



# InterVoice Sept-Oct 2023

*“The purpose of Tradition Three is to ensure that the road will always be accessible to all who wish to travel it”*  
-p. 108 *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*

*“The desire to stop eating compulsively was mine to work toward, to understand in my head and take into my heart. That did not happen overnight, but it happened eventually because OA is not burdened with rules that could exclude me from its camaraderie.”*  
- excerpt OA Today newsletter, St. Louis Bi-State Area Intergroup, February 2015

*“My desire stopped being the answer once I realized that recovery was about taking suggestions, commitment, principles, and personal integrity.”*  
-Neil R., Baltimore, Maryland USA

*“Everyone who eats compulsively deserves a shot at a better life. Everyone in OA deserves a shot to help as many people recover as they can. If we placed any restrictions on membership it would benefit no one.”*  
-Seacoast OA, New Hampshire and Maine Intergroup

# Identity

## Tradition Three: Identity

*The only requirement for OA membership is a desire to stop eating compulsively.*  
-*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*

### WORKSHOP WISDOM

Take What you Like and Leave the Rest

#### Tradition Three: “Take a Walk Down the Traditions Video”

Replay here

#### A Vision for You: “The Traditions from a Big Book Perspective”

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.



Channel Island Intergroup of Overeaters Anonymous   
Presents:

**PRE-LAPSE: Heading for Disaster**  
**RELAPSE: How to Recover and Stay Recovered**



*Join us in beautiful Carpinteria as TWO fellows, one with experience with painful relapse and one who has had no relapses in over 30 years in program, share what they have learned and how they are staying in recovery, one day at a time.*

**Saturday, October 7**  
12-1 PM: Bring your lunch and enjoy fellowship  
1-3:30 PM: Workshop

Carpinteria Faith Lutheran Church  
1335 Vallecito Place, Carpinteria CA 93013  
Please bring your Big Book, paper and pen!  
Cost \$10 —But no one will be turned away.  
For more information, call or text Elaine at 909-908-7909.

OA Central Ontario Intergroup presents: How to Work with Others. Sept 10<sup>th</sup> 2-3p EDT Virtual

In-Person CIIG Workshop Alert in Carpinteria!  
Prelapse-Relapse Workshop October 7, 2023 1-3P PDT  
(lunch 12-1p)

## ~ WORLD SERVICE ANNOUNCEMENT ~

### Message to All Groups

#### *New Video Simplifies OA Service and Bylaws*

*OA Service and Bylaws: Keeping It Simple* sheds light on why OA's service structure makes it possible for OA members to welcome the newcomer, carry the message of OA, and keep to our Responsibility Pledge: "Always to extend the heart and hand of OA to all who share my compulsion; for this I am responsible."



### EVENT BULLETIN BOARD



OA Sacramento Valley Hope is Here There is a Solution Speakers Event  
Sept 9<sup>th</sup> 1-3p PDT Hybrid



OA Men's Retreat 2023  
East Bay Unity OA and Bay Area HOW Intergroup  
Present 21st Annual Men in Recovery Retreat  
October 27 - October 29, 2023 In Person



2023 OA Women's Retreat Registration October 6-8  
Holy Spirit Retreat Center, Encino, CA In Person



OA Central Ontario Intergroup presents a  
Quick-Step Workshop: TUESDAYS (Five sessions)  
Sep 19, 26, Oct 3, 10 and 17, 2023 2-3:30 P EDT

## 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 (Sep 7 & October 5) from 7-8:15pm. All are welcome! **Elections for Intergroup Positions on Oct 5<sup>th</sup> 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](#) Sept 21 and Oct 19 @6:00-7:00pm PT [Details here](#)

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

**September 4, 2023: Labor Day: Faith Without Works Is Dead - Doing the Footwork Of Recovery  
Everyday**

**September 15, 2023: Rosh Hashanah: Celebrate Love By Making Amends - Step 9**

**September 24, 2023: Yom Kippur Begins: Freedom Is Going To Any Lengths For Abstinence. How do I  
practice this?**

**October 9, 2023: National Indigenous Peoples Day / Canadian Thanksgiving Day: Forgiving Ourselves  
and Others**

**October 31, 2023: Halloween: Nothing Changes If Nothing Changes - How Have I Surrendered In My  
Recovery?**

[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, 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=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# for live meetings:

• **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
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>
Elaine S. 909 908-7069	Vice Chair Laura M. 805 687-4553	<b>oaciig.wordpress.com</b>
Gary H. men only 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
Natalie G. 310 488-2893	<i>CIIG Volunteers</i>	<a href="mailto:Ciigtreasurer@gmail.com">Ciigtreasurer@gmail.com</a> and click here
Rhiannon 805 535-5996	Retreats Judith 805 603-8947	for <a href="#">PayPal Instructions for 7<sup>th</sup> Tradition.</a>
Sandra L. 213 700-5825	WS Rep Elaine S. 909 908-7069	<b>Region 2</b> <span style="float: right;"><b>oar2.org</b></span>
Susan R. 805 680-8371	R2 Rep Cheryl 805 320-7089	4733 Torrance Blvd., PO Box 335
	Outreach Jennifer 805 908-9621	Torrance CA 90503
	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

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