



*I love the spirit within each of you.  
I love the endless kindness and understanding.  
I love the sharing of our lives together.*

*Your struggle is my struggle.  
I feel your sorrows and joys, your strengths and weaknesses.  
It is the same with me; we share the same journey.*

—Rick E. as posted in Lifeline

*In OA, we seek unity. Unity does not mean conformity. Through practicing the concept of unity, I have learned patience and openness; differences among us do not mean right and wrong, but only that one person prefers one solution over another. Imagine—two or more solutions to problems. Unity also means acceptance, though I have to keep in mind that my acceptance may not mean I like a situation or solution. The Twelve Traditions and Steps each have a spiritual aspect to them, and I have found this to be true: When I find spiritual solutions to my problems, those solutions seem to last. Thank you, OA unity.*

—Sara F., Virginia USA

### **Unity Day: Feb 26, 2023**

*Unity Day is a day to celebrate the connection of all members and groups of OA to one another. It occurs the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time. It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program.*

-oa.org



### **Together We Can**

*"I put my hand in yours, and together we can do what we can never do alone"*

-OA Promise (Rozanne's Prayer, Unity Prayer)

### **WORKSHOP WISDOM**

*Take What you Like and Leave the Rest*

#### **2018-10 From Vanity to Sanity, From Me to We**

*"If it wasn't for you guys, I'd be dead"*

[Replay here](#)

#### **And Now A Word From Our Founder**

[Replay here](#)

### **HOPE Hearing Other People's Experiences**



*Check out these podcast resources from around our region and around the world!*

*R2 Convention Speakers, A Design for Living, So AZ Workshops, UK Speakers, Dallas: New Beginnings,*

*See [OACIIG.WORDPRESS.COM](http://OACIIG.WORDPRESS.COM) for a list of recovery events and check the host site for on-demand recordings.*

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

## **THE 63<sup>RD</sup> ANNUAL OA BIRTHDAY PARTY**

*Age of Miracles*



## ~ WORLD SERVICE ANNOUNCEMENT ~

### Message to All Groups

#### NEW Videoconference Meeting Training and Security/Preventive Measures



Has your online meeting been disrupted? Not sure how to safely launch a videoconference meeting? Use the step-by-step recommendations in OA's new [Videoconference Meeting Training and Security/Preventive Measures](#) guidelines to ensure your on-screen meeting is secure and prepared to respond to intruders and disrupters. Give members and newcomers a place to find recovery through the OA Twelve Step program; establish a safe OA space.

### EVENT BULLETIN BOARD



Relapse and Recovery Workshop: Jan 29<sup>th</sup>  
1-3p PST



Quick Step Study: Tuesdays Jan 31<sup>st</sup>, Feb 7, 14, 21, 28<sup>th</sup> and Mar 7<sup>th</sup> 3-4:30p PST



The First 12 Days 12 Step Workshop  
Sydney, Australia Jan 2 2:30 p PST



Virtual Sponsorship Event Feb 4<sup>th</sup> 10a-11:30a PST

### SERVICE OPPORTUNITIES *Help carry the message!*

Channel Islands Intergroup supports the OA fellowship through our ongoing [vision, priorities & goals](#) ([here](#)), as established following the [membership survey](#) ([here](#)). Monthly Intergroup Meetings are on Zoom on the 1<sup>st</sup> Thursday (Jan 5 & Feb 2) from 7-8:15pm. All are welcome!

- Meeting Reps – represent your fellows & report CIIG news [details here](#)
- World Service Rep – represent CIIG for WSO Business [details here](#)

Outreach Committee invites you to join us in fun and fellowship to get projects from concept to reality. Join us to brainstorm, share ideas and inspiration, and step up for a task. *Contact Elaine S. 909 908-7069*

Channel Islands Intergroup (CIIG) is part of OA Region 2, which serves California, Hawaii, Mexico, and Northern Nevada. Reach out to R2 for fellowship, service, or support!

- Join [R2 Public Information Committee](#) Jan 16 and Feb 21 @6:00-7:00pm PT [Details here](#)
- [Chat with the Chair](#) email anytime at [chair@oar2.org](mailto:chair@oar2.org)

[2023 Marathons Sponsored by  
Virtual Intergroup of Overeaters Anonymous  
8a-midnight EST](#)

Jan 1, 2023: New Year's Day: Every Day is a Fresh Start Step 10  
Jan 6, 2023: Epiphany: Three Gifts of Spiritual Renewal: Hope, Faith and Love  
Jan 15, 2023: OA's 63<sup>rd</sup> Birthday: What Are The Gifts I Have Received From Working My Program?  
Jan 16 2023: Martin Luther King Jr Day: Maximum Usefulness Leads to Others Leads to Hope-Step 12  
Jan 22, 2023: Chinese New Year: How Do I Identify Recovery in Challenging Times?  
Feb 12, 2023: Superbowl: We Are All Winners In OA: Tradition 1  
Feb 14, 2023: Valentine's Day: Learning To Love Myself: Step 1  
Feb 20, 2023: President's Day: What Does My Faith Look Like-Step 3  
Feb 21, 2023: Mardi Gras: Trust-Taking The Masks Off And Reveal Our True Selves  
Feb 26, 2023: OA Unity Day: Reflecting On Our Recovery And The Gifts

See Event Calendar at [OA.org](http://OA.org)

## RECOVERY WHEN YOU NEED IT



**Lifeline now free online!** Visit [OAlifeline.org](http://OAlifeline.org) to discover more than a thousand shares of experience, strength, and hope!

**Daily Meetings** *Easy-to-use Time Zone Search* at [oa.org/find-a-meeting/?type=1](http://oa.org/find-a-meeting/?type=1) uses your time zone and finds meetings all over the world at your local time!

Start at "Find a meeting" and click the "Online" tab. Select your time zone and add filters for language, day, etc. If desired, set a Special Focus: Body Image, 100Ibers.

**Always available**

**Podcasts**

**YOU ARE NOT ALONE! LIVE & ON-DEMAND OPTIONS**

Browse topics at [oa.org](http://oa.org), [oaciig.wordpress.com/podcasts](http://oaciig.wordpress.com/podcasts), and [oalaig.org/virtual-speakers](http://oalaig.org/virtual-speakers).

**Event Recordings**

Did you miss a workshop, panel, or speaker? Check our [event summaries](#) and then go to the host site to look for playback options.

**Daily**

4:00AM -10:00PM PT

**Meeting on the Go** new phone resource, open to anyone in a 12-step program

Dial (559) 670-1414 and enter conference ID 6508933#

You will be put in contact with over 70 speakers, Lauren's Harp Meditations, Sheila's Eight Workshops, music, special events, and more. To access what you want, just put in the extension number, provided at the beginning of the call. Sheila J. at (310) 413-1745

**Daily**

10:00PM to 3:30AM PT

**Parking Lot Meeting** Live phone meeting, open to anyone in a 12-step program

Dial: (712) 432-3900 and enter conference ID 6508933#

A great place for support. Irene, the moderator, would love for participants to share and become an active part of this inclusive community. Sheila J. at (310) 413-1745

**Sat 3:00PM PT**

**Chronic Illness Focus** Join Meeting ID: 828 0864 1809 Passcode: serenity

Contact: Emily K 510.917.6983

<https://us02web.zoom.us/j/82808641809?pwd=Nk4rZzhZa1E3R0hDd0I3NzY2YVImZz09>

**Young People**

**Targeted for Young People**—Joined OA age 18-30—All are welcome!

[YPoala Meetings & Resources](#)   [YP phone meetings](#)   [Young Person's Committee Mtg](#)

**Mon-Fri & Sun**

**Avision4you** These phone meetings are recorded and on demand at [avision4you.info](http://avision4you.info)

Dial (712) 432-5210, and punch in the conference ID 876148#

- **Monday-Friday** 4:00AM & 7:00AM PT   **Big Book Study**
- **Sunday** 5:30AM PT   **Avision4you 'Special Edition' speakers**

# OA Meeting List—Channel Islands Intergroup

## Meeting Secretaries

Please keep meeting info current so the newcomer can find our meetings. Notify World Service of any meeting change at [oa.org](http://oa.org) > “Meetings > Edit A Meeting.” Please notify the Intergroup of changes.

Click [Join Video](#) and use PW: 099337 or [Join phone only \(no video\)](#): (669) 900-9128 + Mtg ID from below

Day	Time	Meeting <i>If prompted for password, contact the secretary →</i>	Contact
SUN	6:00 PM	<b>Santa Barbara – Big Book Literature Study (#11982)</b> <a href="https://zoom.us/j/121125386">Join video: https://zoom.us/j/121125386</a> Mtg ID 121 125 386#	Lenora (805)218-8682
MON	12:00 PM	<b>Goleta – Literature Study (#32642)</b> <a href="https://zoom.us/j/707412653">Join video: https://zoom.us/j/707412653</a> Mtg ID 707 412 653#	Laurette *Leave message* (805) 685-4185
	7:00 PM	<b>Ventura –Pitch (#31329)</b> <a href="https://zoom.us/j/764663562">Join video: https://zoom.us/j/764663562</a> Mtg ID 764 663 562#	Mary-Anne (805) 746-3267
TUES	6:30 PM	<b>Ojai – Literature Study (#47208)</b> <a href="https://zoom.us/j/944326689">Join video: https://zoom.us/j/944326689</a> Mtg ID 944 326 689	Natalie G. (310) 488-2893
WED	7:30 PM	<b>HYBRID Santa Barbara – Literature Study (#36031)</b> <a href="https://zoom.us/j/606273362">Join video: https://zoom.us/j/606273362</a> Mtg ID 606 273 362 First Congregational Church, 2101 State St. Santa Barbara (look for posted signs)	Laura (805) 403-6764
THUR	12:00 PM	<b>Goleta – Literature Study (#15648)</b> <a href="https://zoom.us/j/442292151">Join video: https://zoom.us/j/442292151</a> Mtg ID 442 292 151	Sue F. (805) 448-0094
	6:30 PM	<b>IN PERSON Ventura – Showing Up For Your Recovery</b> Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Rhiannon (805) 535-5996
	<b>1<sup>st</sup> Thurs only</b> 7:00–8:15 PM	<b>First Thurs Channel Islands Intergroup Meeting (#005-09068)</b> <a href="https://zoom.us/j/662532539">Join video: https://zoom.us/j/662532539</a> Mtg ID 662 532 539	Elaine S. (909) 908-7069
FRI	10:00 AM	<b>Santa Barbara (#00243) &amp; Ventura (#35404) Discussion based on For Today.</b> <a href="https://zoom.us/j/653778661">Join via video: https://zoom.us/j/653778661</a> Mtg ID 653 778 661	Gary (805) 766-7136
SAT	10:00 AM	<b>IN PERSON Santa Barbara Literature Study (#800351)</b> <i>There is support for newcomers immediately following the meeting.</i> First Congregational Church, 2101 State St. Santa Barbara (look for posted signs)	Elaine S. (909) 908-7069
	10:00 AM	<b>IN PERSON Ventura Long timers Pitch (#36038)</b> Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Amy K. (805) 340-5882

Sponsors	Intergroup 2022	<i>7<sup>th</sup> Tradition Thank You!</i>
Amy K. 805 340-5882	<i>CIIG Board</i>	<i>Mail check or use electronic payment to</i>
Amy W. 646 373-6828	Chair Elaine S. 909 908-7069	<b>CIIG</b>
Chuck 805 701-9901	Vice Chair Laura M. 805 687-4553	<b>oaciig.wordpress.com</b>
Gary H. <i>men only</i> 805 766-7136	Treasurer Barbara C 805 259-8107	PO Box 1321, Summerland CA 93067
LaCene 805 300-9309	Rec Secty Susan R 805 680-8371	805 947-0792 IG # 005-09068
Lenora B. 805 654-8271	Bus Secty Rick 805 896-0808	For Paypal.com, use the email
Monica G 763 229-7486	<i>CIIG Volunteers</i>	<a href="mailto:Ciigtreasurer@gmail.com">Ciigtreasurer@gmail.com</a> and click here
Natalie G. 310 488-2893	Retreats Judith 805 603-8947	for <a href="#">PayPal Instructions for 7<sup>th</sup> Tradition.</a>
Rei D. 805 798-3567	WS Rep <span style="color: red;">open—service needed</span>	<b>Region 2</b> <span style="float: right;"><b>oar2.org</b></span>
Rhiannon 805 535-5996	R2 Rep Cheryl 805 320-7089	4733 Torrance Blvd., PO Box 335
Sandra L. 213 700-5825	Outreach Jennifer 805 908-9621	Torrance CA 90503
Susan R. 805 680-8371	InterVoice Monica 763 229-7486	<b>World Service Organization</b> <span style="float: right;"><b>oa.org</b></span>
	Web Amy K 805 340-5882	PO Box 44727
		Rio Rancho NM 87174-4727
		505 891-2664
		Updated 1/5/2023