

The *InterVoice* is a bi-monthly newsletter of the Channel Islands Intergroup of Overeaters Anonymous in Santa Barbara and Ventura Counties (CIIG, #005-09068, Region 2) and its OA meetings and OA activities.

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Contact Information

CIIG, PO Box 1321
Summerland CA 93067
www.oaciig.wordpress.com

Region 2 of OA

4455 Torrance Blvd., Suite 335, Torrance, CA 90503

World Service Organization

P.O. Box 44020
Rio Rancho, NM 87174-4020
505/891-2664 (Fax 505/891-4320)

overeatr@technet.nm.org

www.oa.org

Tradition

After expenses and a prudent reserve, meetings may choose to contribute 60% to CIIG, 30% to WSO, and 10% to Region 2 to keep OA self-supporting.

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oaciig.wordpress.com

Foothill Intergroup Presents:

OA Big Book Boot Camp

Saturday, Sept. 27, 2008
12:30pm – 7:30pm

Sparr Heights Community Center
1613 Glencoe Way, Glendale

More info on our Web site.

The ABCs of Abstinence

Mapping out your abstinence and your food plan.

Sunday, October 26, 2008,
11:00 am - 6:00 pm

OA Office, 7133-B Darby Ave
Reseda, CA
\$15.00 Donation

oalaig.org/html/events.php

Today, I open my mind to everything that could be – possibilities that are far from the idle wishing of the old days, but rather a loosening of restrictions, a broadening of the imagination. I leave my life up to my Higher Power, remove my hindering ways and let my spirit soar.

– For Today, p.237

Support Intergroup!

Intergroup publishes *InterVoice*, coordinates retreats and marathons, registers meetings, maintains an answering service, and carries the message to institutions and the public. It's a big job. At the April meeting, Intergroup voted to help fund a series of workshops, and authorized "seed money" of \$150 to start the project to carry the message. Please remember to send donations from meetings to keep CIIG working. Thanks!

Reach first for the phone:
OA Information 805-899-3250

Service Board Members

CHAIR	Service Needed	
VICE CHAIR	BARBARA	969-9942
REC. SECT'Y	NATALIE	484-7851
TREASURER	SPENCER	896-8118
BUS. SECTY	Service Needed	
REGION 2 REP	Service Needed	
INTERVOICE	KYLE	684-3717
RET & MARATH.	Service Needed	
POC S.B.	Service Needed	
POC VENT	NATALIE	484-7851
WEB SITE	KYLE	684-3717
W.S.O.	Kahlia	985-2353

Hear Speakers Online

The Los Angeles Intergroup has recordings of many great OA speakers available on the Web. You can find a link called "Virtual Speakers," on our Web site: oaciig.wordpress.com.

We're here for you!

What would you like Intergroup to do for you and your meetings? Please let us know through your group rep, or contact one of the people on this newsletter.

Attention Meeting Secretaries

Please remember to send a rep to each Intergroup, and to keep us informed of any changes to your meeting's listing.

For Today:

My potential is in direct proportion to my willingness to let go the shackles of self-will, to get out of my own way. On one end of the scale, I accomplish wonders; on the other, I am powerless.

– Page 244

		MEETING SCHEDULE			
		Please report schedule changes to Kyle ... 684-3717 ... kylek9@cox.net*			
<i>SUNDAY</i>					
9:00 AM	Camarillo	Big Book Study — St. John's Pleasant Valley Hospital, 2309 Antonio Avenue. 3rd floor, Classroom #2.	Natalie	484-7851	
6:00 PM	St. Barbara	Big Book Literature Study (#11982) – Unity Church, 227 E. Arrellaga Street, in the Chapel	Daniel	565-9313	
<i>MONDAY</i>					
12:00 PM	Goleta	Brown Bag (#32642) — Goleta Presbyterian Church 6067 Shirrell Way (behind Fairview Shopping Center). Room 6 next to kitchen. <i>OK to bring lunch.</i>	Deni	967-8479	
6:30 PM	Isla Vista	Literature Study (#46412) Lifeline, St. Michael's & All Saints Church (side office) corner Camino Pescadero/El Greco	Linda	968-7167	
7:00 PM	Ventura	Newcomers/Pitch (#31329) Bible Fellowship Church 6950 Ralston (Corner of Ralston and Johnston Drive)	D'nay	824-7879	
<i>TUESDAY</i>					
5:30 PM	Goleta	Leader's Choice (#07100) — Christ Is King Episcopal Church 5073 Hollister Avenue (last classroom at rear of church)	Nancy	686-0719	
5:30 PM	Solvang	Leader's Choice — Alano Club 1676-B Oak St. – Enter through rear of building.	MaryAnn	688-1472	
6:00 PM	Ventura	11th Step Meeting (36029) – Bible Fellowship Church. 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Susan	485-6904	
6:15 PM	Ojai	Alternating OA and AA Step Study. (#47956) United Methodist Church. Church St. & Maricopa (opposite Nordhoff High School).	Service Needed!		
7:30 PM	Carpinteria	Intergroup: 1st Tuesday of month (#005-09068) — Boys & Girls Club 4849 Foothill Rd. (For directions, call the Boys & Girls Club @ 684-1568)	Kyle	684-3717	
<i>WEDNESDAY</i>					
12:00	Ventura	Literature Study – Bible Fellowship Church. 6950 Ralston. In the Prayer Room, next to the front door, near the church office.	Karin	383-2921	
7:30 PM	St. Barbara	Literature Study (#36031) — St. Mary's Retreat House, 505 E. Los Olivos Take 2 nd left driveway past SB Mission; enter meeting room across from Chapel.	Service Needed!		
<i>THURSDAY</i>					
12:00 PM	Goleta	Brown Bag (#15648) — Goleta Presbyterian Church 6067 Shirrell Way (behind Fairview Shopping Center). Room 6 next to kitchen. <i>OK to bring lunch.</i>	JoAnna	403-8080	
12:30 PM	Ojai	Literature/Writing (#48134) — St. Andrews Episcopal Church. Bristol St./ Topa Topa in Ojai. Go to the center classroom in the farthest left building. <i>OK to bring lunch</i>	Alex	640-1707	
<i>FRIDAY</i>					
10:00AM	St. Barbara	Women's Step Study – Unity Church, 227 E. Arrellaga Street, in the Brides Room	Angela	564-7089	
12:00 PM	Ventura	Steps (#36404) — Eastminster Presbyterian Church, 8180 Telephone Road	Linda	659-1303	
6:00 PM	Ventura	Pitch (#32396) — Missionary Church , 500 High Point Drive, in the Library	Kelsey	815-6484	
7:00 PM	St. Barbara	Speaker (#36036) — First Congregational Church (Fireside Room) 2101 State St.	Ruth E	922-2550	
<i>SATURDAY</i>					
10:00 AM	Ventura	Maintainers (#36038) — VCMC Cafeteria Conference Room, 3291 Loma Vista and Hillmont (bottom floor). <i>All Are Welcome Here! * New Location *</i>	Bobbi	483-3675	
10:30 AM	St. Barbara	Step Study (#36037) Unitarian Church, 1535 Santa Barbara St, Jefferson Hall, Room B	Rick	682-7895	
3:00 PM	Goleta	Women's Focus (#49669) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Shopping Center) Room 6 next to kitchen.	Suree	966-3631	

*Publication Deadline: The deadline for changes for the November issue is 5:00PM on 10/28/2008.