



*In this moment, I have faith. I find peace in meditation and prayer and then again and again and again in every sacred moment, and that makes life worth living. Even in my physical pain, there is a release, a slight reprieve, when I show up in faith, in being of service, and in who I am and not who I imagined myself to be.
Anonymous, California USA*

*Faith is going on midst the uncertainty of outcome. Family, friends, health, love, kindness, compassion—thank you for my blessings. Remove my fears and uneasiness. If you are in charge, then I need not worry. Just grant me strength to keep going, one day at a time.
C.D. (OA Lifeline)*

*I am powerless over people, places and things, but I can connect to a Higher Power. When I find it, I feel focused, happy and strong enough to meet the day's challenges. I am not alone, ever.
Cora D., Bronx, New York USA*

*Just for today, I will act as if I am loving, forgiving, faithful, hopeful, light-filled, and joyful. Amen."
GVB, Herndon, Virginia USA*



Faith

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

-12 Steps of Overeaters Anonymous

WORKSHOP WISDOM

Take What you Like and Leave the Rest

2018 Region 6 Convention Step 3 Faith

[Replay here](#)

2013 Region 2 Convention Step 3 Principles: Faith

[Replay here](#)

A Vision 4 You: Sunday Special Edition:

The Ultimate Surrender

[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 for a list of recovery events and check the host site for on-demand recordings.

Channel Islands Intergroup of Overeaters Anonymous Presents

Body Image Workshop



Join us in beautiful Carpinteria as our speakers from L.A. take us through self-examination and bring us to new insights.

Carpinteria Faith Lutheran Church,
1135 Vallejo Place, Carpinteria CA 93013
12-1 PM: Bring your lunch and enjoy fellowship
1-4 PM: Workshop—Please bring a pen!
Cost \$10, but no one will be turned away.
For more information, call or text Elaine at 909 908-7069

Channel Islands InterGroup hosting in person
Body Image Workshop
Saturday April 29th 12p-4p PDT
Carpinteria Faith Lutheran Church, Carpinteria, CA

~ WORLD SERVICE ANNOUNCEMENT ~

Message to All Groups

Professional Community Courier Issue Two Available for Outreach



Help carry the message of Overeaters Anonymous to professionals who might refer their patients and clients to OA by giving them a copy of our updated Professional Community Courier newsletter. This latest edition includes accounts from a practicing nurse, a clinical director, and medical students with firsthand experience of food addiction—all of whom have found a new kind of hope in OA, either for their patients or themselves.

EVENT BULLETIN BOARD

38th Women's SWEET SURRENDER RETREAT "Let Go & Let God"

Back by popular demand -- an in-person weekend of speakers, workshops, yoga, meditation, and meaningful fellowship with other women who are walking the path of happy destiny!

April 21-23, 2023

At Pathfinder Ranch (near Idyllwild)

Arrival after 3:30pm, Friday Dinner: 5:30pm, followed by a speaker meeting; wrap up Sunday by 11:30am

Registration: \$225 until March 15; \$250 after.
Registration is non-refundable.

Orange County's 38th Women's Sweet Surrender Retreat Apr 21-23



OALAIG's 35th OA Men's Retreat in Oceanside CA March 31 - April 2

There is a Solution

March 3-5, 2023

OA Virtual Region
2023 Convention

REGISTER NOW!

OA Virtual Region 2023 Convention: Mar 3-5



OA Silicon Valley Intergroup Serenity Retreat Villa Maria Del Mar 21918 East Cliff Drive Santa Cruz, CA 95062 Apr 21-23

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 1st Thursday (Mar 2 & Apr 6) 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](#) Mar 14 and Apr 18 @6:00-7:00pm PT [Details here](#)
- [Chat with the Chair](#) email anytime at chair@oar2.org

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

Mar 17, 2023: St Patrick's Day: Celebrating the 12 Steps and 9 Tools Today
Mar 22, 2023: Ramadan: Gratitude for The Past, Hope for The Future - How's My Program Today?
Apr 5, 2023: Passover: How Has the OA Program Liberated Me?
Apr 9 2023: Easter: Remembering Where We Came From - Step 5
Apr 16, 2023: Orthodox Easter: Renewing My Daily Focus on My Spiritual Life - Step 3
Apr 21, 2023: EID al-Fitr Ramadan Ends: Staying in the Now - Just For Today

[See Event Calendar at OA.org](#)

RECOVERY WHEN YOU NEED IT



Lifeline now free online! Visit 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 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, oaciig.wordpress.com/podcasts, and 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

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 > "Meetings > Edit A Meeting." Please notify the Intergroup of changes.

Refer to Meeting Contact for Password

Click [Join Video](#) 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	Santa Barbara – Big Book Literature Study (#11982) Join video: https://zoom.us/j/121125386 Mtg ID 121 125 386#	Lenora (805)218-8682
MON	12:00 PM	Goleta – Literature Study (#32642) Join video: https://zoom.us/j/707412653 Mtg ID 707 412 653#	Laurette *Leave message* (805) 685-4185
	7:00 PM	Ventura –Daily Reader and Pitch (#31329) Join video: https://zoom.us/j/764663562 Mtg ID 764 663 562#	Mary-Ann "Text only" (805) 746-3267
TUES	6:30 PM	Ojai – Literature Study (#47208) Join video: https://zoom.us/j/944326689 Mtg ID 944 326 689	Natalie G. (310) 488-2893
WED	7:30 PM	HYBRID Santa Barbara – Literature Study (#36031) Join video: https://zoom.us/j/606273362 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	Goleta – Literature Study (#15648) Join video https://zoom.us/j/83900237175 Mtg ID 839 0023 7175	Sue F. (805) 448-0094
	6:30 PM	IN PERSON Ventura – Showing Up For Your Recovery Step of the Month Study Meeting (#57576). Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Rhiannon (805) 535-5996
	1st Thurs only 7:00–8:15 PM	First Thurs Channel Islands Intergroup Meeting (#005-09068) Join video: https://zoom.us/j/662532539 Mtg ID 662 532 539	Elaine S. (909) 908-7069
FRI	10:00 AM	Santa Barbara – Big Book Step Study (#00243) & Ventura – Discussion Dialogue (#35404) Join via video: https://zoom.us/j/85020876431 Meeting ID: 850 2087 6431 or call in via phone: (702) 277-4205,	Gary (805) 766-7136
SAT	10:00 AM	IN PERSON Santa Barbara Literature Study (#800351) <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	IN PERSON Ventura Long timers Pitch (#36038) Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Amy K. (805) 340-5882

Sponsors	Intergroup 2022	7 th Tradition Thank You!
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	CIIG
Chuck 805 701-9901	Vice Chair Laura M. 805 687-4553	oaciig.wordpress.com
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>	Ciigtreasurer@gmail.com and click here
Natalie G. 310 488-2893	Retreats Judith 805 603-8947	for PayPal Instructions for 7th Tradition.
Rei D. 805 798-3567	WS Rep open—service needed	
Rhiannon 805 535-5996	R2 Rep Cheryl 805 320-7089	Region 2 oar2.org
Sandra L. 213 700-5825	Outreach Jennifer 805 908-9621	4733 Torrance Blvd., PO Box 335
Susan R. 805 680-8371	InterVoice Monica 763 229-7486	Torrance CA 90503
	Web Amy K 805 340-5882	World Service Organization oa.org
		PO Box 44727
		Rio Rancho NM 87174-4727
		505 891-2664