



Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

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

Eight Other Tools

My action plan includes using the rest of the Tools. For instance, I have continued to read my literature daily, including *For Today* and *Voices of Recovery*, the *Big Book*, and other *Conference-approved OA literature*. ~ *Anonymous, Sanibel, Florida USA*
<https://www.oalifeline.org/tools-concepts/eight-other-tools/>

Working the Program

Literature by opening up an OA daily reader that, today, tells me of both the need to set aside time each day to gain more self-awareness and the importance of taking and continuing to take Step Three to gain freedom from the disease.

~ *K. Canada*

<https://www.oalifeline.org/recovery/lot-sixty-seconds/>



"Literature: OA has excellent books and pamphlets-that help us understand how to 'work the Twelve Steps' and give us examples of what life in recovery looks like."

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

WORKSHOP WISDOM

Take What you Like and Leave the Rest

Region 2 2021 OA Convention

"Big Book in a Nutshell"

[Replay here](#)

San Francisco Intergroup of Overeaters Anonymous [Replay here](#)
"Ellen S. Sunday Literature and Speaker Meeting"

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 Island Intergroup Presents: **In Person** Big Book Study Retreat • October 14-16

We need volunteers for our CIIG Big Book Study Retreat!
 Please contact Susan R. at (805) 680-8371 for more info.
 Thank you for your service!

~ WORLD SERVICE ANNOUNCEMENT ~

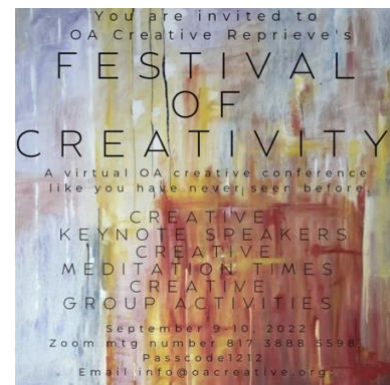
Message to All Groups

Voices of Recovery, Second Edition Arrives in Print and Digital Formats



Great news! The long-awaited second edition of OA's beloved daily reader *Voices of Recovery* is finally available, both in our OA bookstore and online digital platforms. The second edition has been attentively reviewed and edited to bring its daily meditations—sourced directly from the testimonials of OA members—into alignment with OA's currently available literature and policies. Physical copies can be obtained in our bookstore at bookstore.oa.org, inventory number #986-2.

EVENT BULLETIN BOARD



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 (Sep 1 & Oct 6) 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](#) Sep 20 and Oct 18 @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

Sep 5, 2022: Labor Day: Step 8 Spiritual Principle-Self-Discipline
Sep 25, 2022: Rosh Hashanah: Tradition 8 Spiritual Principle-Fellowship
Oct 4, 2022: Yom Kippur Begins: Step 9: Spiritual Principle: Love
Oct 10, 2022: Indigenous Peoples' Day & Canadian Thanksgiving: Tradition 9: Spiritual Principle: Structure
Oct 24, 2022: Diwali: Step 10 Spiritual Principle: Perseverance
Oct 31, 2022: Halloween & Samhain (pronounced Sowin): Tradition 10: Spiritual Principle: Neutrality

See Event Calendar at [OA.org](https://www.oa.org)

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, 100lb+.

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 [avisyon4you.info](https://www.avisyon4you.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 –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
	6:30 PM	IN PERSON Ventura – Showing Up For Your Recovery (#57576) Center for Spiritual Living, Heron House, 133. S. Laurel St., Ventura	Rhiannon (805) 535-5996
	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	Elaine S. (909) 908-7069
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 2 meetings!	IN PERSON Ventura – Two Face-to Face Meetings in different rooms at the Center for Spiritual Living, Heron House, 133. S. Laurel St., Ventura • Longtimers Pitch (#36038) and • New! Starts 10/22: Teens Only (#57597)	Amy K. (805) 340-5882

Sponsors

Amy K.	805 340-5882
Amy W.	646 373-6828
Elaine S.	909 908-7069
Gary H. men only	805 766-7136
LaCene	805 300-9309
Lenora B.	805 654-8271
Monica G	763 229-7486
Natalie G.	310 488-2893
Rhiannon	805 535-5996
Sandra L.	213 700-5825
Susan R.	805 680-8371

Intergroup 2022

CIIG Board	
Chair	Elaine S. 909 908-7069
Vice Chair	open—service needed
Treasurer	Barbara C 805 259-8107
Rec Secty	Susan R 805 680-8371
Bus Secty	Rick 805 896-0808
CIIG Volunteers	
Retreats	open—service needed
WS Rep	open—service needed
R2 Rep	open—service needed
Outreach	open—service needed
InterVoice	Monica 763 229-7486
Web	open—service needed

7th Tradition Thank You!

Mail check or use electronic payment to
CIIG

oaciig.wordpress.com

PO Box 1321, Summerland CA 93067

805 947-0792 IG # 005-09068

For Paypal.com, use the email
Ciigtreasurer@gmail.com and click here
for [PayPal Instructions for 7th Tradition.](#)

Region 2 **oar2.org**

4733 Torrance Blvd., PO Box 335
Torrance CA 90503

World Service Organization **oa.org**

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Rio Rancho NM 87174-4727
505 891-2664

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