

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.

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Step, Tradition, & Concept of the Month

Step 3: Spiritual Principle is FAITH

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3: Spiritual Principle is IDENTITY

The only requirement for OA membership is a desire to stop eating compulsively.

Concept 3: Spiritual Principle is TRUST

The right of decision, based on trust, makes effective leadership possible.

OVERHEARD



We learn two things from people's shares: What to do and what not to do.

We addicts basically have four feelings: Mad, Sad, Glad, Fear.

Give me the courage to be imperfect.

I keep my weight off by running up and down the 12 steps.

God steers but never rows.

BINGE

Because I'm Not Good Enough

RPM = Rise Pee & Meditate

A treatment center is where you pay \$5,000 to find out that OA is free.



Serenity in the Sierras
35th Annual Tahoe Retreat 2022

The 12 Steps -
A Pathway to Spiritual Awakening
August 5, 6, 7, 2022

[Click here to register or for more info!](#)

Sponsored by the Sacramento Valley Intergroup of Overeaters Anonymous

A Day in OA Presents...

gratitude

as a Daily Practice

Gratitude

It's not just for November!

<https://us06web.zoom.us/j/85201399707>

Saturday, March 19, 2022

10:30 a.m. - noon (Pacific Time)

Meeting ID: 852 0139 9707

Passcode: 633629

Phone: 1 (669) 900-6833

*same password

Come join us to hear speakers and to share your experiences with the practice of gratitude.

A suggested contribution of \$5 or more will be greatly appreciated. To contribute, go to

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

For more info, contact Mary S.

916-769-8691 or mfshea1@att.net

Hosted by the Thursday, 6 pm West Sacramento meeting



OA gave me good habits to replace my bad habits.

Instead of sitting in self-pity, I was told to hit meetings early and do service... doing whatever was needed.

(being useful).

Instead of fighting, I was told to do something nice for people...without getting caught.

(humility).

Instead of sitting in my head, I was told to go down the phone list and call members on their abstinence birthdays and wish them a wonderful day.

(thinking of others).

Instead of taking friends hostage, I was told to seek out at least two newcomers wherever I went, and reach out the hand of OA to them.

(giving back what was given to me).

- anonymous



OPPORTUNITIES:

When the student is ready, the teacher will appear.

The two most important things I heard when I first got abstinent were, "You never have to pick up the food again if you don't want to," and "You never have to be alone again."

I walked through the end of a three year relationship last year while abstinent. I've walked through experiences I had no idea how to stay abstinent through. Now, I get through these events by promising others, just as it was promised to me,

that if they don't pick up the food, no matter what, life changes for the better.

It has happened for me and, for me, that change has been freedom from bondage, renewed self esteem, contentment and serenity.

I mean it when I say, "None of us ever have to be alone again." If you need a friend who understands, look no further than the rooms of OA and the Big Book. They always hold an answer and some faith for me.

- anonymous

A Living Faith

When I first came to Overeaters Anonymous fifteen years ago, I compulsively worked the Steps in about a month. When I came to **Step 3, "Made a decision to turn our will and our lives over to the care of God as we understood him,"** I probably checked it off with a mental note that God now had my will and my life, and I moved on to Step 4.

Some years went by without my ever really taking in the true meaning of Step 3. Finally, after hearing enough people speak about it at meetings, it dawned on me that I had never really worked the Third Step. I still essentially lived my life wanting to be in control at all times.

On reflection, I could see that all my life I had tried to control or even manipulate people, events, and the world by controlling them. And in that way, I wouldn't get hurt: I'd look good, avoid problems, and generally work things to my own advantage.

Deep within myself, I had a basic lack of trust of others and the world. My attitude was that if I didn't do it, it wouldn't be done right.

And yet, no matter how much I tried to control others, people still wanted to do things their way.

Occasionally, I'd even sense someone trying to control me! The result was a blend of fear, worry, tension, frustration, anger, and resentments - all those things that lead me to the food.

The bottom line was that I ultimately did not trust God. I could trust him on small matters, but on the bigger issues or problems, my attitude was that God didn't need to be concerned. I'd handle it myself. When I prayed, I asked God to help me do things my way. However, I rarely asked what he might want of me in a situation. I had successfully blocked God out of my life. Even when I became aware of all this years into my abstinence, the idea of turning my will and my life over to God continued to be a very challenging.

Why? Because that would mean I wouldn't be in control. And who knows what would happen? What I needed was what Bill W. called "a faith that works" in other words, **a living faith.**

So Step 3 was the most difficult one for me. But when I practice it, I also find it extremely rewarding. By "letting go and letting God," wonderful things have happened in my life and in the lives of others in the program who practice it.

People in OA with a deep sense of serenity are almost always those who have truly turned their will and their lives over to the care of a Higher Power or God as they understand him. They can now relax and gratefully enjoy their lives

- anonymous



**Time to get up
and get going...
Today's bad
decisions
aren't going
to make
themselves!**

“Faith has to work twenty-four hours a day in and through us, or we perish.”

Big Book, Bill's Story, Page 16

THE WEDNESDAY 5:30 P.M. (PT)
Tools & Voices of Recovery
Meeting

The Tools

HAS A NEW ZOOM MEETING ID:
✓ **854 7002 0991**

PASSCODE
✓ **449015**

VOICES OF Recovery
A DAILY READER

Formerly met at the
Friends Community Church

Click here for all our meetings: <https://www.sacvalleyoa.org/meetings.html>



I was a hot mess. My eating was totally out of control. My life was beyond unmanageable. Finally, a friend took me in hand and dragged me to an OA meeting. She looked me in the eye and said: "Sit down and shut up." I promptly did what she said. And it was the first direction I had taken in a long time.

The OA group told me: "Keep coming back. Bring your body, your mind will follow. Take the cotton out of your ears and put it in your mouth. Be willing to put as much energy into your abstinence as you put into your eating. You have a disease called "compulsive overeating". If you were a diabetic, you probably would be taking insulin. The medicine for food addiction is OA. And you need to take a dose daily."

I was told to take it one day at a time. "But if a day is too long, cut it down." And they kept harping on "Keep Coming Back."

OA fellows told me I needed to be willing to go to any lengths for my abstinence. That meant, if necessary, giving up husbands, children, jobs, houses, cars, friends, etc. to stay abstinent. I was to get a sponsor, a person who walked her talk. One I respected. I didn't have to like her. Liking would come later.

I was now in school. OA School. Where I was to learn how to live my life without excess food. The Big Book was my textbook. I was to read the first 164 pages. I was not to memorize it. "This way, you will learn to live the Twelve Steps and Twelve Traditions and not become an OA guru."

I was also told to be at a meeting fifteen minutes early and stay fifteen minutes late. I was to ask questions, listen and socialize with those who had more continuous abstinence. I was to strive for quality abstinence, for often quality would bring quantity. I was to work the Twelve Steps and Twelve Traditions to the best of my ability. Abstinence comes with practice.

People suggested that I needed a Higher Power or my abstinence might not last. I'd been a church member for years, but I didn't have a personal relationship with my Higher Power.

In my first year, my father died, I was bitten by a snake, I had a heart attack and a stroke. I went to meetings. I did not pick up the food. I used the Fellowship of OA to get me through that first year.

Today, I can face death (mine as well as that of others), remarriages and illness. I am able to accept responsibility for myself. I can face poverty as well as affluence. I'm employable, adaptable and teachable.

Thanks to the program of Overeaters Anonymous and to God, I'm learning to live life on life's terms, and to enjoy it. To accept the good and the bad. And to be grateful for both. I have a long way to go, and I pray I never give up growing spiritually, emotionally and mentally.

Today, I have a peace of mind I never dreamed possible. My needs are always met – and even some of my wishes. I am truly happy for the first time in my life. Thank you, OA.

- anonymous



I have claimed I have faith that this program of Overeaters Anonymous works. Then I sit back and wallow in my character defects, attending maybe one meeting a week.

Sure, I have faith that this program really works! Then as the phone rings, I quickly think of all the reasons why I can't go help out an OA fellow.

It really works, but I neglect my daily spiritual growth, my personal inventory, and I leave my resentments unchecked.

We must have faith, I cry. But all the faith in the world can't save me from picking up the food unless I begin a program of action. Lip service to my problem will not bring me growth in dealing with life.

Many who once claimed to have faith in OA are out there somewhere -- without faith, without hope.

"It didn't work for me," they say as they head out to buy fast food for dinner. It doesn't work for me unless I work for it.

By developing a pattern of life that allows me to "grow along spiritual lines," and by taking persistent, positive action, my faith grows as I see evidence that it works. My actions, not my words, are the proof of my faith.

The OA program doesn't live as printed words on a wall display of the Twelve Steps.

It lives when I ACT upon faith and practice the principles of the Steps.

- anonymous

**“ In this book
you read again and again
that faith did for us what
we could not do
for ourselves. ”**

Big Book, Page 70

Keeping the "God Thing" Simple

I came to OA because of my compulsive overeating. And I was confronted with the God problem. I couldn't bring myself to fall to my knees or to ask him to keep me abstinent.

I tried reading daily meditations and spiritual stories but nothing seemed to work.

I attended Step meetings and read the Second Step many times.

I easily agreed with the various stories of the atheist and the believer who lost his faith.

But I never noticed that Step Two contained a solution for those who cannot find faith.

I continued with the Steps. I did a Step Four. I wrote out my resentments and fears.

I made an amends list. And my sponsor guided me through making the actual amends.

For the first time, I felt happy, peaceful and free. I didn't entirely forget God. I kept an open mind. I read. I listened. I attended meditation meetings.

Then one day an OA friend said to me, "Don't pray for outcomes - pray for strength."

I realized that what she said was right out of Step Eleven, in which we ask God "for the power to carry out his will. And I realized it was time for me to quit the debating society.

I needed to keep this "God thing" simple. And I found myself praying for strength.

I prayed my own versions of the Third and Seventh Step Prayers. I asked God to take away my selfishness and character defects so I could be useful to others.

I reread the Second Step at a meeting the other day, and I saw that the solution to my longstanding problem had been there all along.

To acquire it, I only had to stop fighting and to practice the rest of OA's 12 Step program as enthusiastically as I could.

And that is exactly what I did. I kept an open mind and practiced the rest of the program until I found my Higher Power.

- anonymous

We're sorry, your request for victim status has been denied. You are being referred to the Big Girl Panties department. Please stand by.



NORTH JERSEY INTERGROUP OF OVEREATERS ANONYMOUS presents

Measuring Out My Life: How I Work My Life Around Program

Sunday
March 20, 2022 11 am - 1 pm PT



Great speakers from around the country

Join Zoom Meeting

<https://us02web.zoom.us/j/82190018830?pwd=0033b6tR2o2U0xzdzVzbnZs5EhZz09>

Meeting ID: 821 9001 8830
Passcode: 032022

Suggested Donation is \$5

Please give what you can.
Your presence is more important than your money.
Please send checks to:
NJTDA P.O. Box 827 Fair Lawn, NJ 07410
If you have a Venmo or Zelle account:
please send to njloapay@gmail.com
Please indicate this event on your donation.

Thanks for your support

For further information, please contact Judy L. at
gratefuljudy@yahoo.com or 201-615-4955



Willingness
opens the
door to
GRACE

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
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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, Newsletter, and Meeting List	Answer Phone Maintenance Newsletter Editor	Roger H.	rbhunnicutt@gmail.com
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Retreat	Retreat Coordination	Christina H.	ohxina@gmail.com
Special Population Focus	Special Population Support	Dawn S.	dawn.strickler@gmail.com
Sponsorship	Sponsorship Resources Maintenance	Holly S.	hollybob@gmail.com
		Rick Z.	rick@directdigitalcontrols.com
		VACANT	
		Cary H.	caryhh2002@yahoo.com

Share Your Story

The Valley Voice needs you! Consider sharing your experience, strength, and hope in OA. From newcomers to oldtimers, your unique stories are what makes us keep coming back. All our articles are anonymous. You are in a safe space here in the Valley Voice. If you need a topic, consider focusing on our next Step, Tradition, and Concept of the month (4th). However, this is only a suggestion and all OA stories are welcome! Email your story to Christina H. at ohxina@gmail.com for our April edition. Thank you for your service and for carrying the message.

Chatter

from the SVIOA Chair



SPOTLIGHT: Speaker List

"Where can I find people willing to speak at my meeting? SVIOA has a LIST, you say?!! Tell me more!"

Our Speaker List Coordinator, Roger H., says his job is to make it as easy as possible for Speaker Seekers to get the list, and wants to remind readers that it's a great way to be of service to BE a speaker.

"Can anyone get a copy of the speaker list?"

Because of the confidential information on the list, including names, email addresses, and phone numbers, the list is made available primarily to SVIOA group Speaker Seekers. Others who have a legitimate reason for requesting the list may be accommodated on a case basis.

"Can I get MY name added to the list to BE a speaker?"

YES! Please be aware that we have some criteria to be on the list which includes (1) Currently abstinent as defined by OA, (2) Currently working with a sponsor, and (3) Currently working the steps.

"So, how do I get a copy of the list, AND how can I sign up to be on the list?"

You can request to receive the list AND sign up to be added to the list by going to our website at www.sacvalleyoa.org, click on the Intergroup tab, scroll down to Speaker List. You may also click this link: <https://www.sacvalleyoa.org/speaker-list.html>

If you have questions, call or text Roger at (209) 232-6077. He's happy to help!

*In loving service,
Jan H.*

AUDIOBOOK NOW AVAILABLE!!

OVEREATERS ANONYMOUS

THIRD EDITION

OA's beloved Brown Book is now an audiobook! Using readings by OA members for the book's CD set, our first audiobook includes the entire text of Overeaters Anonymous, Third Edition—from the forewords to the appendices. During daily activities or when you need a recovery boost, listen to more than forty stories by OA members sharing their experience, strength, and hope, including our founder's share: "Keep Coming Back: Rozanne's Story."

OA receives a royalty share for audiobook purchases made through these third-party vendors (links open to external websites):

Audible: <https://adbl.co/34h1F25>

Amazon: <https://amzn.to/3ooLR1e>