



Sponsorship Day (Aug 19-21, 2022)
 Celebrated the third full weekend (Friday included) of August, this is a day set aside to acknowledge the importance of sponsoring in our Fellowship.
 ~ <https://oa.org/blog/faqs/what-and-when-is-sponsorship-day/>

Humbled by Sponsoring

"Sponsorship has humbled me by repeatedly showing my powerlessness over other people. It's helped me witness the undying desire for life, learning, honesty, and growth in all compulsive overeaters and see how they are humble, able, and willing enough to acknowledge their disease of food addiction and work toward physical, emotional, and spiritual healing and growth.

~ Alyson H., Rome, New York USA
<http://www.oalifeline.org/tools-concepts/humbled-by-sponsoring/>

Sponsorship Success

Questions about sponsorship? Listen to "Sponsorship Success": a nine-part podcast series by members from various regions sharing their experience, strength, and hope with using the Tool of sponsorship.
<https://oa.org/blog/podcasts/sponsorship-success/>



Sponsorship

"Carry the message to others—through sponsorship."
 ~ <https://oa.org/working-the-program/sponsorship/>

WORKSHOP WISDOM

Take What you Like and Leave the Rest

Region 2 2018 OA Convention

[Replay here](#)

"I see my role is to strengthen, share and hope"

Region 1 2019 OA Convention

[Replay here](#)

"The more sponsoring I do, the more help I get"

Sacramento Valley OA Sponsorship Workshop 08.15.20
Sponsoring chronic slippers through love and tolerance
"Sponsorship was an act of self-love"

[Replay here](#)

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.

CHANNEL ISLANDSINTERGROUP PRESENTS
STEP 12 WORKSHOP
 JOIN US IN A UNIQUE BIG BOOK PANEL DISCUSSION
 OF THE 12TH STEP AND SPONSORSHIP
 SUNDAY JULY 24, 2022
 1-3P PDT
 Zoom:
<https://us02web.zoom.us/j/84944286674?pwd=V1c5RmMzZ0VieDE3ZU96WkRNMzIUT09>
 Meeting ID: 849 4428 6674
 Passcode: 964392
 Dial In: 669.900.9128

~ WORLD SERVICE ANNOUNCEMENT ~

Message to All Groups

Where Do I Start? Pamphlet Now Available as Free Download on OA.org



Where Do I Start? pulls vital wisdom from varied OA literature sources, including [A New Plan of Eating](#), in order to give a concise and compassionate introduction to the OA program. As the Fellowship knows, beginning the journey out of compulsive eating and compulsive food behaviors towards recovery can be difficult, but *Where Do I Start?* aims to help, giving direction, advice, and answers to frequently asked questions in its brief pages. Direct newcomers in your meetings to [this link](#), and see how our membership grows!

EVENT BULLETIN BOARD



SACO Summer Retreat 2022
An Ocean of Acceptance
Santa Cruz, CA Aug 5-8, 2022
[Details 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 (Jul 7 & Aug 4) from 7-8:15pm. 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](#) Jul 17 and Aug 21 @7:00-8:00pm PT [Details here](#)
- [Chat with the Chair](#) @6:00-7:00pm PT or email anytime at chair@oar2.org

**2022 Marathons Sponsored by
Virtual Intergroup of Overeaters Anonymous
8a-midnight EDT**

July 4, 2022: Step 7 Spiritual Principle-Humility-Finding the Humility to Accept Help From Others
Aug 21, 2022 Sponsorship Day: Tradition 7 Spiritual Principle-Responsibility



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**

YOU ARE NOT ALONE! LIVE & ON-DEMAND OPTIONS

Browse topics at oa.org, oaciig.wordpress.com/podcasts, and oalaig.org/virtual-speakers.

Event Recordings

Did you miss a workshop, panel, or speaker? Check our [event summaries](#) and then go to the host site to look for playback options.

Daily
4:00AM -10:00PM PT

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

Daily
10:00PM to 3:30AM PT

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

Sat 3:00PM PT

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>

Young People

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

[YPoala Meetings & Resources](#) [YP phone meetings](#) [Young Person's Committee Mtg](#)

Mon-Fri & Sun

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#	Laurette *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 7:00–8:15 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 HYBRID– Big Book Step Study (#00243) & Discussion (#35404 was 10:30 am) Join via video: https://zoom.us/j/653778661 Mtg ID 653 778 661 In person: Trinity Lutheran Church, 196 Ashwood, Ventura	LaCene W. (805) 300-9309
SAT	10:00 AM	Zoom Only Pitch and Step Study (#800351) <i>There is support for newcomers immediately following the meeting.</i> Join via video: https://zoom.us/j/356466128 Mtg ID 356 466 128	Natalie G. (310) 488-2893
	10:00 AM	IN PERSON Ventura Long timers Pitch (#36038) Note new address: Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	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 to CIIG
Amy W. 646 373-6828	Chair open—service needed	oaciig.wordpress.com
Chuck 805 701-9901	Vice Chair Gary H 805 766-7136	PO Box 1321, Summerland CA 93067
Elaine S. 909 908-7069	Treasurer Barbara C 805 259-8107	805 947-0792 IG # 005-09068
Gary H. men only 805 766-7136	Rec Secty Susan R 805 680-8371	For Paypal.com, use the email
LaCene 805 300-9309	Bus Secty Rick 805 896-0808	Ciigtreasurer@gmail.com and click here
Lenora B. 805 654-8271	CIIG Volunteers	for PayPal Instructions for 7th Tradition.
Monica G 763 229-7486	Retreats open—service needed	Region 2 oar2.org
Natalie G. 310 488-2893	WS Rep open—service needed	4733 Torrance Blvd., PO Box 335
Rei D. 805 798-3567	R2 Rep open—service needed	Torrance CA 90503
Rhiannon 805 535-5996	Outreach Elaine S. 909 908-7069	World Service Organization oa.org
Sandra L. 213 700-5825	InterVoice Monica 763 229-7486	PO Box 44727
Susan R. 805 680-8371	Web open—service needed	Rio Rancho NM 87174-4727
		505 891-2664
		Updated 6/30/2022