

Channel Islands INTERVOICE



Online at www.oaciig.wordpress.com

July - August 2009

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.

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.

7th 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. Please send contributions directly to each service body at the addresses below.

Contact Information

CIIG

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

Region 2 of OA

4733 Torrance Blvd., PMB
335, Torrance, CA 90503
www.oar2.org

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

Updated 8.24.2009



Women's Retreat Searching for the Land of Happy, Joyous & Free

Oct. 2-4 at Rancho Alegre (Santa Barbara)

→ Deposit due by August 1 ←

Join your sisters in recovery for speakers, fellowship, and interactive workshops in a beautiful, relaxing setting.

Full weekend with lodging and 6 meals \$125 (\$75 deposit by Aug. 1) or Saturday Day Rate with 3 meals \$60 (due in full by Sept. 20).

Four \$50 scholarships—first come, first served.

Reservation form, schedule & map online at www.oaciig.wordpress.com or contact Raven 964-6359 or Barbara 969-9942

Planning a summer trip? Pack your program tools!

In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found a number of [tools](#) to assist us. We use these tools regularly to help us achieve and maintain abstinence. —OA.org

A Plan of Eating Sponsorship Meetings Anonymity	Telephone Writing Literature Service
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Program is portable!

For Today... (Page 303)

Inside myself is a place where I live all alone, and that's where you renew your springs that never dry up.

— Pearl S. Buck

Discovering one's own inner resources is a reward of abstinence. Newfound energies and a soaring spirit take up the time and space of what was once compulsive overeating. Abstinence brings other substitutions: I have courage in place of fear, challenging ideas in place of shallow thought, action instead of wishful thinking and an honest desire to share in place of selfish interests.

For today: Part of my new way of life is looking within for inspiration.

TRADITIONS

Seventh—Every OA group ought to be fully self-supporting, declining outside contributions.

Eighth—Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Reach first for the phone!

OA Information: 805-899-3250

Program Inspiration
Downloads at www.oa.org

[Recovery stories](#) remind us that we are not alone. Through another's experience, strength and hope, we can know recovery for ourselves.

First Thin Summer (excerpt)

I came into the OA program when I was 24. I weighed 300 pounds, and I was miserable... OA was my last hope. If I failed at OA, I knew there was no hope.

...At 26, I am just beginning to live. It has been almost two years since I started coming to OA, and I wouldn't trade OA for anything. I love my life; I love my program. Thanks to OA, I am having my first thin summer! Am I excited? You bet I am! OA and my Higher Power did for me what I could not do for myself..

(Read the full story at www.oa.org)

"A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise. —OA.org

Can you offer service at the Intergroup level as a meeting rep or service board member? Join us the first Tuesday of each month for one hour at Chase Bank in Carpinteria.

All are welcome!

Attention Meeting Secretaries

Working together, we can help the still suffering compulsive eater find the recovery that OA offers!

If your meeting contact phone, time, or location changes, please notify Intergroup so we can update the InterVoice meeting list and CIIG web site. You should also register changes at oa.org to update online OA Meeting Directories for WSO and Region 2.

- Contact a CIIG rep if you need help with these important update notifications.

Service Board Members

CHAIR	Kyle	684-3717
VICE CHAIR	Barbara	969-9942
REC. SECT'Y	Needs Service	
TREASURER	Spencer	896-8118
INTERVOICE & WEB	Jocelyn	682-6752
PUB. OUTREACH VTA	Natalie	484-7851
PUB. OUTREACH S.B.	Barry T.	648-6253
RET. & MARATHONS	Needs Service	
REGION 2 REP	Jerry	896-1758
W.S.O. REP	Needs Service	

Santa Cruz Summer Retreat—Aug. 14-16: Nurture Your Recovery (SACO Intergroup, \$220-\$250, Patsy 510-793-0985)
Intergroup needs meeting reps! Is your meeting represented? Join us on the first Tuesday of each month.

OA MEETING SCHEDULE

SUNDAY		Area Code 805
9:00 AM Camarillo	Big Book Study (#46514)— St. John's Pleasant Valley Hospital, 2309 Antonio Ave. 3rd floor, room #2.	Natalie 484-7851
6:00 PM St. Barbara	Big Book Literature Study (#11982) – Unity Church, 227 E. Arrellaga Street, in the Brides Room	Jerry 896-1758
7:00 PM Isla Vista	NEW! Young People's Meeting (#50338)— <i>Big Book Study</i> at St. Michael's Church (Chapel office), 6586 Picasso Rd. Corner of Camino Pescadero & El Greco.	Brooke 403-3066
MONDAY		
12:00 PM Goleta	Brown Bag (#32642) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Eva 968-6977
6:30 PM Isla Vista HIATUS	Literature Study (#46412) — Lifeline, St. Michael's & All Saints Church (side office) corner of Camino Pescadero and 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
TUESDAY		
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
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	OA Literature (#47956) — United Methodist Church. Church St. & Maricopa (opposite Nordhoff High School).	Barbara 646-1057 or 746-0220
7:30 PM Carpinteria	Intergroup (#005-09068) : 1st Tues. of month — Chase bank, corner of Carpinteria Ave. and Casitas Pass Rd., (near clock tower & ATM)	Kyle 684-3717
WEDNESDAY		
12:00 PM Ventura	Literature Study – Bible Fellowship Church. 6950 Ralston. In the Prayer Room, next to the front door, near the church office.	Karin 383-2921
6:00 PM Thousand Oaks new time	12 Step (#50284): Anorexic, Bulimic, Compulsive Overeater—All are welcome! 275 E. Hillcrest Dr., Ste. 120. Note: This meeting is from San Fernando Valley Intergroup	Micki 777-3873
7:30 PM St. Barbara	Literature Study (#36031) — New location! Grace Lutheran Church, library. 3869 State St., near La Cumbre Plaza (across from Macy's) New location!	Linda G. 963-1407
THURSDAY		
12:00 PM Goleta	Brown Bag (#15648) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Sue F. 964-0809
12:30 PM Ojai	Literature/Writing (#48134) — St. Andrews Episcopal Church. Bristol St. Topa Topa. Go to center classroom in farthest left building. <i>OK to bring lunch.</i>	Heather 794-0576
7:00 PM Carpinteria	NEW! Various Topics (#50466)— Chase Bank (formerly WaMu) public meeting room, corner of Carpinteria Ave. and Casitas Pass Rd. (near clock tower & ATM)	Barry T. 648-6253
FRIDAY		
10:00 AM St. Barbara	Women's Step Study (#00243)— Unity Church, 227 E. Arrellaga Street, in the Brides Room	Marina 682-6433
12:00 PM Ventura	Steps (#35404) — Eastminster Presbyterian Church, 8180 Telephone Rd., Rm 9	Linda W. 794-1936
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, 2101 State St., in the Fireside Room	Eva 968-6977
SATURDAY		
10:00 AM Ventura	Maintainers (#36038) — VCMC Cafeteria Conference Room, 3291 Loma Vista and Hillmont (bottom floor). <i>All Are Welcome Here!</i>	Bobbi 483-3675
10:30 AM St. Barbara	Step Study (#36037) — Unitarian Church, 1535 Santa Barbara St., Jefferson Hall, Room B	Jennifer 895-1108
10:30 AM Solvang	Leader's Choice (#49168) — 116 1 st St.; cross street Juniper Ave. off Alisal Rd. (replaces the Tues. 5:30 PM Alano Club meeting)	MaryAnn 688-1472 Marcia R. 688-3003
3:00 PM Goleta	Women's Focus (#49669) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot.	Mary 968-7066

Keep coming back! Visit www.oaciig.wordpress.com or www.oa.org for meeting lists.
Please report schedule changes before 8/30/2009 to Jocelyn 682-6752 | JMKwriter@aol.com