

VALLEY VOICE

The Sacramento Valley Intergroup of Overeaters Anonymous (SVIOA) serves the greater Sacramento Valley, Sierra Foothills, and Northern Nevada Sierra, including Amador, Butte, Calaveras, Carson (NV), Colusa, Douglas (NV), El Dorado, Inyo (NV), Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Stanislaus, Washoe (NV), Yolo, and Yuba counties.

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."
OA Responsibility Pledge

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Step, Tradition, & Concept of the Month

- STEP 8: SPIRITUAL PRINCIPLE: Self-Discipline**
Made a list of all persons we had harmed and became willing to make amends to them all.
- TRADITION 8: SPIRITUAL PRINCIPLE: Fellowship**
Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
- CONCEPT 8: SPIRITUAL PRINCIPLE: Balance**
The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World.

OVERHEARD at meetings



It's hard to keep an open mind with an open mouth.

I need to be comfortable with being uncomfortable.

My problem isn't overeating,
It's living without overeating.

My spiritual awakening:
Save Me... Help Me... and Use Me.

I'm powerless over everything except my attitude and my actions.

WE can do what I can't.

Don't try to get well by next Thursday.

How did I know when I really hit my bottom?
When I finally stopped digging.



OVEREATERS ANONYMOUS
SACRAMENTO VALLEY INTERGROUP

SATURDAY, AUG. 27, 2022
1 PM - 2:30 PM PACIFIC TIME
ZOOM ID: 826 6981 6276 PASSCODE: 133839
PHONE: (408) 638 0968
<https://us06web.zoom.us/j/82668816276?pwd=L2EMMkY1YjY1ZmE0L0c3YUd09>

A DAY IN OA



A SUGGESTED CONTRIBUTION OF \$5 IS APPRECIATED
NO ONE WILL BE TURNED AWAY FOR LACK OF FUNDS
<https://www.sacvalleyoa.org/donations-for-events.html>
HOSTED BY THE ROCKLIN/ROSEVILLE SAT. 9 AM PT MEETING
CONTACT ANNA G. FOR MORE INFO (916) 622-4250



I Opened My Imaginary Closet

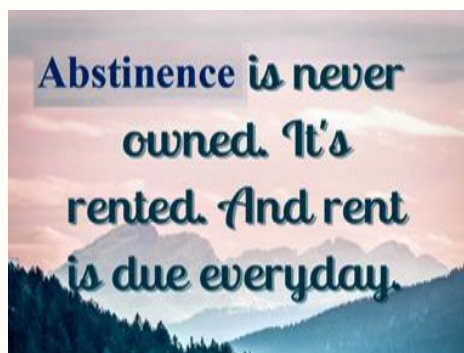
Now that I was no longer overeating and had worked Steps 6 & 7, I figured I had “cleaned house” and gotten rid of my character defects. Turns out more character defects were hidden behind all those hurts and injustices I’d saved up through the years which I regularly brought out and relived with all the original emotion.

I also accumulated any and every new hurt - real or imagined. And I took a kind of perverse pleasure from feeling sad and self-pitying. I was giving power to people who were long gone.

These people gave me my favorite excuses for why I did what I did or couldn’t do what I should have done. I used them to justify my actions and blamed them for my failures. When something went wrong in my life, or I failed to live up to some responsibility, I blamed others. I became very adept at hiding my guilt behind these real or imagined hurts.

The problem with blaming my frustrations and failures on what others did is that it kept me small. I stayed a little girl trapped in a woman’s body. A self-centered, selfish little girl who expected people to live up to her fantasies of them and got hurt when they didn’t cater to every want and whim.

Unknowingly, over the years, I never really turned my life and will over to my Higher Power. I had turned my will over to all those people whom I felt had injured me in some way.



Fortunately, I reached a point where I was choking on all this garbage. With the help of my Higher Power and the OA program, I chose to grow up. It was about time!

I finally opened up that imaginary closet in my mind where I kept these well-nurtured hurts and tossed them into my past where they belonged. Into this newly cleaned-out space, I started storing my goals, my hopes and my dreams of what I wanted to achieve in life. Now instead of looking backward into the dreariness of my past, I look forward to a bright future. Because I’ve finally taken responsibility for my life.

- anonymous

I Am Not the Same Woman



I dragged my butt into my first OA meeting two years ago. A woman got up and talked about how her day was turned upside down and backwards, but that she still had peace and serenity that everything would be okay. There was something in her eyes. Her face was shining. She had something I wanted. So I asked her to be my sponsor.

My early days of program were a rollercoaster of emotions. When I put the food down, the emotions invaded me and took hold. I was breathless at times trying to manage these feelings that I had pushed down for forty years.

I started using the tools every day and soon started learning about the Steps. Slowly, I came out of my fog. I learned how to talk about my emotions. How to talk with God. And how to ask for help. I started a program of action, working the tools and the Steps and “cleaning up my side of the street.”

I learned that not only could I not control my food, I could not control the people, places and situations around me. The more I tried to control the situations the more unmanageable my life became.



When I started focusing on changing the things in me versus other people, I found my peace. When situations come up that are difficult, I remind myself that, “This too shall pass.”

I have faith that God will help me through whatever is in front of me. I have my fellows, my tools, the Steps and amazing sponsors to teach me how to live the way God wants me to.

I am a completely different person than I was two years ago.

- I am learning how to make the best next decision
- how to accept the things I cannot change.
- my mind is clear.
- I can pause and take a breath before acting out.
- I have found a spiritual connection with God that I did not know could exist.
- I have shed over 100 pounds.
- I feel light in my body, mind and soul.
- my anxiety and depression have lessened, and on many days are gone.

I am eternally grateful to this program and the hundreds of OA fellows that I am honored to call my friends. I have faith and hope that my life is full of possibilities, and I am forever grateful.

- anonymous

OVEREATERS ANONYMOUS
EAST BAY UNITY INTERGROUP PRESENTS

Annual Twelve Step Marathon

SAT SEPT 17
1:00 — 4:00 p.m. PT

Meeting ID: 824 1998 3177
Passcode: 038457

Come hear 5 speakers
tell how the 12 Steps of OA
transformed their lives.

\$5-10 Suggested Donation
No one turned away due to lack of funds
Contact - Emma E, events@eastbayoa.org



Why Do I Keep Coming Back?

Why do I keep coming back?
Because I am only one bad decision away from losing everything. I am only one bad decision away from never being abstinent again.

A friend once told me that she went to a restaurant for lunch and out of nowhere she ordered dessert. She told me she didn't realize she was ordering 10 years of hell.

I keep coming back because I am only one bad decision away from hell.

- anonymous

12 Steps

Steps 1-3: Give Up

Steps 4-6: Clean Up

Steps 7-9: Make Up

Steps 10-12: Grow Up



A Design for **LIVING**

Most certainly I was powerless over food, and for me, my life had become unmanageable. It wasn't how far I had gone with the food, but where I was headed.

It was important to me to see what compulsive overeating had done to me and would continue to do if I didn't have help.

At first it was a shock to realize I was a food addict, but the realization that there was hope made it easier. The baffling problem of picking up my binge foods when I had every intention of staying abstinent was simplified. It was a great relief to know I didn't have to overeat any more.

I was told that I must want my abstinence for my own sake. And I am convinced this is true. There may have been many reasons that brought me to OA for the first time, but the lasting one must be to want abstinence and the 12 Step design for living as a way of life for myself.

- anonymous



OA SERENITY RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 21-23, 2023



JOIN US FOR

BIG BOOK BOOTCAMP

The difference between recovery and dieting with group support

THIS RETREAT INCLUDES:

- A beach front location
- Healthy, abstinent meals
- Rest and relaxation time
- Connection and fellowship
- Guided meditation (optional)
- Leisure afternoon break

SINGLE AND DOUBLE OCEAN VIEW ROOMS ARE LIMITED SO SIGN UP EARLY!

REGISTRATION:

Registration opens on April 25th at 8pm PST. Go to <https://www.eventbrite.com/e/oa-serenity-retreat-2023-registration-321953299987> to save your spot!

This retreat is sponsored by the Silicon Valley Intergroup and open to OA members only

CONTACT US  oa-serenityretreat@gmail.com

Sponsorship Together We Recover



from a sponsor

The tool of sponsorship in my life is such a gift. God has given me sponsees to help me in my own recovery. The actions they take – working the Steps, following a plan of eating, using other tools – reinforce MY program. These actions are the suggestions my own sponsor gave me.

As we each surrender our food obsession and life on a daily basis, we get to witness each other's miracles of growing closer to God and trusting our Higher Power in more of our affairs. My sponsees and I continue to be amazed that we do not have to rely on excess food to get through a day. That there truly is freedom from compulsive eating because God is in charge.

My sponsees and I celebrate being closely connected. We know we cannot work this program in isolation. God has blessed us with the fellowship and the principles of Overeaters Anonymous. And as we hold hands we find out who we really are – children of God who can face anything when we ask God and each other for help. *-anonymous*

from a sponsee

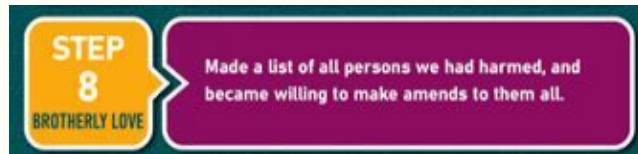
I have not known my new sponsor very long, but she is already like a trusted friend. Because we are both a part of a family: the fellowship of OA. We have a history. This 12 Step program of recovery has changed my life. And it could not have happened without my sponsors.

I felt very insecure when I began to work the Steps. And my first sponsor encouraged me, listened to my concerns, and shared her own experience, strength and hope. She described her morning meditation and encouraged me to get my day off to a good start by reading from the literature and writing.

With the help of my sponsors, I have been able to write my 4th Step inventory and give it away. What a miracle it is to have another person – a loving, accepting friend – know the real me... and still love me! That is one of the unexpected joys of this beautiful OA program.

-anonymous

|| *As we each surrender our food obsession and life on a daily basis, we get to witness each other's miracles of growing closer to God and trusting our Higher Power in more of our affairs.* ||



I thought I was only hurting myself...

...with my compulsive overeating. But something, somewhere, finally clicked. I got involved in Overeaters Anonymous. I started going to meetings. I got a sponsor, a home group, phone numbers of other members, and started to work the Steps.

I procrastinated big time on working my Steps, but my sponsor was patient and loving. The magic of OA had started to take hold in meetings and I was beginning to feel really good.

By the time I got to Step 8, I had no problem thinking of people I had harmed. I was able to take a lot from my Step 4 resentment inventory. My sponsor told me that I should list every single person I could think of that I had harmed, even if I'd never be able to make amends to them.

The list was really long, and so she then told me to take it easy. For the time being, I only had to BE WILLING. And then God seemed to place the opportunities right in my lap!

-anonymous

Sponsorship:
TOGETHER WE FIND SOLUTIONS!

SUNDAY, AUGUST 14,
10:30 AM – 12:30 PM PDT



Meeting ID: 273 862 8468
Passcode: steps

Cleveland Central IG: "Sponsorship: Together We Find Solutions"



We are not **ALONE**

I was not supposed to be sitting in a restaurant staring at the waitress going by with a tray of my binge foods on them. The place felt awkward and uncomfortable. I was a ball of self-pity.

I noticed a group of people at the next table. They were having fun. Something that had eluded me for a long time. Then I looked back at Joe, my ill-tempered date, who was “holding me hostage” in the name of celebrating my birthday. We had only been dating a few months, And he cared nothing about my recovery journey over the past year.

I had admitted I was a compulsive overeater, turned my life over to God, made amends to each person on my 8th Step list, and tried to practice the program’s principles to the best of my ability.

But he mocked my progress with constant offers of “just one bite.” At my polite but firm refusal, Joe ranted about my need to “loosen up.” Food was not my problem, he said, being uptight was. He didn’t know about the wreckage of my past, and he didn’t care. He just wanted someone to date.

My next thoughts were predictable. I felt them coming like a tremor, heading stealthily toward my brain. Maybe I do need to loosen up. One bite wouldn’t hurt. No one at my meeting will know. Oh, they’d know all right. I had a psychic (or so she seemed) sponsor, who could read my face like a tabloid. Plus, I’d learned a thing or two about honesty. The thought of being as sick as my secrets didn’t particularly appeal to me.

After a short eternity, Joe received a phone call and retreated outside to take the call. Sighing loudly, I knew I’d made it through another day of his disrespect. When would I stop my martyrdom and find another guy to date? After he left, I cradled my aching head in my arms and rested them on the table. Places like this had been my haven for so long. Now, I felt like a lost puppy. Lost in self-pity, I wanted to cry.

The waitress came by and asked if I’d like another glass of sparkling soda. When I told her I was leaving, she lingered a moment and finally spoke. “Hey, haven’t I seen you at the Sunday Steps & Traditions meeting at the Methodist Church?”

An incredulous smile of emotion and relief spread across my face. My eyes welled up with tears of a different nature. “Because,” she continued. “I was watching you and your date. I could tell you were not having fun.”

Looking at this kind stranger, I felt like I’d just found a long lost sister. For me, there is no better feeling than the one I get running into another OA when I’m feeling down. We OA fellows are bonded together by the sadness of a deadly disease and the miracle of a spiritual solution. We understand each other, have a common background, and experience the hope and security offered by the OA Fellowship.

We chatted a while, sharing our experiences and agreed to meet for coffee after the Sunday meeting. And I learned an important lesson about OA. We’re all family, no matter where we are. Even when we think we’re alone, we’re not.

- anonymous

Willing... *JUST FOR TODAY*

I heard a woman at a meeting enthuse about how much freedom she had received by becoming willing to change and make amends. As I listened, I knew that my ex-husband would end up on my Eighth Step list. And I knew it would be a cold day in hell before I would ever make amends to him. As far as I was concerned, he deserved everything I had ever done to him! When I shared this with my sponsor, she said not to worry. I might change my mind once I got to Step Eight.

I was able to become willing to make amends to others on my list, but not to him. It took more meetings, more abstinence and more listening. And then one day it clicked. I was at a meeting and someone was talking about what he had done to someone. And I knew that I too had done that. And how hurtful that was. In that moment, I was able to see my ex-husband as another human being I had harmed, and to whom I owed amends. I was able to let go of my self-righteousness and resentment and became willing to see both my ex and me as fallible and worthy human beings.

I still struggle with willingness. I hate it when foods that used to work for me now don’t! I still stomp my feet, swear, and say I don’t want to! And after the temper tantrum, I can read Step Eight and know I never have to wait until I want to change. All I have to do is be willing to,
just for today.

- anonymous



August Zoom Hosting Classes

Open to all OA and other 12-step Hosts and Co-hosts.

Class materials and more information

<https://oasandiego.org/zoom/>

Our classes are offered multiple times throughout the year. You may attend more than once. Send an email to zoom@oasandiego.org if you have any questions.

Zoom Hosting Basics

Mon Aug 1 5-6 pm PT

Zoom Security

Mon Aug 8 5-6 pm PT

Hosting Tips and Tricks

Mon Aug 15 5-6 pm PT

Everything You Need to Know About Screen Sharing

Mon Aug 22 5-6 pm PT

SVIOA News & Information

Meetings * Events * Intergroup



SVIOA Meeting List

<https://www.sacvalleyoa.org/meetings.html>

Events

<https://www.sacvalleyoa.org/events.html>

Intergroup Meetings

7 - 8 p.m.

Every 2nd Tues. of each month

<https://zoom.us/j/98477821659>

Meeting ID: 984 7782 1659

Passcode: 860953

Intergroup Board

Chair	oachair@sacvalleyoa.org	Jan H.	(916) 616-1466
Vice Chair	oavicechair@sacvalleyoa.org	Scarlet H.	(916) 505-0360
Secretary	oasecretary@sacvalleyoa.org	Emily H.	(916) 718-2070
Treasurer	oatreasurer@sacvalleyoa.org	Joel W.	(916) 397-8276
Region 2	oar2rep@sacvalleyoa.org oar2rep@sacvalleyoa.org oar2rep@sacvalleyoa.org	Curt B.	(510) 435-3246
		Kathryn K.	(209) 988-1172
		Nancy Mc.	(916) 698-0541
WSBC	oawsbc@sacvalleyoa.org oawsbc@sacvalleyoa.org sdallama@me.com	Barbara M.	(916) 203-6025
		Judy L.	(916) 799-5804
		Les F.	(775) 813-4076
Webmaster	webmaster@sacvalleyoa.org	Phil K.	(916) 768-4549

Intergroup Committees

Committee Title	Specific Tasks
Bylaws	Bylaws and Policy & Procedures Review/Update
Events	Events Support
Group Support	Meeting & Video Conference Support Speaker List Maintenance
Answer Phone, Newsletter, and Meeting List	Answer Phone Maintenance Newsletter Editor Meeting List Coordinator
Public Outreach	Public Outreach Support
Retreat	Retreat Coordination
Special Population Focus	Special Population Support
Sponsorship	Sponsorship Resources Maintenance

Chair	Chair Email
Scarlet H.	oavicechair@sacvalleyoa.org
Sandra S.	divingal17@gmail.com
Gerri S.	alohagerri@aol.com
Dee	
Diane B.	iamdianeb@outlook.com
Christina H.	ohxina@gmail.com
Dawn S.	dawn.strickler@gmail.com
VACANT	
Rick Z.	rick@directdigitalcontrols.com
VACANT	
Cary H.	caryhh2002@yahoo.com

SPOTLIGHT:

2023 Board Member Nominations Open mid August!!

Sacramento Valley Intergroup of Overeaters Anonymous (SVIOA) Board Member Nominations Aug. 9 - Sept. 13.

The nomination period for the 2023 SVIOA Board will begin at the end of the August 9 Intergroup meeting, and close at the end of the September 13 Intergroup meeting. So, get ready to have an impact on who will serve YOU in 2023!

Intergroup Reps will be receiving a nomination form at the August meeting, but since most groups aren't meeting in person, nominations will also be accepted by individual SVIOA members via email during the nominations period.

Simply email your nominee (be it yourself or another SVIOA member) with the nominee's name, phone number, and position for which the person is being nominated to the current Vice Chair at oavicechair@sacvalleyoa.org no later than: 8 pm Tuesday, October 11, 2022.

Current Board members may be nominated or may nominate themselves for a second consecutive term in the same position. Board members "terming out" of their current positions in 2023 include: Jan H., Chair; Joel W., Treasurer, and Barbara M., World Service Delegate, so these individuals cannot be nominated for their current positions.

Returning to serve the second year of their current term are Curt B., R2 Rep, and Judy L., World Service Delegate, so, these individuals do not need to be nominated at all. Before you nominate yourself or others, please review the qualifications at: <https://www.sacvalleyoa.org/board-members.html>

Please direct any questions to the current Vice Chair, Scarlet H. at oavicechair@sacvalleyoa.org or text her at (916) 505-0360.

*In loving service,
Jan H.
Sac Valley OA Intergroup Chair*



*May the Valley Voice
serve as a lighted lamp,
shining rays of hope
and experience to
illuminate any dark corners
in your life.*

SVIOA Fiscal Report

Jan-Jun 2022 Actual vs. Budget for 2022

		Jan-Jun 2022	Budget for 2022
Revenue	Meeting Splits	4,518.60	12,000
	Individual Contributions	2,988.61	3,500
	Events	469.83	900
	Retreat Reg – Less Refunds	18,268.90	19,000
	Total	26,245.96	35,400
Expense	Admin (Web host & Taxes)	361.17	3,100
	Phone/Newsltr/MtgList	414.78	1,000
	Group Support (Zoom 1yr)	834.39	1,100
	Events	313.65	450
	Retreat	11,667.20	16,500
	Other Committees	0	650
	R2 Reps	0	2,700
	WSO Delegates	643.08	4,800
	Contributions to R2 & WSO	200.00	5,100
	Total	14,434.27	35,400



Jan-Jun 2022 7th Tradition Contributions to Intergroup

Day	Time	City	WSO #	Group	Individual*	Total	Total in 2021
Sun	1:30	Stockton	57235		9.33	9.33	5.00
Sun	3:30	Sacto	56483		60.00	60.00	140.00
	4pm	Sacto	54797	25.00	150.00	175.00	844.15
Sun	6pm	Chico	45601	236.60		236.60	794.59
Mon	10am	Stockton	57338				
Mon	12:30	Nev.City	53250	234.00	134.74	368.74	771.20
Mon	1pm	Stockton	89663		34.94	34.94	(50675) 160.00
Mon	5:30	N. Reno	41148	97.80		97.80	na
Mon	5:30	Sacto	20105	78.00	20.00	98.00	204.35
Mon	5:30	Jackson	40370	125.00		125.00	
Mon	5:30	Bishop	56795	180.00		180.00	
Mon	6pm	Modesto	53717	351.00		351.00	678.05
Mon	6:30	Rancho C	45680	140.40		140.40	250.50
Mon	7pm	Yuba C	57050	34.37		34.17	25.99
Tue	12pm	Sacto	36145	340.61	212.18	552.79	1,083.06
Tue	5:30	Davis	56921		30.00	30.00	232.41
Tue	6pm	Chico	52849				528.45
Tue	7pm	Fairfield	50691		113.78	113.78	237.60
Tue	7pm	Folsom	48460	57.00		57.00	244.24
Wed	9am	Stockton	89493		60.00	60.00	30.00
Wed	10am	Stockton	56073		10.00	10.00	10.00
Wed	10:30	Sparks	54883	264.15		264.15	na
Wed	5:30	Grdn'ville	89947	123.00		123.00	na
Wed	5:30	Sacto	31758		238.76	238.76	248.56
Wed	6pm	Murphys	800039	96.00		96.00	(45706) 268.81
Thu	12pm	Sacto	20215				332.44
Thu	3pm	Stockton	30896		54.06	54.06	114.06
Thu	6pm	Chico	54397	102.04		102.04	258.00
Thu	6pm	WestSac	54298	169.19		169.19	357.79
Thu	7pm	Fairfield	53903		157.30	157.30	293.11
Fri	12pm	Carson C	50936	227.20		227.20	na
Fri	5:30	Sacto	34774		140.00	140.00	125.00
Fri	7pm	Yuba C	52984	125.00		125.00	57.48
Sat	9am	Folsom	39494	176.65	134.00	310.65	382.67
Sat	9am	Rocklin	18446	484.64	50.00	534.64	2,794.25
Sat	9am	Sacto	29079	586.80	628.06	1,214.86	3,082.95
Sat	9am	Stockton	54051		50.00	50.00	10.00
Sat	9:30	Sparks	50938	264.15	10.00	274.15	na
Sat	6pm	Sacto	89410		35.01	35.01	72.86
Individual \$ to Intergroup Gen Fund						656.45	
Jan-Jun 2022 TOTAL					4,518.60	2,988.61	
Plus Individual \$ to Days in OA						469.83	

*Individual \$ in behalf of their group / ~~group~~ = meeting closed / WSO # changed

Thank you for support of meetings, events, and

INTERGROUP

According to our Seventh Tradition, we are self-supporting through our own contributions. A suggested contribution of \$5 or more is much appreciated.

FELLOWSHIP

When "I" is replaced by "we"
illness becomes *wellness*