

# Channel Islands INTERVOICE



I put my hand in yours and together we can do what we could never do alone

Online at [www.oaciig.wordpress.com](http://www.oaciig.wordpress.com)

**Nov/Dec 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.

## 7<sup>th</sup> 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

*Channel Islands Intergroup  
Serving SB and northern  
Ventura counties*

PO Box 1321  
Summerland CA 93067

[www.oaciig.wordpress.com](http://www.oaciig.wordpress.com)

### Region 2 of OA

4733 Torrance Blvd., PMB 335,  
Torrance, CA 90503

[www.oar2.org](http://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](mailto:overeatr@technet.nm.org)

[www.oa.org](http://www.oa.org)



Jerry F., longtime SB member, has relocated to Reseda but wants to stay in touch! Reach him at 805-896-1758.

Updated 10.31.09

→ **Reach first for the phone!** ←  
**OA Information: 805-899-3250**

Recovery from compulsive eating is the most important thing in our lives without exception! By working the Twelve Steps, we develop a new way of thinking and acting which enables us to live one day at a time without eating compulsively. When confronted with the urge to eat excess or inappropriate food, we now have alternatives.

We can:

**Use the tools:** go to a meeting, call an OA member, write about our feelings, talk to our sponsor, read program approved literature, or volunteer to service.

**Share our recovery with another compulsive overeater.**

**For Today...** (Page 234)

*Every man takes the limits of his own  
field of vision for the limits of the  
world* — Arthur Schopenhauer



When I was compulsively overeating did I ever imagine that life could be any different than it was? No, there was no way out, I was sure of it. Sometimes, in a dilemma, I still tend to think there is no way out. I accept that feeling, but today I know that it is only that—a feeling, not a fact. My experience tells me there is a solution and it will come in time, as I become willing to let go and let a power outside of myself take charge. Giving up control means growing up: my experience broadens, my pleasures expand, my usefulness to others increases and my horizon—like God's world—is limitless.

**For today:** I turn over to god the concerns of the moment, knowing that the answers will come and, with them, a new awareness and greater depth of understanding.

## Service ☆

“As OA members we may donate many hours of service to each other, sponsoring, speaking at meetings, and doing necessary committee and other service work. For this none of us receives payment in money. Our reward is something money can't buy our own personal recovery.”

*The 12 Steps and 12 Traditions of O.A. (p.171)*

It's true...service is its own reward! Can you offer service at the Intergroup level? Join us the first Tuesday of each month for one hour at Chase Bank in Carpinteria. Meeting reps are needed. *All are welcome!*

**TRADITION ELEVEN**—Our public relations policy is based on attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication

**TRADITION TWELVE**—Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

## 😊 WELCOME HOME

OA is not just about weight loss, gain or maintenance; or obesity or diets.

It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive overeating, welcome to Overeaters Anonymous. OA members come in all sizes. Welcome, Whatever your problem with food.— [www.oa.org](http://www.oa.org)



## OA ONLINE!!!



[www.oa.org/podcast](http://www.oa.org/podcast)

Eleven podcasts are available—choose from an introduction to what OA is and how it can help (7 min), member stories (15-19 min) or a full meeting (54 min).

Listen online or download.

## 12 step meetings online!!

<http://www.therecoverygroup.org/meetings/schedule.html>

## Local internet activity!!!!

**OA Loop** is a local email discussion of the 'For Today' daily readings. To sign up, send an email to [OALoop-subscribe@topica.com](mailto:OALoop-subscribe@topica.com)

For general OA announcements for the Santa Barbara/Ventura areas, such as upcoming workshops, conferences, room changes, etc., sign up by sending an email to [CIIGEvents-subscribe@topica.com](mailto:CIIGEvents-subscribe@topica.com).

## Register Meeting Changes!

**OA World Service Meeting Lists help the still-suffering compulsive eater find the recovery that OA offers.**

Meeting secretaries can help by registering meeting changes (contact phone, time, or location) with World Service. Go to [oa.org](http://oa.org) and choose "Meetings" from the top menu, then select "Register/Change a Face-to-Face Meeting." The InterVoice and Region 2 meeting lists use the WSO meeting registry.

► Contact a CIIG rep if you need help with this important update procedure.

## Service Board & Appointed Service Positions effective 10/06/09

CHAIR	Jocelyn	682-6752
VICE CHAIR	Gabrielle	705-6306
TREASURER	Jennifer	895-1108
BUSINESS SECT'Y.	Jennifer	895-1108
RECORDING SECT'Y	Raven	964-6359
PUB. OUTREACH VTA	Natalie	484-7851
PUB. OUTREACH S.B.	Spencer TBC	896-8118
RET. & MARATHONS	Linda G.	963-1407
INTERVOICE	Elise	698-5442
WEB	Amy	967-6657
REGION 2 & WSO REPS	<b>Service opportunities</b>	

## **OA MEETING SCHEDULE—Keep Coming Back!**

<b>SUNDAY</b>		<i>Area Code 805 unless noted</i>
<b>9:00 AM Camarillo</b>	<b>Big Book Study</b> (#46514) — St. John's Pleasant Valley Hospital, 2309 Antonio Ave. 3rd floor, room #2.	Stacey (818) 640-2298
<b>6:00 PM St. Barbara</b>	<b>Big Book Literature Study</b> (#11982) — Unity Church, 227 E. Arrellaga Street, in the Brides Room	Jayne 965-6190
<b>7:00 PM Isla Vista</b>	<b>Big Book Literature Study</b> (#50338) — St. Michael's Church (Chapel office), 6586 Picasso Rd. Corner of Camino Pescadero & El Greco — all ages welcome!	Layla 886-5075 leave message
<b>MONDAY</b>		
<b>12:00 PM Goleta</b>	<b>Brown Bag</b> (#32642) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Jayne 965-6190
<b>6:30 PM Isla Vista</b>	<b>Literature Study</b> (#46412) — Lifeline, St. Michael's & All Saints Church (side office) corner of Camino Pescadero and El Greco	Linda 968-7167
<b>7:00 PM Ventura</b>	<b>Newcomers/Pitch</b> (#31329) — Bible Fellowship Church 6950 Ralston (Corner of Ralston and Johnston Drive)	Natalie 484-7851
<b>TUESDAY</b>		
<b>5:30 PM Goleta</b>	<b>Leader's Choice</b> (#07100) — Christ Is King Episcopal Church 5073 Hollister Avenue (last classroom at rear of church)	Nancy 686-0719
<b>6:00 PM Ventura</b>	<b>11th Step Meeting</b> (#36029) — Bible Fellowship Church 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Susan 485-6904
<b>6:30 PM Ojai</b> <i>new time</i>	<b>OA Literature</b> (#47208) — United Methodist Church. Church St. & Maricopa (opposite Nordhoff High School).	Maureen 646-5077 or 746-0220
<b>7:30 PM Intergroup</b>  <b>7<sup>TH</sup> Tradition</b>	<b>Carpinteria - 1st Tues.</b> of month (#005-09068) — <b>Send a meeting rep!</b> Chase bank, corner of Carpinteria Ave. and Casitas Pass Rd. (exit Casitas Pass Rd). <i>Received Sept. 2 - Oct. 6: IG 7<sup>th</sup> \$7, SB - Fri. \$40 (some "checks in the mail")</i>	Jocelyn 682-6752
<b>WEDNESDAY</b>		
<b>12:00 PM Ventura</b>	<b>Literature Study</b> (#35960) — <b>OA Brown Book</b> — Bible Fellowship Church 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Susan 485-6904
<b>6:00 PM Thousand Oaks</b> <i>new time</i>	<b>12 Step</b> (#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
<b>7:30 PM St. Barbara</b>	<b>Literature Study</b> (#36031) — Grace Lutheran Church, library. 3869 State St., near La Cumbre Plaza (across from Macy's)	Linda G. 963-1407
<b>THURSDAY</b>		
<b>12:00 PM Goleta</b>	<b>Brown Bag</b> (#15648) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot. OK to bring lunch.	Raven 964-6359
<b>12:30 PM Ojai</b>	<b>Literature/Writing</b> (#48134) — St. Andrews Episcopal Church. Bristol St. Topa Topa. Go to center classroom in farthest left building. <i>OK to bring lunch.</i>	Heather 646-5305
<b>FRIDAY</b>		
<b>10:00 AM St. Barbara</b>	<b>Women's Step Study</b> (#00243) — Unity Church, 227 E. Arrellaga Street, in the Brides Room	Jeanne 564-4213
<b>12:00 PM Ventura</b>	<b>Steps</b> (#35404) — Eastminster Presbyterian Church, 8180 Telephone Rd., Rm 9	Linda W. 794-1936
<b>6:00 PM Ventura</b>	<b>Pitch</b> (#32396) — Missionary Church, 500 High Point Drive, in the Library	Kelsey 815-6484
<b>7:00 PM St. Barbara</b>	<b>Speaker</b> (#36036) — First Congregational Church, 2101 State St., Fireside Room	Amy 967-6657
<b>SATURDAY</b>		
<b>10:00 AM Ventura</b>	<b>Maintainers</b> (#36038) — VCMC Cafeteria Conference Room, 3291 Loma Vista and Hillmont (bottom floor). <i>All Are Welcome Here!</i>	D'Nay 824-7879
<b>10:30 AM St. Barbara</b>	<b>Step Study</b> (#36037) — Unitarian Society, 1535 Santa Barbara St., Jefferson Hall, Room B	Jennifer 895-1108
<b>3:00 PM Goleta</b>	<b>Women's Focus</b> (#49669) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Center), in large social hall facing parking lot.	Mary 968-7066

Visit [www.oaciig.wordpress.com](http://www.oaciig.wordpress.com) or [www.oa.org](http://www.oa.org) for local announcements & worldwide meeting lists.

**NEW INTERVOICE EDITOR!** Please report schedule changes to Elise at [eliseannmartin@gmail.com](mailto:eliseannmartin@gmail.com)