

CIIG Intergroup Minutes for February 5, 2026

1. **Serenity Prayer: Christine**
2. **Introductions: Christine, Chair; Yolanda, R2; Kelly, Mon pm Ventura rep; Bridgette, outreach; Sara, visitor; Pam W., Treasurer; Pam E., Mon pm Camarillo rep; Laura, Fri am and Wed eve SB rep; Natalie, Rec Sec.; Kerry, Vice Chair.**
3. **Read the [12 Traditions](#):** Kerry
4. **Read the 2nd Concept: [OA CIIG 12 Concepts of Service](#):** “The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.” Kelly
5. **Read Vision, Priorities and Strategic Goals** from the bottom of the agenda. Yolanda
6. **General Announcements:** none
7. **Officer Reports:**
Chair: Christine B.: none
Vice Chair: Kerry M.: Follow up on effort to get all meetings to send reps. Information is being passed along, despite a minimum of reps at our IG meetings.
Treasurer Report: Pam W.: \$4286 balance. (please see Budget Discussion below)
Business Sec: Rick B.: Report about alternatives for our current PO box. The renewal discussion had been tabled until this month. Should we make a motion now or wait until Old Business about keeping the current PO box? If we vote no, what address should we provide to anyone who needs to send something to CIIG by mail?
Recording Secretary: Natalie M.: Minutes approval. Approved.

Departments

Workshops and Retreats: Service Opportunity
Outreach Coordinator: Bridgette planning for the mental health professionals meeting in SB
Webmaster: Natalie G.: not present
InterVoice: Mary-Anne: we wonder what program she'll use; \$35/ mo, we want a newsletter every other month.
Region 2: Yolanda. Jan. R2 assembly. Attended assembly: comparatively, we are a strong intergroup with a good number of attendees; Assembly focus was on “The Power of We” at the assembly; we can't do this alone! 12 Step Within meetings; for more information, see the links on the R2 website. R2 Report on more facts- We had 69% of our Region represented which was higher than ever before thanks to Zoom R2 Assembly; Virtual meetings are up to 74 and Total Groups have gone from 814 to 764 but 1/2 that loss was between So. California and Mexico. July 10-12 2026 is the SF Convention coming up!
2/28 Unity Day will be 9-11am PST Zoom 84569484840 pw: R2Unity [Flyer!](#)
Convention Reg. 2/29 on OA.org Please Fill out Survey on website to see if they can get our needs before Convention
The 2025 Audio is Available for Purchase from Convention last year. OAR2.org

WSO: Service Opportunity

**Check in from meetings:
Old Business:**

1. Budget discussion. [OA Budget Guidelines](#). Pam W. presented a budget for this year that includes our expenses and our expected income and what we can expect to be able to distribute to IG and WSO. Kerry expressed concern about WSO and R2 reps expenses and suggested focusing on zoom participation; she also brought up the outreach workshops focusing on zoom meetings, which are better attended; she also suggested financing community building events like rock painting and water color. Yolanda suggested making a fund for WSO/R2 rep attendance to assemblies and conventions. Pam countered that many enjoy F2F meetings. Pam W. clarified that we can readjust how much we give to WSO/R2/IG after we pay for outreach workshops and WSO rep. The budget was voted on and approved. The approval of the budget included a proposal to retain a 9-month reserve (based on budget expenses over 2025) and a release of the fund balances to Region 2 (\$1753) and WSO (\$438).
2. Business mailbox? \$192/yr. Do we keep it? If we didn't vote on this earlier in the meeting, let's make a motion, discuss, and call the question here.
3. Do we require service members to come to meetings? Ask anyone who has a CIIG service position but is not coming regularly to our IG meetings to provide monthly reports.

New Business:

1. Inquiry about Sunday Men's meeting in Ventura.

Key info to give your group:

- New Port Hueneme meeting on Tues. at 7:30 pm at the VFW. Flyer on last page.
- IG budget is available from IG reps

Next Meeting: Thursday, March 5, 2026

Prayer and Adjourn

CIIG VISION

High-value Intergroup that:

1. Helps the still suffering
2. Serves the membership and attracts
3. Strengthens OA as a whole

PRIORITIES

1. Practice reliance on a Power greater than ourselves.
2. Increase outreach and public information activities.
3. Complete ongoing IG admin tasks.

STRATEGIC GOALS

1. Help members strengthen their personal recovery by working the 12 Steps
2. Increase the number of sponsors
3. Increase and retain newcomers
4. Plan and implement workshops and fellowship activities
5. Help those in relapse recover
6. Inspire people to give more service
7. Support our meetings to become action/solution meetings



NEW MEETING

Overeaters Anonymous

NO dues NO fees NO weigh-ins NO diets

Starting Tuesday,
January 6th

VFW Hall
300 S. Surfside Dr
Port Hueneme

7:30 PM -
8:30 PM

Do you ever find yourself reaching for food late at
night when you're not really hungry?

Would you like a safe space to talk about your
relationship with food?

You don't have to be alone!
Newcomers welcome



**OVEREATERS
ANONYMOUS®**

Channel Islands Intergroup



THIS IS A WEEKLY MEETING, EVERY TUESDAY AT 7:30 PM

Please contact Pam for questions (310) 800-4550