



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.

Vol 24 Issue 2
February 2024

“Always to extend the hand and heart of OA to all who share my compulsion: for this, I am responsible.”

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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. Our leaders are but trusted servants; they do not govern.

CONCEPT 2: SPIRITUAL PRINCIPLE: Conscience
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



This is a “one day at a time” program.
If you are abstinent today,
you are tied for first place in OA.

OA may or may not get me to heaven,
but it surely got me out of hell.

Q-TIP: Quit taking it personally.

This disease doesn’t care how
much time you have in program.

OA does not teach us how to handle
compulsive overeating, it teaches
us how to handle abstinence.

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

The secret to my success in OA...
I didn’t do what I wanted to do.

Compulsive eating does not drown
our problems, it irrigates them.

Many Faces One Solution



BBA Winter Conference
for all spectrums of food addiction and compulsive overeating

SAT Feb 3

8:45am – 12:15pm PST

Speakers on manifestations of food addiction

SUN Feb 4

8:45am – 1:15pm PST

Speakers on the 12 Steps

Meeting ID 842 0306 5190
Passcode 015468



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's at my first meeting were working Step Two to the best of their ability, 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. In the beginning, I didn't believe I was a compulsive overeater 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

STEP
2
HOPE

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

2



Morning Prayer

As I open my eyes in the morning
From out of the shadows of sleep,
The promise of day is a-borning,
And the promise I made to keep.

I've learned through frustration and sorrow
To give up my will and my way.
No more do I promise, "Tomorrow—."
I promise now, "Just for today —."

In the quiet of morning I hand Him
My stubbornness, ego, and pride,
To my Maker as I understand Him,
And I know I shall not be denied.

"One day at a time" I surrender
My willfulness, asking in prayer,
An exchange for His comfort so tender,
And know that His comfort is there.

And so, for these twenty-four hours,
As morn's rosy light fills the sky,
I abandon my weak, self-willed powers
To the Power that's Greater than I.

-anonymous

ou
rn
elf

We'll love y
until you lea
to love yours



Before recovery, I was mortified at the thought that people might discover I was not the self-assured woman I made myself out to be. If they knew about my weaknesses, they would have more reason to avoid me.

Getting a sponsor drastically changed the necessity of maintaining this fragile image. Through uncovering and admitting my character defects, I realized I was no different than the people I was so afraid of.

I understood that we were all suffering and that I didn't need to disguise my authentic self. Having an honest relationship with my sponsor allowed me an honest relationship with myself and others.

Growing up into a spiritually mature adult has been difficult at times. It has taught me that I will surely be able to grow into the person God wants me to be if I don't take that first bite.

After a long time, I finally realized that I cannot totally rely on anybody except God. At the same time, I understand that I need the Fellowship and attending meetings.

At a meeting, another fellow suggested I try writing instead of thinking, and to share everything with the group. I didn't know this was possible. I did it, and the process made me authentic. It showed me how ridiculous I could be when I was on my own. I learned that if I had the capacity to be honest, I would get better.

Serenity and peace of mind are a direct result of my accepting my life as it is at this moment. And all the money in the world cannot purchase that kind of peace.

-anonymous

Abstinence is Easier

For most of my life I was looking for the "easier, softer way" to deal with my food addiction. I was always trying to prove I could eat like a "normal" eater who can occasionally eat for purely social reasons, for pleasure or to pass the time. For a compulsive overeater like me, that is neither easy nor hard. It is impossible! In Overeaters Anonymous I found, to my relief, that abstinence is easier. Here's why.

When I'm abstinent, I get to eat satisfying food at mealtimes, one day at a time. When not abstinent, I eat all kinds of junk food I don't really want, and can't stop.

When I'm abstinent, I get to be hungry at mealtime and enjoy my food. When I'm not abstinent, I wolf everything down with no way to stop until I become full and feel sick.

When I'm abstinent, I get to feel good regardless of my size or weight. I wake up with a light, thankful feeling and look forward to a new day free from the bondage of the scale. When I'm not abstinent, I wake up feeling fat, dreading the day and I punish myself with the scale, which determines how I will feel about myself that day.

When I'm abstinent, I get to choose clothes that look and feel good. When not abstinent, only my biggest, most hated clothes fit, and they bind and feel uncomfortable.

When I'm abstinent, I get to go to bed feeling thankful that I abstained "just for today." When not abstinent, I go to bed feeling stuffed, hating myself, resolving to do something tomorrow... which never happens.

When I'm abstinent I get to feel positive emotions and have the desire to make contact with a Power greater than myself. When not abstinent, I have only negative emotions and nothing, not even a Higher Power, can get in.

Abstinence is easier because all I have to do is accept my disease and surrender – and just for today, not take that first compulsive bite. When not abstinent, I am insanely willful, feeling deprived, envious and resentful.

Abstinence is easier because it breaks open my cocoon, releases me from the bondage of food and sets me free. When not abstinent, I'm locked in the prison of my food obsession, wanting freedom but looking only for more food.

God, please let me accept abstinence, just for today. And thank you for this easier way.

-anonymous

Diabetes Warriors
a special focus, virtual Overeaters Anonymous meeting

Sundays 3:00-4:00pm PT

This meeting is for sharing experience, strength, and hope (ESH) about the relationship between diabetes and our recovery from compulsive overeating. (The meeting is explicitly NOT for sharing medical advice.)

Meeting ID 993 3464 6706
Passcode 1212

Info: David H (202) 807-7616

Overeaters Anonymous
World Service Meeting #800987 | oa.org
Foot Steps Virtual Intergroup #09670 | oafootsteps.com
Virtual Region | oavirtualregion.org
#TogetherWeGetBetter



"We're sorry to hear that you're disappointed with the results you didn't get from the work you didn't do."



One of my worst character defects has been the tendency to think, "I'm the only one," which leads to self-pity and negative thinking. To my unending surprise and delight, in OA I often find myself thinking, "I'm like that," and I get such a warm feeling when I can identify.

I believe I have undergone a complete personality change during the five years I've been in OA. When I look back and remember what I was like and how ineffectually I coped with minor frustrations, I see that I was like a child.

Although I am aware that I will never stop growing, today I feel comfortable. My weight is acceptable to me, and so am I as a person. I like myself. (I've come a long way to be able to say that!) I can be aware of character defects I have yet to eliminate without feeling I must do it right now.

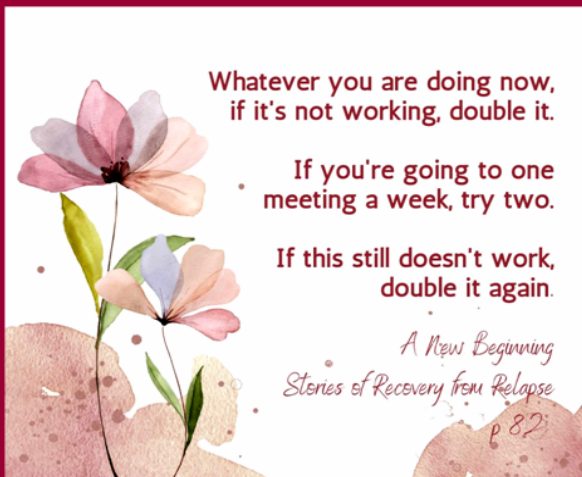
I am learning to give and receive love, and I am able to retain friendships. I can cope with pain and embrace life without escaping into food. Oh, the freedom that brings, and the self-respect! I am making progress, not only emotionally, but spiritually too.

My spiritual growth seems to be slower, but I can feel the strength it brings to my life. Just not having to run the whole show is a great relief. To say, "God, it's in your hands," and to feel the peace and serenity.

My abstinence is mostly good. When it's a little shaky, I have many sources of strength to turn to: meetings, OA friends, telephone calls and program literature. Each day, I try to remember to be grateful, which I truly am. I am grateful for my life and my health, for being who I am and for the wisdom I have gained.

I feel comfortable and life is an exciting adventure. I remember well the "poor me" syndrome brought on by thoughts of being "the only one." These days, having people to whom I can relate in so many ways invariably makes me think of myself as "lucky me"!

-anonymous



Focus on Sugar Addiction

Sat - Feb 10 4:00 pm PT

Zoom ID: 83878933060. Passcode: 874921

For more information and/or to help serve, contact JoJo at (818) 326-9003

OA taught me that willingness to believe was enough for a beginning. And this has been my experience

OA has shown me that I need to be restored to sanity. Because my actions when bingeing were not those of a sane person.

OA has motivated me to practice more honesty in my life. And I came to realize that my own thinking is usually irrational. It had to be, or I couldn't have justified my erratic behavior.

OA has given me serenity of purpose and the opportunity to be of service to God and to the people around me. And I believe that practicing the Principles enables me to fulfill my purpose.

OA teaches me that I will have peace of mind in exact proportion to the peace of mind I bring into the lives of others.

OA has taught me the true meaning of "If ye know these things, happy are ye if ye do them."

Because the only problems I have now are those I create when I break out in a rash of self-will.

-anonymous



Each Day I Admit I Am Powerless

When I came into Overeaters Anonymous, I wanted abstinence more than anything. And I wanted it right now. I went to meetings those first few months and complained: *Why can't I achieve abstinence? Why did it work for others and not me?*

An OA friend explained that we are in the process of growing, of finding abstinence, of learning about ourselves. And it is unrealistic to expect instant success. Recovery takes time. Lots of time.

I learned that I had to be willing to be willing. I had to be willing to be abstinent, willing to admit my powerlessness, willing to hand my compulsions over to my Higher Power. I prayed, "Lord, give me a willing spirit."

After doing this daily for a week, I woke up one morning and it was like a light clicked on in my head. And I knew that was the day. Since that day, through the grace of God, I have been abstinent. It was a gift. God actually took the cravings and the compulsions away.

Each day I admit I am powerless over food, my husband, my kids, the past, other people, my feelings, plus anything that is bothering me on any given day. I am so thankful for the things I'm learning because Overeaters Anonymous exists.
-anonymous

If all else fails.....



...work the Steps!

Can't Stay Abstinent?

5



Have you ever taken all of OA's Twelve Steps?
Have you done more than one 4th Step inventory?
Have you completed all your 9th Step amends?
Has it been a while since you've taken someone through the Steps?
Has it been a while since you have gone through the Steps?
Is there a habit or indulgence you will not give up?
Is there a person you will not forgive?
Is there a restitution you will not make?
Are you working Steps 10 and Step 11 every day?

-anonymous

*"For if (a compulsive overeater) failed to perfect and enlarge their spiritual life through work and self-sacrifice for others, they could not survive the certain trials and low spots ahead. If they did not work, they would surely (pick up the food) again.... With us it is just like that."
(BB p 14-15)*

I Truly Wanted to Be Free



When I came into Overeaters Anonymous four and a half years ago at 255 pounds, I wanted to be thin. I just wanted to eat whatever I wanted and not gain weight. And I wanted to be able to eat the way "normies" eat and not get fat.

There is a big difference between wanting to be thin and wanting to abstain from compulsive overeating. But my stubborn desire to be a "normal" eater was at the root of my self-destructiveness.

If I wanted to be abstinent, it meant I had to give up the dream of the all-you-can-eat buffet and fast food restaurants. It is only when I truly wanted to abstain from the insanity of compulsive overeating that I was able to take Step One.

I had to stop worrying about the symptom – the excess weight – and deal with the disease itself – compulsive overeating. And my sanity began to return. I truly wanted to be free. And this led to my willingness to practice the Twelve Steps of recovery.

It has taken me four years of maintaining a weight of 155 pounds to discover that there is a great difference between wanting to be thin and wanting to abstain from eating compulsively.

-anonymous

12 Symptoms of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interesting interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.

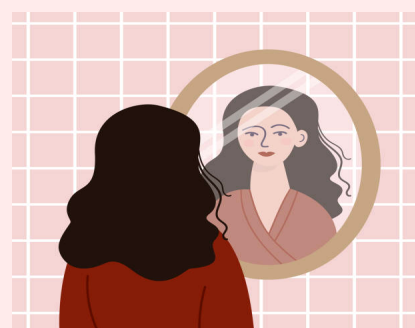


Inspiring OA Speaker Meetings

Sun Feb 4 & Sun Feb 18
1:00pm - 3:30pm PT

Meeting ID: 947 2125 9974
Passcode: 810562

PROGRESS, NOT PERFECTION



Get Honest with that Person in the Mirror

Many people coming into OA get the wrong conception of "Easy Does It." It doesn't mean that you sit on your butt, stay home from meetings and let other people work the program for you. It doesn't mean you have an easy life without compulsively overeating. "Easy Does It" means you take it a day at a time.

Before you can be honest with your sponsor or anyone else, you have to get honest with that person in the mirror. When you wash your face in the morning, get honest with the person who looks back at you.

-anonymous

HANG ON, PAIN ENDS

Pain is unavoidable but it's not permanent

The sun will come out tomorrow; it comes out every single day even when we can't see it.

You have the strength you need to get through this.

The light at the end of the tunnel is your life; it's the tunnel that's temporary.

Awesome Speakers

Marathon Meetings

Fabulous Workshops



How can I help carry the message?
CLICK HERE
<http://tinyurl.com/2rd3zyrw>

Listen to the Convention Singalong
CLICK HERE
<http://tinyurl.com/yn7mc4db>

July 12-14, 2024

**R2 OA Convention
at the Hilton Hotel Arden West**

Sacramento Style!

Sat Nite Dance
w/ live rock & pop band



Fun & Fellowship

**MORE CONVENTION INFO
CLICK HERE**

<https://www.oar2.org/upcoming-convention.html>

OA Celebrates 64 Years

The idea of OA came to founder Rozanne S. at a Gamblers Anonymous (GA) meeting she attended with a compulsive gambling friend in 1958. As GA members shared their stories, she heard her story—not of gambling, but of compulsive overeating. She knew then that the Twelve Step and Twelve Tradition program founded by Alcoholics Anonymous (AA) and modeled by GA offered her a chance to change her life.

Not until 1960 could she find another person who shared her convictions. Her chance meeting with a new neighbor, Jo S., gave Rozanne strength in numbers. Together they found another compulsive overeater, Bernice S., and convened the first OA meeting in Los Angeles, California, on January 19, 1960.

Today, OA groups meet each week in over 75 countries, in ten geographic regions and a virtual region, helping thousands of compulsive eaters find new life in recovery.

THE STORY OF OA Beyond Our Wildest Dreams

<https://bookstore.oa.org/books/beyond-our-wildest-dreams-998.asp>

INTERVIEW WITH ROZANNE And Now A Word From Our Founder

<https://oa.org/podcasts/founder-recordings/>

Suggestions on how to celebrate OA's Birthday!

Reach out to someone who has supported you on your OA journey to let them know the impact they have had on your recovery.

Reach out to someone who hasn't attended your meeting for a while just to say hello.

Share a favourite quote from OA literature with OA friends, along with what it means to you.

Take a quiet moment of reflection to think about those who are still struggling with this disease, and ask your Higher Power to show you what you might do to be of service to them.

Paying My Spiritual Dues

8



When I came into OA, I heard that I needed to abstain one day at a time. I thought it meant short-term willpower. I found myself asking "What's the difference between OA and all the diets I've been on? Didn't those diets also depend on willpower?"

I lived my whole life feeling scared I would put back all the weight I had lost during a diet. This had happened dozens of times.

But I found a big difference in OA. Something wonderful and new! I did exactly as I was told (*what a concept!*). And I got a clenched-fist abstinence. I was... what they call... "*stark, raving abstinent.*"

I slowly absorbed the program and worked the Steps, twenty-four hours at a time. And I don't know when it happened, but my compulsion to overeat was gradually lifted.

As of today, I know that as long as I keep spiritually fit, I no longer have to depend on willpower to control my compulsive overeating. What a great feeling!

I had to learn that I can't rush it. That I must have faith and believe it will happen in its own time. In other words, I had to pay my "spiritual dues," and then I was assured it would come to me.

-anonymous

Before You Take That First Bite

The first compulsive bite is the one that sends me back into bondage.

If there is no first bite, there is no binge.

If there is no binge, there is no shame.

If there is no shame, there is no hiding and deceit.

If there is no hiding and deceit, there is no continuing the binge.

If there is no continuing the binge, there is no weight gain and being trapped back in the bondage of food addiction.

Planning my meals and avoiding my "alcoholic" foods gives me incredible freedom:

Freedom to have peace around food.

Freedom to be in a right size body.

Freedom to feel normal.

Freedom to wear any clothes.

Freedom to fit in any chair.

Freedom to unashamedly be me.

That first bite takes much of that freedom away.

Whatever you do today, *avoid that first bite.*

- anonymous

Trust
God

Clean
House

Help
Others

MEETING LIST

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

EVENTS

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

NEXT INTERGROUP MEETING

Tues Feb 13
7:00 — 8:00 p.m.

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

Meeting ID: **984 7782 1659**
Passcode: **860953**

2023 December 31 - 7th Tradition Contributions to Intergroup

Day	Time	City	WSO#	Group	Individual	Total	Total in 2022	
Sun	1:30 p.m.	Stockton	57235		29.00	29.00	9.33	
Sun	3:30 p.m.	Sacramento	56483		5.00	5.00	60.00	
Sun	4:00 p.m.	Sacramento	54797	299.65	5.00	304.65	484.00	
Sun	6:00 p.m.	Chico	45601	491.73	10.00	501.73	844.61	
Mon	10:00 a.m.	Stockton	57338	162.08		162.08	36.61	
Mon	12:30 p.m.	Nevada City	53250	100.00	608.98	708.98	765.85	
Mon	1:00 p.m.	Stockton	89663	33.77	20.00	53.77	143.71	
Mon	5:30 p.m.	Carson City, NV	10299	99.74		99.74		
Mon	5:30 p.m.	Modesto	53717	275.70	20.00	295.70	472.80	
Mon	5:30 p.m.	North Reno, NV	41148	439.62		439.62	322.80	
Mon	5:30 p.m.	Sacramento	20105		205.00	205.00	248.00	
Mon	6:30 p.m.	Rancho Cordova	45680	131.99		131.99	230.40	
Mon	7:00 p.m.	Yuba City	57050	130.01	84.96	214.97	175.91	
Tues	12:00 p.m.	Sacramento	36145	691.88	518.42	1,210.30	1,370.78	
Tues	5:30 p.m.	Davis	56921	10.40	355.60	366.00	126.00	
Tues	5:30 p.m.	Sacramento	57914					
Tues	6:00 p.m.	Chico	52849	272.10	9.99	282.09	170.40	
Wed	9:00 a.m.	Stockton	89493	15.00	258.77	273.77	205.60	
Wed	10:30 a.m.	Sparks, NV	800674	480.00		480.00	504.15	
Wed	5:30 p.m.	Gardnerville, NV	89947	212.82		212.82	252.76	
Wed	5:30 p.m.	Sacramento	31758	4.45	229.45	233.90	481.23	
Wed	6:30 p.m.	Sacramento	57929	276.00		276.00		
Thu	12:00 p.m.	Sacramento	20215	353.24	31.50	384.74	582.00	
Thu	3:00 p.m.	Stockton	30896		137.73	137.73	131.89	
Thu	6:00 p.m.	Chico	54397				120.04	
Thu	6:00 p.m.	West Sac	54298	510.87	152.82	663.69	370.18	
Thu	7:00 p.m.	Shingle Springs	57629				N/A	
Fri	12:00 p.m.	Carson City, NV	50936	117.83		117.83	285.62	
Fri	5:30 p.m.	Grass Valley	57918					
Fri	5:30 p.m.	Yuba City	57644					
Fri	7:00 p.m.	Yuba City	52984	183.96	74.96	258.92	315.07	
Sat	9:00 a.m.	Folsom	39494		297.25	297.25	701.00	
Sat	9:00 a.m.	Rocklin	18446	1,968.65		1,968.65	1,404.64	
Sat	9:00 a.m.	Sacramento	29079	1,423.46	675.33	2,098.79	2,260.92	
Sat	9:00 a.m.	Stockton	54051	20.00	417.80	437.80	73.77	
Sat	9:30 a.m.	Sparks, NV	50938	480.00		480.00	514.15	
Sat	6:00 p.m.	Sacramento	89410		30.00	30.00	42.01	
Individuals \$ to Intergroup Gen Fund					280.83	280.83	1,634.46	
Closed Meetings					182.86	77.85	260.71	845.16
Total					9,367.81	4,536.24	13,904.05	16,185.85

Intergroup Board

Chair	oachair@sacvalleyoa.org	Scarlet H	(916) 505-0360
Vice Chair	oavicechair@sacvalleyoa.org	Raven Y	(530) 917-4979
Secretary	osecretary@sacvalleyoa.org	Kristen	(916) 792-0273
Treasurer	otreasurer@sacvalleyoa.org	Barbara E	(916) 799-9557
Region 2	oa2rep@sacvalleyoa.org	Steve H	(650) 224-4094
Region 2	caryhh2002@yahoo.com	vacant	
WSBC	judylynch@surrewest.net	Cary H	(530) 908-1230
WSBC	oawsbc@sacvalleyoa.org	Judy L	(916) 799-5804
Webmaster	webmaster@sacvalleyoa.org	Cara D	(209) 329-9927
		Andrea T	(916) 813-2836

Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws/Policy & Procedures Review/Update	Raven Y	raven.shasta@gmail.com
Events	Events Support	---	
Group Support	Meetings/Zoom Support	---	
	Speaker List Maintenance	---	
Answer Phone	Answer Phone	Janet Mc	shortred55@hotmail.com
Newsletter	Newsletter Editor	Gerri S	alohagerri@aol.com
Meeting List	Meeting List Coordinator	---	
Public Outreach	Public Outreach Support	Nancy Mc	nancynandalion@gmail.com
Retreat	Retreat Coordination	Rick Z	rick@directdigitalcontrols.com
Special Population Focus	Special Population Support	---	
Sponsorship	Sponsorship Resource Management	Katherine G	KATEJOE@msn.com



Vision For You
OA Fellows reading The Big Book together while sharing experience, strength and hope

every Thursday
6:30 PM PST

Zoom ID 825 944 5125
passcode 2020



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

ASK JEAN



SHARE ONE OF YOUR FAVORITE MEETING MOMENTS FULL OF FUN, LOVE AND RECOVERY.

I love every OA meeting - and I learn so much, while having fun and sharing on very deep topics. A favorite moment happened recently when I was sharing about my binge eating saying that the condition "ran in my family" as many in my family share in this disease. I felt so proud to declare this and to know that folks understood.

Someone sent a private message on chat saying that the disease not only ran in their family - **it galloped!** That is truly true and so hilarious. It really warmed my heart and I felt understood, heard, appreciated, and that I was truly home!!