

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.

HOPE TABLE OF CONTENTS

Step 2, Tradition 2, Concept 2	1
OA Tahoe Retreat 2022	2
I Gained Hope in OA	2
I Failed Step 2	3
I Gained a Powerful Partner	4
There is Hope Now	4
Chatter from the SVIOA Chair	5
A Step Poem	5
Events	5
Intergroup Info	5
Annual Group Contributions Info	6
Free Zoom Training	6

STEP 2: SPIRITUAL PRINCIPLE: Hope

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2: SPIRITUAL PRINCIPLE: Trust

For our group purpose there is but one ultimate authority — a loving God as he may express Himself in our group conscience.

CONCEPT 2: SPIRITUAL PRINCIPLE: Unity

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

OVERHEARD AT MEETINGS

Addicts are the only people who stop doing things that work for them.

Experience is what you get when you don't get what you want.

I would never allow anyone to treat me as badly as I treat myself.

The miracle isn't that I have NOT eaten chocolate for 33 years; the miracle is that I have not WANTED to eat it for 33 years!

The truth is going to set you free, but first it's going to piss you off.

Don't believe everything you think

Relapse is not a requirement.

There is a Solution

February 18-20, 2022
2022 OA Virtual Region Convention

[Register Here](https://www.eventbrite.com/e/there-is-a-solution-2022-oa-virtual-region-convention-registration-226285194107)

Registration Is Now Open !
\$5, \$10, \$15, \$25 USD

Fri Feb 18
7:00 a.m. PST

to

Sun Feb 20
4:30 p.m. PST

- » Keynote Speakers
- » Steps Sessions
- » "Stepping Around the World" Workshops

Interpreted in many languages

Zoom information will be emailed to all registrants.





Serenity in the Sierras

35th Annual Tahoe Retreat 2022

August 5, 6, 7, 2022

Online registration will open Sunday, Jan. 30

The 12 Steps - A Pathway to Spiritual Awakening

August of 2020 would have been our 35th year of hosting the SVIOA Serenity in the Sierras Retreat at beautiful Lake Tahoe. Because of the pandemic, we had to cancel the retreat. Likewise, out of an abundance of caution, we made the difficult decision to again cancel the retreat in 2021.

GREAT NEWS !! We will be holding the 2022 Tahoe Retreat on Aug 5-7. Check the SVIOA website for more information. <https://www.sacvalleyoa.org/tahoe-retreat.html>

If you have any questions or would like to volunteer to be of service at the 2022 retreat, please contact retreat chair Rick Z. at (916) 870-1442 or via email at: Rick@directdigitalcontrols.com

I Gained HOPE in OA

At my first meeting there were people who were laughing, smiling, hugging and they even said "welcome" to me! At that time I was feeling a lot of self-hate, guilt, shame, loneliness, and fear of everything. I had given up hope.

Because those OA members at my first meeting were working Step Two to the best of their ability and not preaching it, I started getting a little hope back into my life.

In the beginning, believing in a Power greater than myself was believing in the people I met at my meetings. They had hope. I didn't believe I was a compulsive overeater in the beginning, because I didn't binge. I grazed. I didn't know that it wasn't how much or how often, but what food did to me that was important. The power I felt in the room was the power of God's unconditional love.

People I met that night welcomed me. They never asked me who I was, where I was from, what I did for a living, or even what had brought me to that meeting. For the first few weeks, I went to as many meetings as I could because I wanted "that feeling" again. Call the feeling security, being loved or being accepted--it doesn't matter. It kept me going to meetings where I learned about Overeaters Anonymous and about food addiction.

I learned that food addiction is a disease. I found out that other people had felt as miserable as I was feeling. Most importantly, I learned that I could get better. Gradually, by going to many meetings, listening to others at meetings, and working the Steps to the best of my ability, I came to believe in a power greater than myself.

I had thought the "God" that I learned about through my religious upbringing hated me for all the terrible things I had done. Today, I believe God loves me unconditionally, just as the people at my first meeting did. They asked no questions. They just welcomed me and allowed me to take or leave the suggestions they made. They believed, and I came to believe.

So today when a newcomer says to me, "I don't believe in this God stuff," I usually say, "That's okay. Go to meetings and look around at the faces of the people who are abstinent one day at a time. Believe that they believe in a power greater than themselves and give yourself time!"

- anonymous

I "Failed"

STEP 2



A few weeks into joining OA, I decided to overhaul my online presence. My Gmail signature didn't have enough pious quotes. My Instagram had pictures of food that were probably turning my followers into gluttons, And my Facebook profile had swear words in it, for goodness sake. It was time to show the world my New Self and good works! Did you notice the "my" in that last sentence?

Early in the fellowship, I knew I liked what I saw. But I didn't understand "my part" yet. My old brain was still thinking in its old way. There wasn't any room for a Higher Power (and no need, or so I thought). I had a picture of what a recovered person looked like, and now that I knew the secrets I could just do it myself .And then, I got knocked down a notch by my sister. She said I was "shoving it in people's faces" and that I wasn't that different from my old self.

"What a shame," I thought, condescendingly. "That girl really needs recovery!"

The next ding came from a program call from someone in my home meeting. She asked if I noticed I only expressed gratitude toward my Higher Power after hearing other people do it. I had not.

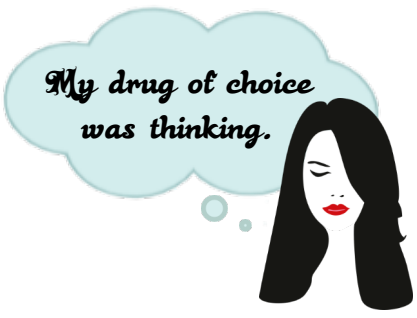
The final blow came from my sponsor who re-assigned Step 2 to me. Yes, I failed a Step! It was obvious to her that I hadn't come to believe a power greater than myself could restore me to sanity. *I* was the one who entered the OA rooms. *I* was the one doing the reading. And most importantly, *I* was the one who was going to pull myself up out of the pit *I* had dug for myself. The problem with that is given in the Big Book about ridding ourselves of selfishness:

We must (get rid of self), or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to...We had to have God's help. (BB p. 62)

On my second pass of Step 2, I focused on the Spiritual Principle of Hope. You can't engage in hope without being humbled enough to ask for a Higher Power's help. I prayed on my knees. With my hands palms-up. With a humbled body and a heart filled with gratitude, I was able to start feeling the hope that only comes from asking a Higher Power to restore me to sanity.

Today, it's easier to shift the focus from myself to my Higher Power. I don't need the pious quotes in my email signature because I have a loving Higher Power who bestows sanity upon me every day. Higher Power doesn't need my over-the-top acting. Higher Power needs me to shut up sometimes and let Him direct my life.

- anonymous



"All About the Tenth Step"



Continued to take personal inventory and when we were wrong, promptly admitted it.

Sat Feb 22
10:00 a.m.-12:00 p.m.

<https://www.eventbrite.com/e/all-about-the-tenth-step-tickets-199614130237>

presented by OASV Intergroup



I Gained a Powerful Partner

Something was bothering me. I wasn't losing any ground in my program, but the meetings were starting to lose their appeal, and the periods between going to meetings seemed longer. I knew from past experience that the answer was in the Steps, so I carefully went over them. And sure enough, Step 2 jumped out at me. "Came to believe that a Power greater than ourselves could restore us to sanity."

This was the answer, and I knew it. But it was a hard pill to swallow. I knew that this was the introduction to the spiritual side of the program. Even if I can't accept the words "God as we understand Him," surely I can accept the possibility of a source of power greater than mine. Step 2 doesn't ask me to believe in this Power, only to believe it can work for me.

At that moment, the simplicity of Step 2 really hit me, especially as I became aware that I had relied on a power greater than myself most of my life, namely food. And the substitution of a Power greater than myself became easier when I realized Step 2 didn't ask me to identify this Power, only to accept it on blind faith and to allow it to work for me. There would be plenty of time before I got to Step 11 to improve my conscious contact with it.

This became the key that unlocked the spiritual side of the program for me. Today, I am extremely grateful that Step 2 offers me a partner to help me in times of despair. I never have to be alone. In surrendering a small bit of my ego, I have gained a powerful partner.

- anonymous

There is HOPE now

I remember one Friday afternoon after high school, I had my first binge with another friend who liked sweets. Of course, we tried to restrict the next week, and so began the cycle. I realized food numbed my emotions while I was eating and diets could occupy my mind while I wasn't eating it. This way, I wouldn't have to think about other things like conflict, friends, college, etc.

Since I was never skinny, I felt I needed to be "nice" and an overachiever because no one would like me just the way I was. I commuted to college the first two years so I continued using food. When I moved out for my second two years, I had no self-confidence. I isolated from my roommates (I am on Step 8 and look forward to making amends to them). I studied and worked compulsively and only attended select social or recreational events. I thought I needed food to get through, stay awake, and focus. The truth is the food was temporary but the effects were long lasting. I spent hours over-exercising and hating myself.

Once I graduated college, I was completely unprepared for the real world so I continued to use food. Compulsively overeating takes me out of the world, diminishes my self-esteem, and consumes my mind with selfish thoughts. Food was hurting me more than helping but I could not stop alone. My rock bottom was when I was laid off from my first career-related job. I was 25 years old and I felt like a 15 year old because that is when I stopped developing coping mechanisms to deal with life.

Thank God I found OA. Although I wish I found this program sooner, I am grateful I did not find it any later. It takes time to recover but at least there is hope now.

- anonymous

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 every 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	otreasurer@sacvalleyoa.org	Joel W.	(916) 397-8276
Region 2	oar2rep@sacvalleyoa.org	Curt B.	(510) 435-3246
		Kathryn K.	(209) 988-1172
		Nancy Mc.	(916) 698-0651
WSBC	oawsbc@sacvalleyoa.org	Barbara M.	(916) 203-6025
		Judy L.	(916) 799-5804
	sdallama@me.com	Les F.	
Webmaster	webmaster@sacvalleyoa.org	Phil K.	(916) 768-4549

Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws and Policy & Procedures Review/Update	Scarlet H.	oavicechair@sacvalleyoa.org
Events	Events Support	Sandra S.	divingal17@gmail.com
Group Support	Meeting & Video Conference Support Speaker List Maintenance	Gerri S.	alohagerri@aol.com
Answer Phone,	Answer Phone Maintenance	Roger H.	rbhunnicut@gmail.com
Newsletter, and	Newsletter Editor	Diane B.	iamdianeb@outlook.com
Meeting List	Meeting List Coordinator	Christina H.	ohxina@gmail.com
Public Outreach	Public Outreach Support	Dawn S.	dawn.strickler@gmail.com
Retreat	Retreat Coordination	Holly S.	hollynbob@gmail.com
Special Population Focus	Special Population Support	Rick Z.	rick@directdigitalcontrols.com
Sponsorship	Sponsorship Resources Maintenance	VACANT	
		Cary H.	caryhh2002@yahoo.com

Speaker List

SVIOA Meeting Secretaries and Speaker Seekers can request a copy of the Speaker List by going to the website <https://www.sacvalleyoa.org/speaker-list.html>
Also, SVIOA members who meet the speaker guidelines may submit their name and contact information to be included on the SVIOA Speaker List on the same web page.

Chatter from the SVIOA Chair

The deadline to get your group's opinion heard for the 2022 World Service Business Conference Agenda Items is February 20, 2022. Talk to your Intergroup Rep for details.

Contact the Intergroup Group Support-Zoom Chair, Gerri, for one-on-one general zoom training and/or to training to help prevent and efficiently remove zoom bombers.
Welcome to our newest meetings from the great State of Nevada!!

If you have any questions or suggestions for your Intergroup Board Members or Committee Chairs, please send us an e-mail. We are here for you!

**In loving service,
Jan H.**

A Step Poem

I took Step One, began to moan
I can't do this one on my own.
I took Step Two, began to pray
Restore me God, please now, today.
I took Step Three, gave up my will
Maybe God could love me still.
I took a Fourth, I looked inside
Nothing more would I hide.
And on the Fifth, I said aloud
I've done some wrong, and I'm not proud.
I took Step Six, and got prepared
To lose the defects, I was scared.
Now I'm at Seven, take them away
My God, for this I do pray.
And on Eight, the list was long
Amends to make for all the wrongs.
I took Step Nine, put down my pride
Amends made, I will not hide.
Step Ten I take, each day I pray
I make amends along the way.
And on Eleven I pray to know
Each day His Will, which way to go.
I take Step Twelve, I'm like a bird
To others now, I spread the word...

- unknown

SVIOA News & Information Continued

Meetings * Events * Intergroup

2021 Jan. - Dec. Group Contributions to Intergroup

Day	Time	City	WSO#	Jan-Dec 2021
Sun	1:30 PM	Stockton	57235	\$ 5.00
	3:30 PM	Sacramento	56483	\$ 140.00
	4:00 PM	Sacramento	54797	\$ 844.15
	6:00 PM	Chico	45601	\$ 794.59
Mon	12:00 PM	Stockton (closed)	50675	\$ 140.00
	12:30 PM	Nevada City	53250	\$ 771.20
	1:00 PM	Stockton	89663	\$ 20.00
	5:30 PM	East Sacramento	20105	\$ 204.35
	6:00 PM	Modesto	53717	\$ 678.05
	6:30 PM	Rancho Cordova	45680	\$ 250.50
	7:00 PM	Rocklin (closed)	49049	\$ 195.95
	7:00 PM	Yuba City	57050	\$ 25.99
Tues	12:00 PM	Sacramento	36145	\$ 1,083.06
	5:30 PM	Davis	56921	\$ 232.41
	6:00 PM	Chico	52849	\$ 528.45
	7:00 PM	Fairfield	50691	\$ 237.60
	7:00 PM	Folsom	48460	\$ 244.24
Wed	9:00 AM	Stockton	89493	\$ 30.00
	10:00 AM	Stockton	56073	\$ 5.00
	5:30 PM	East Sacramento	31758	\$ 248.56
	6:00 PM	Murphys (closed)	45706	\$ 163.21
	6:00 PM	Murphys	80003 9	\$ 123.60
Thur	12:00 PM	Sacramento	20215	\$ 332.44
	3:00 PM	Stockton	30896	\$ 114.06
	6:00 PM	West Sacramento	54298	\$ 357.79
	6:00 PM	Chico	54397	\$ 258.00
	7:00 PM	Fairfield	53903	\$ 293.11
Fri	5:30 PM	Sacramento	34774	\$ 125.00
	7:00 PM	Yuba City	52984	\$ 57.48
Sat	9:00 AM	Folsom	39494	\$ 382.67
	9:00 AM	Rocklin	18446	\$ 2,794.25
	9:00 AM	Sacramento	29079	\$ 3,082.95

There are two things I hate.



The way things are....
and **CHANGE !**



FREE ZOOM TRAINING
CALL NOW!
(808) 250-1212

"Tonight both of our regular hosts were unavailable so I was HOST and it went fine! Thanks for all of your help - I was so glad to be able to facilitate our being able to have our meeting. "

Sock Snatchers Anonymous

I took my first sock when I was just a puppy, but pretty soon I was stealing 8 a day. I was completely out of control!

