



## After the Miracle

"Before OA, food overfilled and expanded my body. Now food and exercise nourish my body.

Before OA, food covered a hole in my heart. Now people fill my heart.

Before OA, food filled my time. Now service, friends, and relaxation fill my time.

Before OA, food covered a hole in my spirit. Now grace fills my spirit.  
Before OA, food covered my feelings. Now I feel my feelings.

Before OA, food masked my low self-esteem.

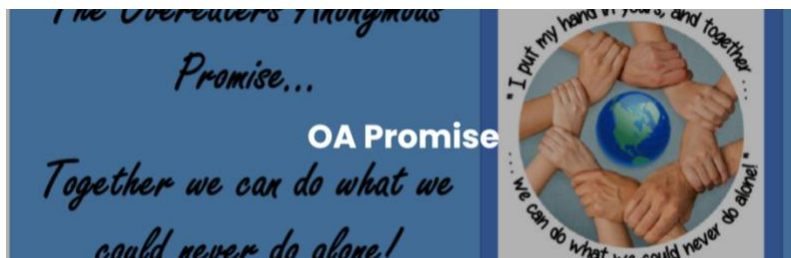
Now I believe I am worthy just because I was born."

— Lifeline

**International Day of Experiencing Abstinence (IDEA) Day: Nov 18-20, 22**  
International Day Experiencing Abstinence (IDEA), celebrated the third full weekend (Friday included) in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

## Twelfth Step Within Day: Dec.12.22

December 12 (12/12) each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.



## Experience, Strength and Hope

*"The end result for anyone who works the Steps is increased self-esteem. The Twelve Steps are, indeed, more powerful than the disease."*

— Lifeline, June 1986

## WORKSHOP WISDOM

*Take What you Like and Leave the Rest*

**2021 Promises Meeting OALAIG & OASV** [Replay here](#)  
*"A Promise is a declaration to do a particular thing."*

**Promises 12.12.2020.** [Replay here](#)  
*"It is a miracle truly..all I have to do is seek serenity"*

## 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](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 Audiobook! The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition Audiobook Now Available



In the new audiobook, the OA *Twelve and Twelve* is read by a single voice to lend cohesion to the message and is a total of 4 hours and 43 minutes long. OA members can make the most of their time by listening to an in-depth exploration of our Steps and Traditions while commuting, gardening, exercising, or even waiting in line! These audiobook links are also available on the product page in our online bookstore: <https://bit.ly/3wa56j6>.

### EVENT BULLETIN BOARD

#### In Person Events:

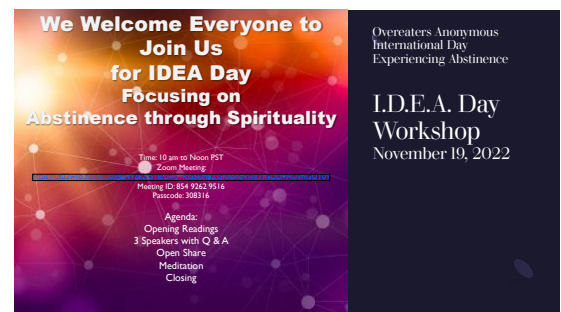


OA Men's Retreat: Oceanside Nov 4th



In Person Thanksgiving Meeting: San Francisco

#### Virtual Events:



IDEA Workshop Nov 19th



Virtual Relapse & Recovery Event - SAVE THE DATE

Monday, December 12, 2022  
6:30 PM - 8:00 PM

San Francisco Intergroup's Twelfth Step Within Committee and the Monday Evening "Commitment to Abstinence" meeting present a virtual event focused on "Relapse & Recovery" on Monday, December 12 from 6:30 pm - 8:00 pm PST.

Stay Tuned for More Information!

Twelve Step Within A Day Commitment to Abstinence Dec 12 TBD

### 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 1<sup>st</sup> Thursday (Nov 3 & Dec 1) 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](#) Nov 17 and Dec 15 @7:00-8:00pm PT [Details here](#)
- [Chat with the Chair](#) @6:00-7:00pm PT or email anytime at [chair@oar2.org](mailto:chair@oar2.org)

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

Nov 8, 2022: Election Day: Serenity Prayer

Nov 11, 2022: Veterans Day/Armistice Day: Sept 11 Spiritual Principle-Spiritual Principle

Nov 24, 2022: Thanksgiving Day: Finding Peace and Stillness Within

Dec 12, 2022: Twelve Step Within Day: Step 12 Spiritual Principle: How Do I Practice "the Twelve Step Within"

Dec 18, 2022: Hannukah: Don't Stop Before the Miracle Happens

Dec 24, 2022: Christmas Eve and Winter Solstice: Tradition 12: Spiritual Principle: Spirituality

Dec 25, 2022: Christmas Day: The Gifts This Program Has Given Me"

Dec 26, 2022: Boxing Day and Kwanzaa: "What Gifts Do I Offer and Receive By Working My Program"

Dec 31, 2022: New Year's Eve: "Taking a Personal Inventory: What Can I Learn From Looking Back?"

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](https://www.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](https://www.oa.org), [oaciig.wordpress.com/podcasts](https://www.oaciig.wordpress.com/podcasts), and [oalaig.org/virtual-speakers](https://www.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 [avisoin4you.info](https://www.avisoin4you.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](http://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	<b>Santa Barbara – Big Book Literature Study (#11982)</b> Join video: <a href="https://zoom.us/j/121125386">https://zoom.us/j/121125386</a> Mtg ID 121 125 386#	Lenora (805) 218-8682
MON	12:00 PM	<b>Goleta – Literature Study (#32642)</b> Join video: <a href="https://zoom.us/j/707412653">https://zoom.us/j/707412653</a> Mtg ID 707 412 653#	Laurette *Leave message* (805) 685-4185
	7:00 PM	<b>Ventura –Pitch (#31329)</b> Join video: <a href="https://zoom.us/j/764663562">https://zoom.us/j/764663562</a> Mtg ID 764 663 562#	Mary-Anne (805) 746-3267
TUES	6:30 PM	<b>Ojai – Literature Study (#47208)</b> Join video: <a href="https://zoom.us/j/944326689">https://zoom.us/j/944326689</a> Mtg ID 944 326 689	Natalie G. (310) 488-2893
WED	7:30 PM	<b>Starting Dec 7/22 HYBRID Santa Barbara – Literature Study (#36031)</b> Join video: <a href="https://zoom.us/j/606273362">https://zoom.us/j/606273362</a> Mtg ID 606 273 362 First Congregational Church, 2101 State St. Santa Barbara (look for posted signs)	Laura (805) 687-4553
THUR	12:00 PM	<b>Goleta – Literature Study (#15648)</b> Join video: <a href="https://zoom.us/j/442292151">https://zoom.us/j/442292151</a> Mtg ID 442 292 151	Sue F. (805) 448-0094
	6:30 PM	<b>IN PERSON Ventura – Showing Up For Your Recovery</b> Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Rhiannon (805) 535-5996
	<b>1<sup>st</sup> Thurs only</b> 7:00–8:15 PM	<b>First Thurs Channel Islands Intergroup Meeting (#005-09068)</b> Join video: <a href="https://zoom.us/j/662532539">https://zoom.us/j/662532539</a> Mtg ID 662 532 539	Elaine S. (909) 908-7069
FRI	10:00 AM	<b>Santa Barbara (#00243) &amp; Ventura (#35404) Discussion based on For Today.</b> Join via video: <a href="https://zoom.us/j/653778661">https://zoom.us/j/653778661</a> Mtg ID 653 778 661	Gary (805) 766-7136
SAT	10:00 AM	<b>Starting Dec 3/22 IN PERSON Santa Barbara Literature Study (#800351)</b> <i>There is support for newcomers immediately following the meeting.</i> First Congregational Church, 2101 State St. Santa Barbara (look for posted signs)	Elaine S. (909) 908-7069
	10:00 AM	<b>IN PERSON Ventura Long timers Pitch (#36038)</b> Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Amy K. (805) 340-5882

Sponsors	Intergroup 2022	7 <sup>th</sup> Tradition Thank You!
Amy K. 805 340-5882	<b>CIIG Board</b>	Mail check or use electronic payment to <b>CIIG</b>
Amy W. 646 373-6828	Chair Elaine S. 909 908-7069	<b>oaciig.wordpress.com</b>
Chuck 805 701-9901	Vice Chair Laura M. 805 687-4553	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	<a href="mailto:Ciigtreasurer@gmail.com">Ciigtreasurer@gmail.com</a> and click here
Lenora B. 805 654-8271	<b>CIIG Volunteers</b>	for <a href="#">PayPal Instructions for 7<sup>th</sup> Tradition.</a>
Monica G 763 229-7486	Retreats open—service needed	<b>Region 2</b> <b>oar2.org</b>
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 open—service needed	<b>World Service Organization</b> <b>oa.org</b>
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 11/30/2022