



# InterVoice July-August 2023



*THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approaches to recovery within our Fellowship need not divide us.*

**OA.org**

*“We are a diverse lot, and as OA continues to reach people all over the world, our differences will continue to grow in prominence. Whether our differences are racial, cultural, spiritual, or gender-based, or even whether we’re anorexic, bulimic, or compulsive overeaters, we all have in common that we eat compulsively. The rooms of OA are available to us, and we qualify for membership as long as we have a desire to stop eating compulsively.”*

**Joy C., Denton, Texas**

*Recognizing the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this Community’s purpose is to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity. (Adapted from the WSBC Unity With Diversity Committee’s statement of purpose). **Diversity Community Statement of Purpose, OA Region 2***



## **Unity with Diversity Policy**

*THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.*

*-<https://oa.org/app/uploads/2021/09/policy-statements-related-to-unity-with-diversity.pdf>*

## **WORKSHOP WISDOM**

*Take What you Like and Leave the Rest*

**OA Podcast Episode 6: “Amazing Recovery: Passport to Unity”**

*Replay here*

**Region 2 2021-10 Diversity in OA**

*Replay here*

**OA Central Ontario Recovery Talks: Unity with Diversity 2023-3-4**

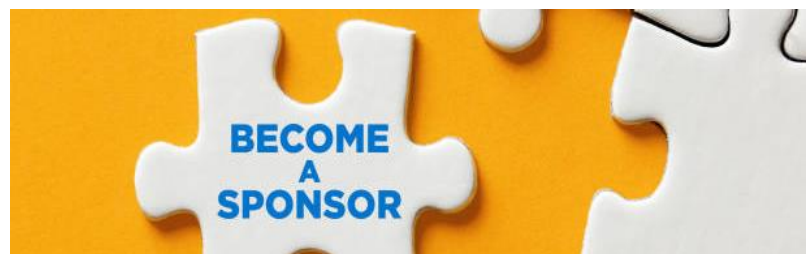
*Replay here*

## **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](https://www.oaciig.wordpress.com) for a list of recovery events and check the host site for on-demand recordings.*



**Sponsorship Day is celebrated  
August 18, 19 and 20<sup>th</sup>, 2023**

## ~ WORLD SERVICE ANNOUNCEMENT ~

### Message to All Groups

#### OA Men! We Need Your Story



Attention OA men! Help us shape OA is updating [To the Man Who Wants to Stop Compulsively Overeating, Welcome](#) (#290) the future of our main publication for men by sharing a few words of your experience, strength, and hope. Your submission deadline is September 15, 2023.

### EVENT BULLETIN BOARD



OA Sacramento Valley Sponsorship Workshop July 22<sup>nd</sup> 11a-12:30p PDT Virtual



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

City	Date	Time
New York	12th August	5:30pm - 7:00pm
London	12th August	10:30pm - 12:00am
Melbourne	13th August	7:30am - 9:00am

A Design for Living Speaker Series (Big Book OA)  
Australia August 12<sup>th</sup> 2:30-4:00p PDT Virtual

**ARE YOU A SPONSOR? YES!**  
Then come join us for the *discussion* of this new tool for **SPONSORS!**  
**TEMPORARY SPONSORS:**  
**NEWCOMERS' FIRST 12 DAYS!**  
We will offer **TWO** ½ hour sessions a day.  
There will be one session at **9:30 am** and one at **6 pm EDT.**  
7/23/23-8/4/23

Nassau OA NY Temporary Sponsors: Newcomers' First 12 Days workshop July 12 – August 4

### 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 (July 6 & Aug 3) 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](#) July 20 and Aug 17 @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

July 4, 2023: Independence Day: Honesty Is The Fireworks For A New Way Of Life - Step 4  
August 19, 2023: Sponsorship Day: How Do You Carry The Message To Those Who Still Suffer?

See Event Calendar at [OA.org](https://www.oa.org)

## RECOVERY WHEN YOU NEED IT



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

**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=Nk4rZzhZa1E3R0hDd0l3NzY2YVlmZz09>

**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 [avisoin4you.info](https://www.avisoin4you.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
	<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 – 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

Sponsors	Intergroup 2023	7 <sup>th</sup> 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	<b>CIIG</b>
Chuck 805 701-9901	Vice Chair Laura M. 805 687-4553	<b>oaciig.wordpress.com</b>
Elaine S. 909 908-7069	Treasurer Barbara C 805 259-8107	PO Box 1321, Summerland CA 93067
Gary H. <i>men only</i> 805 766-7136	Rec Secty Susan R 805 680-8371	805 947-0792 IG # 005-09068
LaCene 805 300-9309	Bus Secty Rick 805 896-0808	For Paypal.com, use the email
Lenora B. 805 654-8271	<i>CIIG Volunteers</i>	<a href="mailto:Ciigtreasurer@gmail.com">Ciigtreasurer@gmail.com</a> and click here
Monica G. 763-229-7486	Retreats Judith 805 603-8947	for <a href="#">PayPal Instructions for 7<sup>th</sup> Tradition.</a>
Natalie G. 310 488-2893	WS Rep Elaine S. 909 908-7069	<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