



InterVoice Nov-Dec 2023

Anonymity is the spiritual foundation of our transformed lives. . . . We know that support for our recovery will always be here for us, as long as we remember 'to place principles before personalities,' (Tradition Twelve) respecting these vital Twelve Traditions that bind us together in the Fellowship of Overeaters Anonymous." lifeline.oa.org

"Spirituality" is it. This is what distinguishes OA from any other diet I've ever been on. Before OA, and especially as I got older and less crazy with my dieting, I found that all diets work. When I ate less and exercised more, I lost weight and felt better. But when this happened, all sorts of feelings came up. Eventually, I got depressed and angry; missing the only solution to my problems, I went back to the food. But with OA, I had a new solution. A spiritual connection to my HP gave me a reason to continue to eat healthy and stay away from my trigger foods and trigger behaviors. Via the twelve steps, I have learned how to keep this spiritual connection. My spirituality is the reason for continued recovery from compulsive eating.

-Laura W. OA Region 5



My immense gratitude to the OA CIIG Executives and Fellows for my tenure as InterVoice Editor.
In loving service, **Monica G.**



Tradition Twelve: Spirituality

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition



WORKSHOP WISDOM

Take What you Like and Leave the Rest

Unity Day Podcast "Growing OA Unity Worldwide" lifeline.oa.org
[Replay here](#)

"Keeping Your Eating Sane During the Holiday Season" OA.org
Soundbites [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.

What and when is International Day Experiencing Abstinence (IDEA)?



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.

**International Day Experiencing Abstinence (IDEA):
November 17-19, 2023**

What and when is Twelfth Step Within Day?



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.

Twelfth Step Within a Day: December 12, 2023

~ WORLD SERVICE ANNOUNCEMENT ~

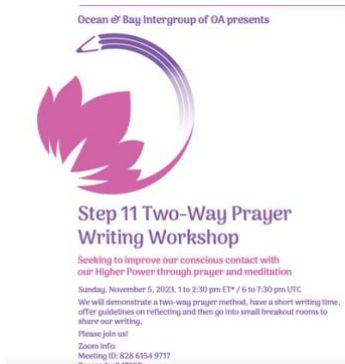
Message to All Groups

New Video Simplifies OA Service and Bylaws

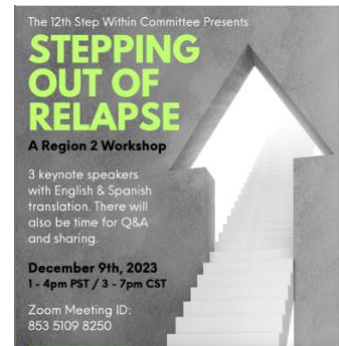
OA Service and Bylaws: Keeping It Simple sheds light on why OA's service structure makes it possible for OA members to welcome the newcomer, carry the message of OA, and keep to our Responsibility Pledge: *"Always to extend the heart and hand of OA to all who share my compulsion; for this I am responsible."*



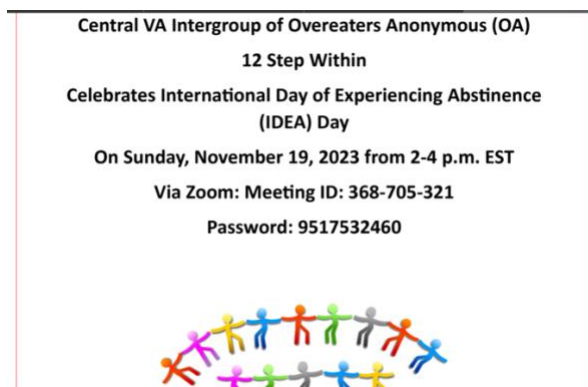
See Event Calendar at [OA.org](https://www.oa.org)



OA Ocean and Bay IG Step 11 Two-Way Prayer Writing Workshop
November 5th, 2023, Zoom, 1-2:30PM EST



12th Step Within Committee Region 2 presents
Stepping Out of Relapse Workshop,
December 9th, 2023 Zoom 1-4PM PST



OA Central VA IG Celebrates IDEA Day
November 19, 2023, Zoom 2-4PM EST



OALAIG 64th OA Birthday Party
January 12-14th, 2023
In Person, LAX Hilton

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 (Nov 2 & Dec 7) from 7-8:15pm. All are welcome!

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 Jennifer 805 908-9621.*

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 21 and Dec 19 @6:00-7:00pm PT [Details here](#)

2023 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous 8a-midnight EST

November 11, 2023: Veterans Day / Armistice Day: 9th Step Promises -Are They Extravagant Promises or Not?

November 12, 2023: Diwali: How Does Self Discipline Lead to Recovery?

November 19, 2023: International Day Experiencing Abstinence (IDEA): How Do I Define My Purpose as a Member of OA? Any Lengths For Abstinence. How do I practice this?

November 23, 2023: Thanksgiving Day: Face Your Stuff or Stuff Your Face -How Do I Keep My Recovery Strong?

December 7, 2023: Hanukkah: What Is the Condition of Your Spiritual Recovery?

December 12, 2023: Twelfth Step Within Day: What Are the Gifts of the Program for Me?

December 19, 2023: Winter Solstice: Finding a Higher Power That I Can Believe In

December 24, 2023: Christmas Eve: What Does Easy Does It Mean to You?

December 25, 2023: Christmas Day: Miracles of Recovery. How Has My Life Changed In OA?

December 26, 2023: Kwanzaa/ Boxing Day: Fail to Plan, Plan to Fail. How Am I Protecting My Recovery?

December 31, 2023: New Year's Eve: Have an Attitude of Gratitude -Setting the Pace for the New Year

January 1, 2023: New Year's Day: Every Day is a Fresh Start with Step 1

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, 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 avision4you.info

Dial (712) 432-5210, and punch in the conference ID 876148# for live meetings:

- **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.

Refer to Meeting Contact for Password

Click Join Video 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#	Lenora (805) 218-8682
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 –Daily Reader and Pitch (#31329) Join video: https://zoom.us/j/764663562 Mtg ID 764 663 562#	Mary-Ann "Text only" (805) 746-3267
WED	7:30 PM	HYBRID Santa Barbara – Literature Study (#36031) Join video: https://zoom.us/j/606273362 Mtg ID 606 273 362 First Congregational Church, 2101 State St. Santa Barbara (look for posted signs)	Laura (805) 403-6764
THUR	12:00 PM	Goleta – Literature Study (#15648) Join video https://zoom.us/j/83900237175 Mtg ID 839 0023 7175	Sue F. (805) 448-0094
	6:30 PM	IN PERSON Ventura – Showing Up For Your Recovery Step of the Month Study Meeting (#57576). Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Rhiannon (805) 535-5996
	1st 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 – Big Book Step Study (#00243) & Ventura – Discussion Dialogue (#35404) Join via video: https://zoom.us/j/85020876431 Meeting ID: 850 2087 6431 or call in via phone: (702) 277-4205,	Gary (805) 766-7136
SAT	10:00 AM	IN PERSON Santa Barbara Literature Study (#800351) <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	IN PERSON Ventura Long timers Pitch (#36038) Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	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
Natalie G.	310 488-2893
Rhiannon	805 535-5996
Sandra L.	213 700-5825
Susan R.	805 680-8371

Intergroup 2023

CIIG Board	
Chair	Elaine S. 909 908-7069
Vice Chair	Laura M. 805 687-4553
Treasurer	Barbara C 805 259-8107
Rec Secty	Susan R 805 680-8371
Bus Secty	Rick 805 896-0808
CIIG Volunteers	
Retreats	Judith 805 603-8947
WS Rep	Elaine S. 909 908-7069
R2 Rep	Cheryl 805 320-7089
Outreach	Jennifer 805 908-9621
InterVoice	Monica 763 229-7486
Web	Amy K 805 340-5882

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**

PO Box 44727
Rio Rancho NM 87174-4727
505 891-2664

Updated 11/02/2023