



Channel Islands Intergroup — Santa Barbara & Ventura Counties

InterVoice

FALL 2024

EMOTIONAL SOBRIETY WORKSHOP TAKEAWAYS

By Mary-Anne R.

After spending time at an OA workshop, have you ever asked yourself: What can I take away and put to use?

When I decided to share my notes from the recent Emotional Sobriety workshop (given by Roberta L. and Carole M.) last June, I made take-aways the guiding factor.

First, their flyer advertising this event, summed it up perfectly:

“Nothing threatens our abstinence more than our emotions.”

I loved that so many attending the event came from different areas all over California, even Arizona and Cancun, Mexico. I believe Emotional Sobriety has wide appeal and is universally important for psychological wellbeing.

During the workshop, both Roberta L. And Carole M. shared their personal stories of how their OA experience and Emotional Sobriety brought them into abstinence.

The concept of Emotional Sobriety is not in the Big Book. It came from a discussion of Step 12 in a January

1958 letter published in the AA Grapevine.

“Dependency is a problem for all of us,” was a response written by Bill W. at that time.

Roberta L. stressed that being overly dependent is a failure to grow up. “We have to develop the ability to be okay,” she said. For her, “trying to control the world was keeping me from emotional sobriety.”

Carole M. said she tried “brain training” to stop eating beyond full but it was her spiritual practice that bought her food back to the right size. “I couldn’t do it on my own,” she said. “I need my God squad around me.”

Both women believe OA is a spiritual program they can’t do by themselves. Both have their daily spiritual practices, which keeps them evolving and growing. Both meditate and Carole M adds she writes a daily letter to her HP.

Roberta L. captured my attention when she shared that while the word Abstinence made her feel slightly rebellious, she nows views Recovery as a gentle garment. For her, recovery is sanity and serenity.

Check the Intergroup Website for an upcoming “Emotional Sobriety Workshop” in September.

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“Nothing threatens our abstinence more than our emotions.”

New OA Meeting Starting in Camarillo

Location:
Camarillo Church of Christ Library
515 Temple Ave

Rotating Format:
1) Step Study
2) Meditation
3) Body Image
4) Writing

Mondays 5:30 - 6:30 pm
In Person
Women's Meeting beginning
September 9th.

Contacts: Adele L (310) 820-8007 Karin G 805-377-9980

A Newcomer's Guide to Immersion and Success

I'm Christine B., a compulsive overeater from Oxnard, California. I began with OA in mid-January this year. As for how to succeed in this program as a newcomer, two things come to mind:

1. *Making your Higher Power your BFF.* When you strive to heal that wounded spiritual connection and the lack of mindfulness that may plague you (as it certainly did me), progress with the rest of the program follows. At least that's been my experience. To be clear, I often fall short with the meditative aspects of this spiritual program, but I earnestly strive for them. I seek to develop that presence of mind that keeps me out of my defects. As long as I'm sincerely working on this new way of showing up for life, my struggles with food are greatly improved. I feel much more sane and content.

2. *Being grateful for sponsors.* I think about how much time my sponsor gives, free of charge, to me. I think about the wisdom and experience she shares while walking me through The Steps. I'm forever changed because of her. Then I think about all the sponsors who do that for their sponsees. All of the healing that our fellow members now possess – it goes beyond themselves as they show up for life differently. It brings up in me a sense of awe. In OA, I am in the presence of something truly great. If that's not the Spirit of the Universe in action, I don't know what is! Oh, in case it isn't obvious, I highly recommend newcomers get a sponsor if they don't already have one!

Thanks for letting me share!

New Weekly Men's Meeting

In January this year, a new Men's Meeting was started.

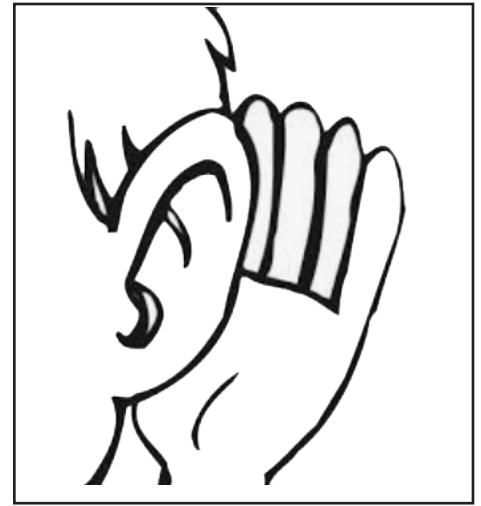


Every Sunday, 2P – 3P

Carpinteria Community Church

1111 Vallecito Rd. Carpinteria, 93013

For more information, contact Cliff (323) 459-4772



We Want to Hear From You!

Please consider sharing your experience, strength and hope for our InterVoice newsletter. We need artwork, poetry, your experience and inspired writings. Written submissions should be 300 words or less.

Send submission to:

Mary-Anne R. (InterVoice Ed.)
watercolor_artist@icloud.com.

Please also send her text at (805) 746-3267 an email has been sent.



Our Intergroup wants your thoughts and suggestions on how we can carry the message and best serve the meetings in our area.

If you have an idea, please attend an Intergroup via Zoom the first Thursday of each month at 7 pm.

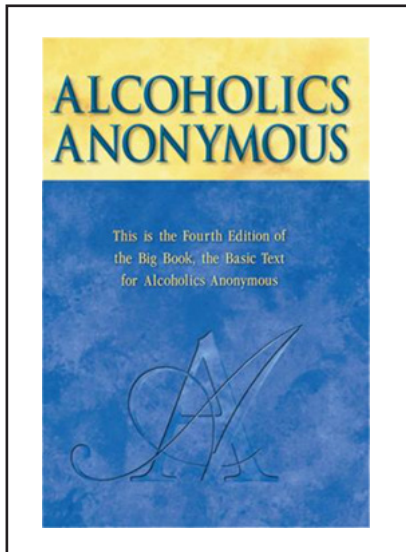
Channel Islands Intergroup Meeting (#005-09068) To join via video: <https://zoom.us/j/662532539>
Call Susan at 805-680-8371 for passcode



Want to Talk?

WE'RE HERE FOR YOU!

Looking for phone numbers or just to talk with someone who understands? Call (805) 947-0792 or visit our Meeting and About pages for contacts.



Did You Know That AA's Big Book is Online?

Alcoholics Anonymous, also known as the "Big Book," presents the A.A. program for recovery from alcoholism. First published in 1939, its purpose was to show other alcoholics how the first 100 people of A.A. got sober. Now translated into over 70 languages, it is still considered A.A.'s basic text.

[Click Here](#)

5 THINGS

Five Things that Make My Day Better

by Socorro E.

What makes your day go better? Here are five things that make mine better.

1. Make my bed
2. Read/meditate/pray
3. Exercise
4. Connect/reach out
5. Work on something hard

A made bed is a simple pleasure. It makes me smile and I feel good about the day ahead.

I have learned the power of spiritual discipline. I like reading Scripture, meditation and daily prayer.

For exercise, I love walking or hiking but any movement is helpful for feeling healthy and strong. At my heaviest, my first exercise goal was 5000 steps a day. Now a 6 mile hike is a good workout.

Connect can be a phone call, coffee or writing a card. Reaching out is service. Service is connect with someone else as the beneficiary.

There are always hard things in my life that need work. Sometimes it is an apology, an attitude adjustment, decluttering or taking time to think through a problem.

Why not jot down some things that you can do to make your day go better?



The Other Serenity Prayer

GOD, grant me the serenity to stop beating myself up for not doing things perfectly, the courage to forgive myself because I'm working on doing better, and the wisdom to know that you already love me just the way I am.



OA SPONSORSHIP WORKSHOP

Topics:

What is a sponsor? Reasons to be a sponsor. Role. Healthy Boundaries. Resources.
Question and Answer Period. Best Practices.
Reasons to get a sponsor. Barriers to getting a sponsor. Question and Answer Period.
Alternatives: Co-sponsorship. Check-list Buddy

Sept 12, Oct 10, Nov 14, 2024, 7pm – 8:30pm

7th Trad Suggestion: \$5 ~ Via Zoom

3 Thursdays, Eastern Time (Toronto time)

Sponsored by Central Ontario Intergroup. You don't need to attend every session.

Register by sending an email to: coisponsorworkshop@gmail.com

If you don't hear back - check junk mail, or email pattig123.0@gmail.com (0 is a zero).

Facilitator: Pat G.

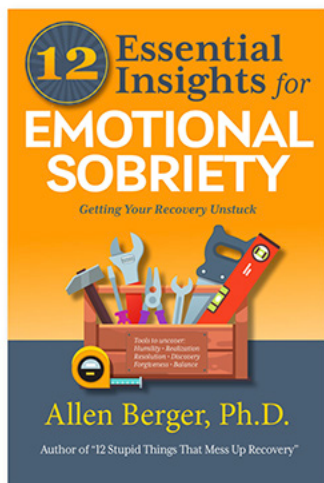


12 Essential Insights for Emotional Sobriety

"In 12 Essential Insights for Emotional Sobriety, Allen Berger once again provides practical and highly useful concepts and practices for those on the road to continuous recovery. Whether a person is "stuck" in their path and wondering what's next, or someone 40 years in like me and already well along the road of emotional balance and sobriety, Berger's thoughtful insights provide more tools and "road signs" along the path. Emotional sobriety is not so much a destination as an ongoing process that can yield ever greater rewards of freedom and mature interdependence. For the secular or religious, those in a twelve step process or not, for the humanist, Buddhist, atheist, or "apatheist," this book is a valuable contribution to the literature of growth and development of a conscious and purposeful life."

--John Runnion

#1 New Release on Amazon!



OVERCOME BY LOVE

By LINDA M.



Several weeks ago, I received one of those political emails that may go out to thousands of people. I was shocked, appalled and resentful.

Within an hour, I was participating in my weekly Mindfulness Meditation zoom class. We were focused on loving kindness and compassion. Suddenly I was overcome with LOVE for that political figure. It felt like divine love. I have never been so filled with love for someone I don't know and probably will never meet or support.

Wondering what I would do with these intense feelings of love, I prayed to God for direction. An answer came immediately: "Turn to page 552 in the Alcoholics Anonymous Big Book and write a prayer for that person". The text read, "if you have a resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free."

In my mind, I thought "but this is different, it is all about love." Intuitively, the reminder occurred to me, "This started with resentment." I began to pray for that person, for them to have peace of mind, reasonably good health and finances, to have a few true friends, for integrity, honesty and authenticity. The list continued. It ended with me praying that they may receive a candle with a beautiful fragrance.

I prayed for two weeks. Peace filled my soul. The prayers for this person were answered in my life. Today I decided to try and order a candle for myself call Mar Mar.

In this divisive political climate, I think that the greatest problem is hatred especially between family members or friends. We learn in 12-step programs that resentments are the number one offender that lead to addictions. I pray that God would remind me of the overwhelming love that invaded my heart and soul and not let my peace of mind be marred by unkind thoughts or words.

For Night Owls, here's a valuable OA meeting that goes online with Zoom at 11 pm California time. The meeting is in the UK.

Zoom Meeting ID 833-148-3967
Password Recovery

Rick from Intergroup wanted to share with InterVoice.

