



From Slip to Relapse and Recovery

“Slips, relapses, and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal of this process is not to shame or beat ourselves up. It is to learn from it and move forward with a renewed commitment to ourselves, our abstinence, the OA program, and our Higher Power. This inventory and the actions that we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery. ~” From Slip to Relapse and Recovery Action Plan worksheet

<https://oa.org/app/uploads/2021/08/from-slip-or-relapse-to-recovery.pdf>



An action plan is the process of identifying and implementing the actions that are necessary to support our individual abstinence and recovery on all three levels—physical, emotional, and spiritual. One action plan might include moderate exercise and meditation, while another might balance work, family, social, and self-care—especially important in the time of COVID-19. ~Tools of Recovery, Action Plan <http://overeaters.org/oa-tools-of-recovery/>

“Using a spiritual action plan gives me serenity and makes me willing and teachable.” ~Donna R., Urbana, Illinois USA <https://www.oalifeline.org/higher-power/spiritual-action-plan/>



“Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.”

~<https://oa.org/working-the-program/tools-of-recovery/>

WORKSHOP WISDOM

Take What you Like and Leave the rest

Region 6 2018 OA Convention

[Replay here](#)

“Into Action”

Region 2 2018 OA Convention

[Replay here](#)

“A program of Action”

BB, pg. 88 “into Action”

(AVision4you 10a Daily 10.04.21)

[Replay here](#)

“I need to do the work everyday”

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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 for a list of recovery events and check the host site for on-demand recordings.



~ WORLD SERVICE ANNOUNCEMENT ~

Message to All Groups

NEW First Issue Step Ahead 2022



Get the latest, in-depth news coming from OA world service in the First Quarter 2022 Issue of *A Step Ahead*. Read *A Step Ahead* [online](#) or download a [printer friendly PDF](#) and share this announcement with your group.

Professional Community COURIER Issue I 2022

Carry the message! Share the *Professional Community COURIER* with health professionals. Send the [online](#) link or print a copy to bring to your next appointment.

177th San Diego OA

Serenity Retreat

April 22-24, 2022

Mission San Luis Rey

Oceanside, CA

[See Flyer](#)

ANSWER THE SECOND CALL FOR DIVERSE VOICES

Respond by April 29th

OA is updating the existing publication *A Common Solution* and expanding the representation of OA's diverse membership. All are welcome to submit stories that express your experience, strength, and hope. We are hoping to specifically hear from those who identify as a member of one or more of these under-represented groups within OA: Asian/Pacific Islander • Latinx • Indigenous • Have had or considered a surgical solution • Transgender • non-binary • Muslim • Buddhist. You can help under-represented members identify with other OA members! Learn more [here](#)

SERVICE OPPORTUNITIES *Help carry the message!*

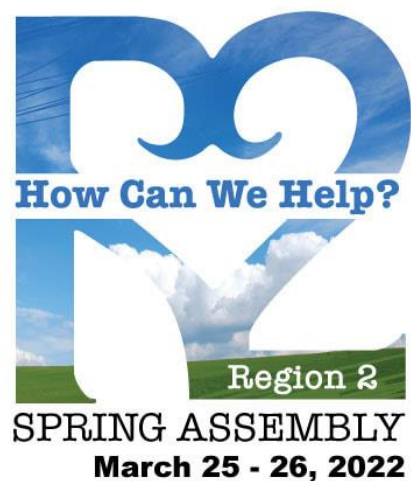
Channel Islands Intergroup supports the OA fellowship through our ongoing [vision, priorities & goals \(here\)](#), as established following the [membership survey \(here\)](#). Monthly Intergroup Meetings are on Zoom on the 1st Thursday (Mar 3 & Apr 7) from 6:30-7:45pm. All are welcome!

- **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](#) Mar 15 and Apr 19 @7:00-8:00pm PT
- [Chat with the Chair](#) @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, 100Ibers.

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." Please notify the Intergroup of changes.

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#	Quinn (707) 334-1121
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#	Mary-Anne (805) 746-3267
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) Join video: https://zoom.us/j/964481947 Mtg ID 964 481 947	
	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	
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	Susan R. (805) 680-8371
SAT	10:00 AM	NEW IN PERSON Ventura Long timers Pitch (#36038) <i>Note new address: Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)</i>	Amy K. (805) 340-5882

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 open—service needed	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. men only 805 766-7136	Rec Secty Susan R 805 680-8371	Ciigtreasurer@gmail.com and click here
LaCene 805 300-9309	Bus Secty open—service needed	for PayPal Instructions for 7 th Tradition.
Lenora B. 805 654-8271	CIIG Volunteers	Region 2 oar2.org
Natalie G. 310 488-2893	Retreats open—service needed	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 open—service needed	World Service Organization oa.org
Sandra L. 213 700-5825	Outreach Elaine S. 909 908-7069	PO Box 44727
Susan R. 805 680-8371	InterVoice Monica. 763 229-7486	Rio Rancho NM 87174-4727
	Web Elaine S. 909 908-7069	505 891-2664

Updated 3/01/2022