

# 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 7: SPIRITUAL PRINCIPLE: Humility

Humbly asked Him to remove our shortcomings.

### TRADITION 7: SPIRITUAL PRINCIPLE: Responsibility

Every OA group ought to be fully self-supporting, declining outside contributions.

### CONCEPT 7: SPIRITUAL PRINCIPLE: Balance

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

## OVERHEARD



Growing old is inevitable,  
growing up is optional,  
growing spiritually is up to me.

I am responsible for the effort -  
not the outcome.

When we try to control our eating,  
we have already lost control.

Comfort is the enemy of growth.  
Get uncomfortable.

When all else fails,  
the directions are in the Big Book.

Anything you did while overeating  
you can do better abstinently.

It is easier to stay abstinent  
than it is to get abstinent.

**OVEREATERS ANONYMOUS**  
SACRAMENTO VALLEY INTERGROUP

## Freedom From Bondage

### A Practical 12 Step Workshop

**Sat July 23**  
11:00 a.m. – 1:30 p.m. PT

Speakers, writing activities, fellowship

<https://us06web.zoom.us/j/81537306618>  
Meeting ID: 815 3730 6618  
Passcode: 038609  
Phone 1 669 900 6833

**Download Workshop Handouts at:**  
<https://drive.google.com/file/d/1LxihK-Qknz7ihLeN-EB0sGnyli6rVmAo/view?usp=sharing>

Suggested Donation \$5  
Donate online at: <https://www.sacvalleyoa.org/donations-for-events.html>

Hosted by the Tues Noon Sacramento OA Meeting  
INFO: Gerri (808) 250-1212

# Through Our Own Contributions



|| GET A SPONSOR, GET A HOME GROUP, AND GET SOMETHING TO DO AT THAT HOME GROUP ||

## COMING HOME A Returnee's Story

Let's face it, returning to OA after relapsing can be extremely uncomfortable, and I should know because I've been a periodic "slipper" over the past 20 years. But now, after three lengths of serial abstinence, (5 years, 8 years and now, over 3) and two nearly fatal relapses, there is no doubt in my mind that I need OA in order to survive. But, how to make it work this time?

When I returned to OA in 2015, I was beset with toxic levels of self-pity, anger and jealousy that were blocking me from getting any real relief. For instance, when a dear friend took a recovery chip for a double-digit abstinence, I wallowed in self-pity that I had "lost my time" instead of being happy for her.

"Get a sponsor, get a home group, and get something to do at that home group," was a continuing mantra from the OA long timers. Most meetings needed readers, a timer and a secretary. We had newcomer greeters and an Intergroup Rep, in addition to a treasurer and Zoom hosts.

Having a responsibility got me to my home group when I had a headache, a cold, or — most importantly — a strong desire to just skip it. My contributions made the meeting better. And by my efforts I became an integral part of that group.

It took numerous calls to my sponsor to decipher my feelings from the fact that I'm nothing more or less than a jealous, self-obsessed compulsive overeater. Which was quite a relief. And I was worried that there was something seriously wrong with me! LOL

Here's where a thorough 4th Step came in. Sorting out who did what to whom and my part in it was essential, but not as a means to browbeat myself for my defects of character.

With Steps 4-7 I did something constructive with those flaws — namely to identify my wrong thinking, be ready to change it and pray like hell to have it removed.

It's taken years for me to put my life together again. But remembering that OA is a one-day-at-a-time venture on a long-haul journey is essential for my recovery.

The group needed workers, but it also needed money. They asked for 7th Tradition contributions each week

By making a full contribution of both time and money to OA, I find that I use less often what my sponsor called "those preferential pronouns"—I, me, my—and instead speak "we admitted", "God grant us", "our program", etc.

OA saved my life; so, I cannot leave it hungry and begging when I can quite easily do my part to alleviate that through my own contributions. *- anonymous*

Going to meetings and not picking up the food is essential. But not picking up a harmful thought, word or action keeps me away from an emotional state that leads me to relapse — and that's my hard-won fact.

True, I haven't done it perfectly. We returnees are also the lifeblood of OA. And we've got a lot to contribute. Our stories provide our fellows with unique insights into staying abstinent and where we went off the rails. We can return to the "road of happy destiny" if we're willing.

I'm happy to report that the program hasn't changed, but my willingness to maintain a spiritual solution to my self-obsession has.

*- anonymous*

**Carry The Message**  
Region 2 Convention  
Burlingame, CA | July 8-10, 2022

Join us for a weekend of fellowship, workshops and meetings where we share our experience, strength and hope.

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



**Be Grateful  
Stay Humble  
Remain Teachable**

# 10 THINGS that keep me abstinent

1. Asking God, my Higher Power, for help.
2. Writing down and committing my food to my sponsor every day.
3. Using my cell phone to get support. My support is a click away.
4. Planning. Not just my food plan but also my "exit plan." If I'm going to be in a difficult situation.
5. Being true to myself. I say no when I don't feel comfortable with something and do what I need to do to keep my food clean, no matter where I am or who I am with.
6. Staying balanced. I follow my action plan by getting to two or more meetings each week, working with my sponsor and my sponsees on the Steps, and planning for each day to start with prayer and meditation with God.
7. Exercising. For me, this means walking 30 minutes four to five times per week. This clears my head and helps me to feel good about myself. When I feel good about myself, I'm more likely to be true to myself.
8. Asking for help. When faced with difficult situations, I know I need to reach out to others in the program whose recovery I respect and ask how they got through a certain event or life experience while maintaining their abstinence. Then I listen as they share their experience, strength, and hope because it might be just what I need to get through it myself.
9. Reading literature.
10. Remembering that I can do anything for one day.
11. No matter what is going on in my life, I can keep my food clean for today and let the rest go to God. When I stay in today, life is a lot easier for me.   
- anonymous



 **VIRTUAL REGION WORKSHOP**

2ND SUNDAY OF THE MONTH

**Steps 10-12: Continue,  
Improve & Practice**

**Sun July 10  
12:00 p.m PT**

Zoom ID: 891 6554 0024  
Passcode: 120912

## Steps 6 & 7- *The Road to Mental Freedom*

In Steps Six and Seven, it occurred to me that most of my problems in life involved my interacting with other people.

As I got further into the Steps and started to process each and every one of these interactions, it became apparent to me that the basic cause of my discontent was low self-esteem. And until I resolved it, I would have very little peace of mind. I had to get right with everyone.

I now look at "love" as a verb and not a noun. I can love someone who doesn't love me back. As a result, I now truly wish the best for every human being I know. And I offer help and guidance when I can.

If I want to heal, I must look deeper and try to understand that other person. I need to be strong enough to rein in my ego and find ways of removing my judgmental attitudes. When I do this, it opens the door to love and compassion. Today, I can love everyone by simply giving them the respect and acceptance that I would want for myself.

After doing my best to adopt this plan over the years, I can now say that nothing that I have ever done, with respect to my relationships with others, has been more rewarding than this approach. I have, to the best of my understanding, stopped judging others by their outside behavior and have developed the strength to look deeper.

When I do that, I usually find a person, not too different from myself. They are just trying to protect themselves from their fears. And I just can't bring myself to pile on and compound their pain. My heart goes out to them and I don't have to deal with regrets later on. My ego is neutralized as I come to understand their challenges.

The greatest gift I receive from all of this is that as I apply this to others, I seem to allow myself the same latitude. Self-forgiveness and peace of mind seem to be the natural result of my efforts. I can accept everyone just as they are and not mess with God's work.

- anonymous



## Step 7 — HUMILITY

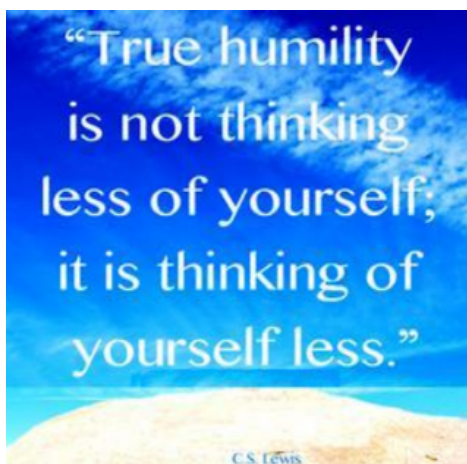
Step 7 in the AA 12×12 says that “humility, is often misunderstood”. It also says that humility amounts to “a clear recognition of what and who we really are followed by a sincere attempt to become what we could be.”

For me it means doing the things I am supposed to be doing every day, and doing them without fanfare. I always knew what I was supposed to be doing but I had an overbearing sense of insecurity and neediness. I was seldom strong enough to do the right thing. I developed a sense of unworthiness that prevailed until I found a solution in food, which only deepened my guilt and shame.

When I looked up the definition of “happiness,” I discovered that it is often described as “a byproduct of right living, and not an end in itself.” So it turns out that happiness is not a goal, but the result of living right.

An OA friend once shared at a meeting that satisfying her wants never made her happy. She said “Happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder.”

If my motive is to create happiness, it’s probably not going to happen. I believe that this perspective applies to humility as well. I also believe that right living is a good start.



I don’t think that anybody can claim humility for themselves, but we can see it in others. I’ve known some humble people in OA and they all have some things in common: They seldom bring attention to themselves. They never criticize others. They are always comforting. And they are always an asset and never a liability.

Humble people treat others with respect. They are trustworthy, loyal, helpful, friendly, courteous, kind, obedient. Sounds like the Golden Rule to me. But I was never strong enough to live by it. When I’m not sure what I’m supposed to be doing, I read the 11th Step prayer. That gives me a pretty good start. When I found OA, I was reintroduced to these values that help rein in my ego. Today, I am at peace with myself and others.

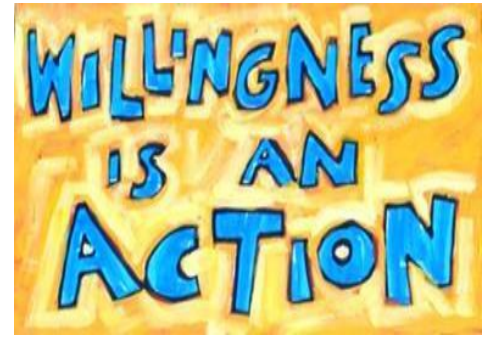
- anonymous

## Out of My Comfort Zone

I’m lucky to have a sponsor who is very involved in service and who has motivated me to do the same from the very beginning. At first I couldn’t really do much more than going to meetings and fellowship afterwards – which I now understand is also a form of service. Spending time with people in recovery enriches my life in many ways.

The fellowship after the meetings is one of the things I appreciate the most about OA and it’s something I miss during the current online-only situation. At a time when I couldn’t stand to be alone with my thoughts, I remember looking forward to the fellowship after the meeting. These days my abstinence and sanity are the result my Step work. But fellowship and service continue to be very important parts of it.

OA continues to give me great friendships and brings me to places I would have never been otherwise.



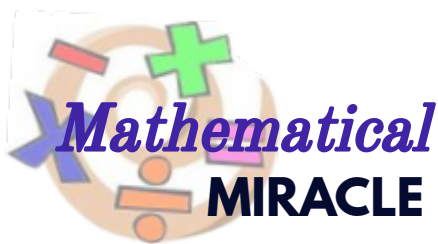
I’ve done a lot of traveling with OA friends, some of it to OA conventions. I’m a big fan and I usually try to go when I can. I still remember the first one I attended. Although I was not familiar with conventions, I was motivated to attend by the enthusiasm of my OA fellows.

I particularly relate to the enthusiasm speakers share their experience, strength, and hope at OA workshops. It gets me out of my comfort zone. It gives me hope, and makes me reflect on my character.

I usually do service when I attend a convention. Throughout my abstinence, I’ve served at the meeting, group, intergroup and region levels. Though sometimes challenging, service has been a great way of training myself for life beyond OA too. From talking to strangers at meetings, to asking people to do service at the convention or chairing a business meeting, I’ve been able to get out of my comfort zone in a safe environment and develop the willingness to eventually do the same outside of OA.

I didn’t really come to OA to get abstinent. I wanted to get my life together, take a break from the chaos, and eventually move on from the way my life was. But I’m still here. With the help of the fellowship I stayed long enough to get a feeling of what a life in abstinence could be. And that’s something I will always be grateful for.

- anonymous



At this point she cracked. She decided to go on an all-out binge. She didn't want to go somewhere where everyone knew her abstinence record. So she drove out of town and checked into a small hotel to set forth on her project. She knew that this little town was famous for its German bakery with its huge selection of homemade pastries.

It was a Friday night, so the bakery was packed with customers stocking up for the weekend. She felt agitated waiting in line for her turn. She was really depressed about losing her job and recently breaking up with her boyfriend.

Drowning in self-pity, she couldn't wait to take the edge off with a box of pastries. She just wanted to get quietly "stoned" on sugar.

Finally she reached the head of the line. The clerk looked up and said "Yes, m'am. What can I get you?"

Then the clerk froze in her tracks, took a long, hard look at the customer, leaned over the counter and said in a low tone, "I was in Los Angeles several months ago at the OA convention. I wandered into one of the workshops. You were at the podium and you gave one of the finest OA talks I have ever heard in my entire life."

For a few seconds she just stood there – probably in a state of shock. Then she picked up her wallet off the counter with trembling hands and walked out. All the desire for a binge drained out of her.

- anonymous



If we are NOT painstaking about this phase of our development....

- We will binge before we leave the parking lot.
- We are going to know a new pain and a new misery.
- We will regret our deeds and repeat them over and over.
- We will comprehend the word chaos and we will know calamity.
- No matter how far down the road we waddle, we will still wonder where we are going.
- That feeling of uselessness and self-pity will intensify.
- We will lose interest in things and gain relations with strange fellows.
- Self-seeking will be constant.
- Our whole attitude will be on the lookout for food.
- Fear of people and economic insecurity will leave us holed up at home with junk food for comfort.
- We will intuitively know how to stay fat with little or no money.
- We will suddenly begin to think that God does not exist.

Are these extravagant promises? Probably not. They are being practiced daily, sometimes insanely, sometimes deadly. They will continue to happen if we keep bingeing.

- anonymous



# SVIOA News & Information

## Meetings \* Events \* Intergroup

### Chatter

from the SVIOA Chair



### 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	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Jan H.	(916) 616-1466
Vice Chair	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>	Scarlet H.	(916) 505-0360
Secretary	<a href="mailto:oasecretary@sacvalleyoa.org">oasecretary@sacvalleyoa.org</a>	Emily H.	(916) 718-2070
Treasurer	<a href="mailto:oatreasurer@sacvalleyoa.org">oatreasurer@sacvalleyoa.org</a>	Joel W.	(916) 397-8276
Region 2	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Curt B.	(510) 435-3246
	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Kathryn K.	(209) 988-1172
	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Nancy Mc.	(916) 698-0541
WSBC	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>	Barbara M.	(916) 203-6025
	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>	Judy L.	(916) 799-5804
	<a href="mailto:sdallama@me.com">sdallama@me.com</a>	Les F.	(775) 813-4076
Webmaster	<a href="mailto:webmaster@sacvalleyoa.org">webmaster@sacvalleyoa.org</a>	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
Public Outreach	Meeting List Coordinator
Retreat	Public Outreach Support
Special Population	Retreat Coordination
Focus	Special Population Support
Sponsorship	Sponsorship Resources Maintenance

Chair	Chair Email
Scarlet H.	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>
Sandra S.	<a href="mailto:divingal17@gmail.com">divingal17@gmail.com</a>
Gerri S.	<a href="mailto:alohagerri@aol.com">alohagerri@aol.com</a>
Dee	<a href="mailto:deetio@charter.net">deetio@charter.net</a>
Diane B.	<a href="mailto:iamdianeb@outlook.com">iamdianeb@outlook.com</a>
Christina H.	<a href="mailto:ohxina@gmail.com">ohxina@gmail.com</a>
Dawn S.	<a href="mailto:dawn.strickler@gmail.com">dawn.strickler@gmail.com</a>
VACANT	
Rick Z.	<a href="mailto:rick@directdigitalcontrols.com">rick@directdigitalcontrols.com</a>
VACANT	
Cary H.	<a href="mailto:caryhh2002@yahoo.com">caryhh2002@yahoo.com</a>

### SPOTLIGHT: HOW CAN I HELP MYSELF AND OTHERS IN THE FELLOWSHIP?

**QUESTION:** What is the Spiritual Principal behind Tradition 7 – Every OA group ought to be fully self-supporting, declining outside contributions?

**ANSWER:** RESPONSIBILITY And, this responsibility goes beyond monetary contributions.

#### YOUR INTERGROUP NEEDS YOU!

What are your unique talents? Do you like throwing parties? Marketing/ADVERTISING? Information Technology? Administration/Operations? Budgeting/Accounting/Number Crunching? Making lists? Or, even better, a curiosity to learn something new?! Please consider making yourself available to serve as a Board member, Committee Chair or Committee member in 2023. Now is the time to reach out to the current trusted servants to learn about the position(s) that piques your interest, including what is expected of the position, and the time involved to fulfil the responsibility. You can find names and contact info for all current servants on this page of the Valley Voice, or go to the website for a brief description of the duties of each position.

<https://www.sacvalleyoa.org/board-members.html>  
<https://www.sacvalleyoa.org/committee-chairs.html>

**DON'T WAIT! Act NOW.** If interested in serving beginning January 2023, reach out to our Vice Chair, Scarlet H.

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



### Get Ready to BEDAZZLED

at the upcoming R2 Convention in Burlingame, CA



The "Bedazzled Boutique" will focus on new and gently used accessories:

- Jewelry - dazzling necklaces, earrings, bracelets, rings, pins
- Purses – stunning clutch/evening and designer bags
- Scarves and belts

We will not be offering any clothing.

#### WE NEED YOUR HELP.

#### Volunteer To:

- Gather any items you wish to donate
- Agree to be a collection/drop off location in your area
- Help sort, price and display donated items (Thursday, July 7)
- Staff the Boutique during the Convention (flexible shifts available)

Please text your name and email to  
Joan Z. 650/465-4732 or Eileen G. 650/892-6540

*BEDAZZLED Boutique Co-Chairs*

We look forward to hearing from you



## Notice of Upcoming Nominations and Elections for the 2023 SVIOA Board

SVIOA Elections Timeline per current Policy & Procedure	
Month	Task
July	Announce upcoming nominations and elections in Valley Voice and on website
August	Distribute Nominations form to Intergroup Reps at August Intergroup meeting
September	Receive nominations and end nomination period at close of September Intergroup meeting
October	Distribute Ballots to Intergroup Reps
November	Receive ballots and end voting period at close of November Intergroup meeting
December	Announce elected Board members at December Intergroup meeting with terms to commence in January

Board Officers	Qualifications	Term
Chairperson	1. Active membership in OA for at least one year 2. Working the 12 Steps, 12 Traditions, and 12 Concepts of OA Service to the best of his/her/their ability 3. Regular attendee of an active group for a period of one year, and 4. Served as Intergroup Rep for one year	1 yr
Vice Chairperson	Same as Chairperson	1 yr
Treasurer	Same as Chairperson	1 yr
Secretary	Same as Chairperson except that active membership and regular attendee of an active group minimum is <i>six months</i>	1 yr
Webmaster	Same as Chairperson	1 yr
Region 2 Representative (Up to 3 reps)	Same as Chairperson	2 yrs
(World Service Business Conference Delegates (Up to 2 Delegates)	1. At least one year of <i>current abstinence</i> , and 2. At least two years of service beyond the group level	2 yrs

Besides meeting the qualifications shown above, a nominee needs to understand the responsibilities of the position as defined in Article IV, Section 6 (page 5) of the Bylaws and as defined in the SVIOA Policy and Procedures manual (Articles VII and VIII, pages 9 through 25.)

Any individual who meets the minimum qualifications cited above and considers themselves a regular member of any group registered with World Service as being served by Sacramento Valley Intergroup is eligible to be nominated to serve on the Board.

Questions may be address to the current Chair or Vice Chair at: [oachair@sacvalleyoa.org](mailto:oachair@sacvalleyoa.org) or [oavicechair@sacvalleyoa.org](mailto:oavicechair@sacvalleyoa.org)