



*“Self-discipline and love for others. Life is easier when I avoid doing things that make me owe amends and when I admit my part as soon as possible. The “my part” piece is a revelation – no matter what, I can act with a loving approach.”*

**OA.org**

*“Self-discipline makes us less likely to hurt other people and quicker to make amends when we do.”*

**12 Steps and 12 Traditions of Overeaters Anonymous page 105**

*“Self-Discipline is my ability to pursue what I think is right in spite of my feelings and weaknesses. I continue in the same vain despite temptations to abandon all and go back to what I know, what is comfortable.”*

**Region5OA.org**

*“Step Eight asks me to own up to who I am in relation to other people and myself.”*

**The Transformation newsletter, Central Ohio Intergroup, August 2011**

*“I prayed for each person on my Step Eight list and asked God to forgive me too.”*

**The Transformation newsletter, Central Ohio Intergroup, August 2011**

*“Step Eight is the beginning of the end of isolation.”* **Oa-Ottawa.ca**



**Self-Discipline**

**Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all..**

-12 Steps of Overeaters Anonymous

**WORKSHOP WISDOM**

*Take What you Like and Leave the Rest*

**Step 8 “The importance Working All Twelve Steps”**

*Replay here*

**OA San Diego Living the 12 Steps-Step 8 Workshop**

*Replay here*

**Region 8 SOAR Conference Apr 2/22 Steps 8/9 Love Island**

*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.*



OA Central Ontario Intergroup  
Presents a:

**Quick Step Study**

- FRIDAYS (Five sessions)  
May 5, 12, 19, 26, and June 2, 2023  
8:00pm – 9:30pm Eastern Time  
(Toronto/New York time)
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step,

## ~ WORLD SERVICE ANNOUNCEMENT ~

### Message to All Groups

### A Step Ahead News

*A Step Ahead* newsletter is now *A Step Ahead* news blog. Find all world service news [here](#) and get notified of new posts via our email newsletter and social media!



Audio Recordings of **Appendices to Overeaters Anonymous, Third Edition** Now on [Lifeline.oa.org](http://Lifeline.oa.org). *Appendices to Overeaters Anonymous, Third Edition* offer such significant hope to the still-suffering compulsive eater that a [free PDF](#) is now on [oa.org](http://oa.org).

## EVENT BULLETIN BOARD



SFIG: Came to Believe & Spirituality: 3 Spiritual Journeys  
May 6 10-11:30a PDT Virtual



San Gabriel Valley-Inland Empire Intergroup: The  
"Living Steps" Workshop  
May 28<sup>th</sup> 1:30-4:30 PDT Hybrid



OA RISE: May 7 1:00-3:30p PDT



Region 2 Convention  
"Recovery Putting the Pieces Together"  
Hilton Orange County, CA  
July 7-9 Hybrid

## 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 (May 4 & June 1 ) 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 Jennifer 805 908-9621.*

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](#) May 18 and June 15 @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](#)

May 5, 2023: Cinco de Mayo: In Offering Myself To My HP, What Victories Do I Have to Celebrate?  
May 14, 2023: Mother's Day: Living Life On Life's Terms. How Do I Practice This?  
May 29, 2023: Memorial Day: Valuing My Own Voice and Others' - Live And Let Live  
June 1 2023: Gay Pride Celebration: Believe in Yourself - How Am I Letting My True Light Shine?  
June 19 2023: Juneteeth: How Do You Know You Are Making Imperfect Progress?  
June 21, 2023: Summer Solstice: Why is it important to me to work with a sponsor?

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

## RECOVERY WHEN YOU NEED IT



**Lifeline now free online!** Visit [OAlifeline.org](https://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](https://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, 100Ibbers.

**Always available**

**Podcasts**

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

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

### 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	<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 –Daily Reader and Pitch (#31329)</b> <a href="https://zoom.us/j/764663562">Join video: https://zoom.us/j/764663562</a> Mtg ID 764 663 562#	Mary-Ann "Text only" (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	Goleta – Literature Study (#15648) Join video <a href="https://zoom.us/j/83900237175">https://zoom.us/j/83900237175</a> Mtg ID 839 0023 7175	Sue F. (805) 448-0094
	6:30 PM	<b>IN PERSON Ventura – Showing Up For Your Recovery Step of the Month Study Meeting (#57576).</b> Center for Spiritual Living, 133. S. Laurel St., Ventura (small house)	Rhiannon (805) 535-5996
	1 <sup>st</sup> Thurs only 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 – Big Book Step Study (#00243) &amp; Ventura – Discussion Dialogue (#35404)</b> <a href="https://zoom.us/j/85020876431">Join via video: https://zoom.us/j/85020876431</a> Meeting ID: 850 2087 6431 <b>or call in via phone: (702) 277-4205,</b>	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

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