



Meetings are Multipliers

“Just by attending a meeting, I’m practicing Steps One, Two, Three, and Twelve. I admit I am powerless (Step One) by getting out of my daily life and into a room with other Twelve Steppers. I affirm my belief that a Power greater than me can help (Step Two) by sitting my body in a meeting chair. I hand my will and life over to my Higher Power (Step Three) by having an open mind and open heart during our meeting. I work Step Twelve by being present at the meeting. My shares about using the Tools and working the Steps help others remember there is a solution. My 67 pounds (30 kg) of physical recovery is proof this program works. My quiet listening when someone else shares helps that member feel less alone.”

~” *Elizabeth B., Santa Ana, California USA*
<https://www.oalifeline.org/tools-concepts/meetings-are-multipliers/>



“Meetings help us learn about the Tools and Steps, and also provide fellowship, which is critical to our recovery. We have discovered we need each other to get well.”

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

WORKSHOP WISDOM

Take What you Like and Leave the rest

Region 1 2018 OA Convention

[Replay here](#)

“Building Strong Meetings”

Region 2 2018 OA Convention

[Replay here](#)

“I kept coming back, that’s what saved me”

BB, pg. 157 A Vision 4 You 10a EST Daily Meeting

(AVision4you 10a Daily 12.31.21)

[Replay here](#)

“I was in a place where I knew people knew what it meant be an overeater”

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, So AZ 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 Free Digital Download on OA.org: Service, Traditions, and Concepts Workshop Manual and Presentation



Is your group or service body in need of a refresher on the gifts of OA service, a deep dive into the meaning of our Traditions, or a return to Concepts basics? The revised [Service, Traditions, and Concepts Workshop Manual](#) suggests workshop formats and schedules, includes inventories for groups and service bodies, and answers frequently asked questions. Workshop topics can be presented as a whole or individually, with a focus just on service, Traditions, or Concepts.

EVENT BULLETIN BOARD



OA Central Ontario Intergroup
Presents a:

Quick Step Study

- SUNDAYS (Four sessions)
May 15, (skip May 22), May 29, Jun 5, and Jun 12
10:30am – 12pm Noon ET.
- By Zoom or phone



HOW-Overeaters Anonymous
Northern California Intergroup

HOW RETREAT

Saturday, June 11, 2022

Via Zoom, meeting id to be provided once you register

10:00 a.m. – 4:00 p.m.

THEME: GIFTS OF RECOVERY

SUGGESTED DONATION: \$20.00 (includes 1 chance in drawing for quilt)

SAN FERNANDO VALLEY INTERGROUP OF
OVEREATERS ANONYMOUS
PRESENTS

ROAD FROM RELAPSE TO RECOVERY

Saturday, May 14th 2022
1PM – 3PM (PST)

South Bay Intergroup of OA presents:

OA
Steps
1 2
3



Date: May 14, 2022
Time: 1-2:30pm

Participants should have their BB handy
Questions? Contact Janice W. at events.oasbig@gmail.com
\$5 Suggested Donation (No one turned away for lack of funds)

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 (May 5 & Jun 2) from 6:30-7:45pm. All are welcome!

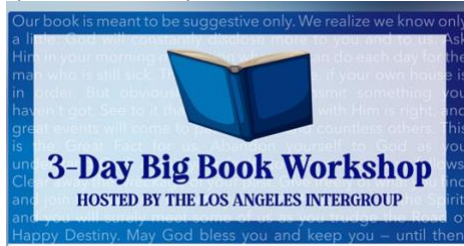
- **Meeting Reps** – represent your fellows & report CIIG news [details here](#)
- **World Service Rep** – represent CIIG for WSO Business [details here](#)

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](#) May 17 and Jun 19 @7:00-8:00pm PT
- [Chat with the Chair](#) @6:00-7:00pm PT or email anytime at chair@oar2.org

New In Person Workshop hosted by OALAIG on June 3rd, 4th, and 5th!



RECOVERY WHEN YOU NEED IT



Lifeline now free online! Visit [OAlifeline.org](https://www.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, 100Ibbers.



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=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 **Avison4you '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#	Loretta *Leave message* (805) 685-4185
	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	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	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
Monica G 763-229-7486	R2 Rep open—service needed	World Service Organization oa.org
Rhiannon 805 535-5996	Outreach Elaine S. 909 908-7069	PO Box 44727
Sandra L. 213 700-5825	InterVoice Monica. 763 229-7486	Rio Rancho NM 87174-4727
Susan R. 805 680-8371	Web Elaine S. 909 908-7069	505 891-2664
		Updated 4/29/2022