up. Attending a meeting is service. Participate in the meeting. Welcome newcomers, read or share your own experience, strength, and hope on the topic. When ready for more, moderate or lead the meeting or participate in group conscience. As your recovery continues, consider being an intergroup rep, attending the meeting and bringing back news to your group. You have many talents and gifts you can use in OA."

~[oa.org](#)

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 (Jan 6 & Feb 3) from 6:30-7:45pm. All are welcome!

- **Meeting Reps** – represent your fellows & report CIIG news [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 Elaine S. 909 908-7069*

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 Information Committee](#) Jan 5 and Feb 2 @7:00-8:00pm PT
- [Chat with the Chair](#) Feb 13 @6:00-7:00pm PT or email anytime at chair@oar2.org



RECOVERY WHEN YOU NEED IT



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

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.

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#	Needs Service
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 2022	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 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 Barbara C. 805 259-8107	For Paypal.com, use the email
Gary H. <i>men only</i> 805 766-7136	Rec Secty Susan R 805 680-8371	Ciigtreasurer@gmail.com and click here
LaCene 805 300-9309	Bus Secty Rick. 805 896-0808	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
Sandra L. 213 700-5825	esaffan@icloud.com	PO Box 44727
Susan R. 805 680-8371	Outreach Elaine S. 909 908-7069	Rio Rancho NM 87174-4727
	InterVoice Monica. 763 229-7486	505 891-2664
	Web open—service needed	

Updated 12/31/2021