

# 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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## OVERHEARD



If it were not for the "we" of OA, there would be no "I."

"Thoroughly have we seen a person fail who rarely follows our path."

The 5 Ps: practice, prayer, perseverance, patience & progress.

OA is not something we join; it's a way of life.

If you want to change who you are, change what you do.

Honesty was a foreign language to me.

I had to give up blame to stay abstinent

Willingness without action is futile.

## Step, Tradition, & Concept of the Month

### STEP 6: SPIRITUAL PRINCIPLE: Willingness

We're entirely ready to have God remove all these defects of character

### TRADITION 6: SPIRITUAL PRINCIPLE: Solidarity

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

### CONCEPT 6: SPIRITUAL PRINCIPLE: Responsibility

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

Hosted by the Sacramento Thursday Noon Group

# OUTDOOR IN-PERSON DAY IN OA

Sat. June 25th, 2022  
Time: 11 am - 2 pm PST  
Place: Westminster Presbyterian Church  
in the private courtyard  
1100 N. St. Sacramento, CA 95814  
Bring a brownbag lunch!

\$10 Contribution Appreciated -  
No one turned away from lack of funds  
Contact Sara N. [916] 769-4266 for more info

# Willingness is an Action

Willingness is an action I take when I offer my will, my mind and my actions to my Higher Power, whom I call Holy Other. I do this freely and gladly because each day I turn my will and my life over, I am letting this Higher Power provide me with direction and support so I may live free of compulsive overeating.

I practice willingness by beginning each day in meditation, writing and setting my intention to be in "recovery mode" for that day. This helps me choose how to respond to challenges, rather than react to them. It helps me to make decisions with a clear mind about what, when, where, why and how to eat because I no longer live in a perpetual sugar fog.

What also helps me is working the Steps, using the tools and connecting with OA fellows. However, I will admit that at first I beat myself up during my first Step 4 inventory of past actions. Clearing out the past and forgiving myself and others did cause me some angst.

But sharing with my sponsor and hearing her say she had felt/acted similarly, and her offering suggestions - praying, acting-as-if, and viewing the past as a stepping stone to a new future - truly helped me to be more willing to dig deeper and to learn more.

I truly appreciate reading the stories of how other OA's have found a willingness to take the actions to set them free from the disease of compulsive overeating. And how many of them have been willing to support me on my journey.

So thank you to everyone who is trudging this road of happy destiny with me. I so appreciate you all.

- anonymous



Date: June 11 2022 Time: 1-2:30pm

Meeting ID: 878 2308 4939

Passcode: Principles

## The 12 Steps *Set Me Free*

“

**We were having trouble with personal relationships,  
we couldn't control our emotional natures,  
we were prey to misery and depression,  
we couldn't make a living,  
we had a feeling of uselessness,  
we were full of fear,  
we were unhappy,  
we couldn't seem to be of real help to other people....”**

”

- *Alcoholics Anonymous, page 52*

These words remind me that I have more problems than dealing with food. Compulsive eating is only a symptom of a more pervasive disease.

When I stopped overeating, I began a lifetime process of recovery from unruly emotions, painful relationships, and unmanageable situations. This process is too much for me without help from a Higher Power and my OA fellows.

When I began working the Steps, many of these tangled threads unraveled. But little by little the most broken places of my life began to straighten out.

One day at a time, almost imperceptibly, I healed. Like a thermostat being turned down, my fears diminished. I began to experience moments of contentment. My emotions became less volatile. I am now once again a part of the human family.

- anonymous

# Good Trades

# TRADE

When I'm seeking my will, humility and unity are nowhere to be found. Whatever I am giving up for the unity of the group is being replaced. It's in the Promises.

Giving up pride for humility, resentments for acceptance and self-will for tolerance are good trades. To achieve these trades, I need my Higher Power.

Progress happens slowly when I remember to follow the Program, work the Steps, go to meetings and ask for guidance. I stop the progress, or make it difficult, by forgetting that I am not in charge of the universe. God is.

I accept that I will always be under some phase of character development. But as long as I am

moving from discord to harmony, towards tolerance and love, I don't care how long the process takes.

Because unity is at work through a Power Greater than me. And it comes from my seeking God's will.

- 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>



Region 2 of Overeaters Anonymous serves California, Hawaii, Mexico, and Northern Nevada and exists to support individuals in need of recovery from compulsive eating through empowering all groups within the region.



## 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-Qknz7Hl-eN-EB8aGnvl6rYmAo/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



recovery inspires shared experiences

Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

### Upcoming Speaker Topics:

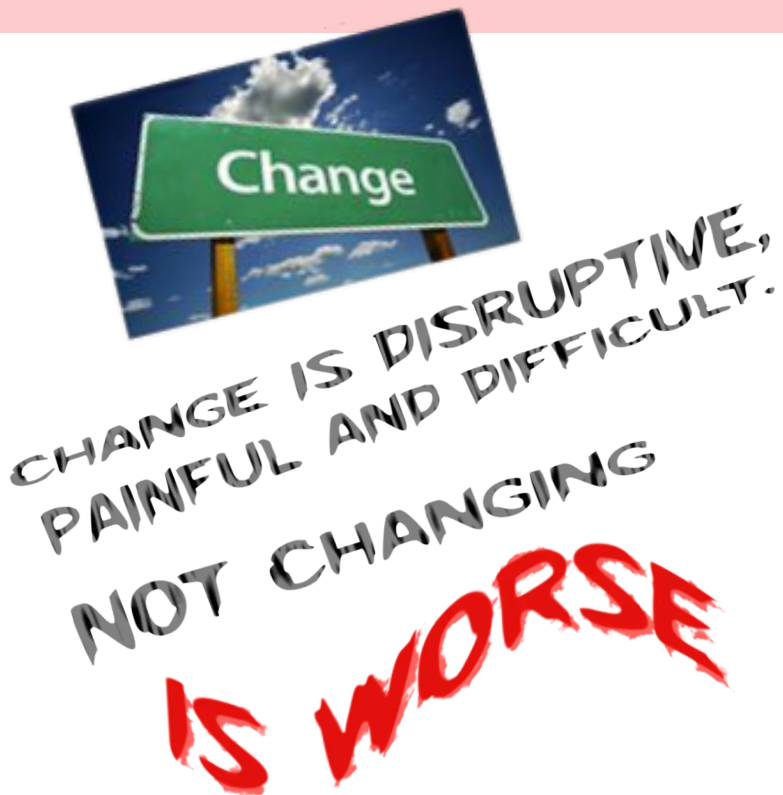
APR 3	"The Spiritual Principals of OA in Daily Life"	APR 17	No Workshop - Easter
MAY 1	"Life Will Take on New Meaning" 3-6pm CDT 3 hrs!	MAY 15	Journey through the Steps
JUNE 5	"The 12 Steps and the Spiritual Journey"	JUNE 19	"Quit 'Working' the Program and 'Live' the Program"

Follow this link for details: <https://www.nise.org/fora/fora-2022/>  
They suggest going to WK 121 / Marathon.

**1-3:30 p.m. PDT** Overeaters Anonymous Registered Meeting #88993

Meetings held regularly on the first & third Sundays of each month  
Zoom ID: 947 2125 9974 Password: 810562

# Singleness of Purpose



## Unzipping

### My Protection

Food addiction is a disease that feeds on isolation, loneliness and a false sense of self-reliance. I need to hear what actions other fellows are taking in order to live "in the sunshine of the spirit." And the main thing I need to remember is that I cannot recover alone.

Attending meetings is both a Step One and a Step Twelve activity. I go to meetings to remind my innermost self that I am a food addict who needs to attend 12 Step meetings for compulsive eaters. (Step One)

And I am there to listen to others (Step Twelve). I may have experience, strength, and hope to share, or I may have only fear or weakness to offer. But my courage to open up may lift others out of their isolation or give others a chance to reach out.

I once read about a climber who made a big mistake on a big wall in Yosemite and started to fall. In less than three seconds each piton he had carefully hammered into the vertical rock face failed to hold his weight and pulled free of the wall. Eleven spikes of steel and the climber himself were hurtling toward the valley floor a thousand feet below.

In climber's lingo, it's called "unzipping your protection." Suddenly the fall was arrested. And the climber dangled on his rope, suspended from the last remaining piece of protection. When I go into emotional freefall, I want more than one Step in place as my "protection." So that if taking inventory fails, prayer and meditation may hold me back from picking up the food. If my sponsor is

I have but one primary purpose: to stay abstinent and to help other compulsive eaters. The same three reasons that support our group commitment to singleness of purpose underlie my personal commitment:

#### 1. DUTY

I can repay those who have given me this gift by giving it away to others;

#### 2. LOVE

I've learned compassion for those still suffering and I want to help others; and

#### 3. SELF-PRESERVATION

I must help others in order to stay abstinent myself.

I inevitably find that when I'm able to stay focused on my primary purpose, my "secondary purposes" (school, work relationships) work themselves out quite satisfactorily. For me, the concept of singleness of purpose has become the bedrock of my personal program of recovery, just as it is the fundamental principle supporting the structure of our entire OA Fellowship.

- anonymous

unavailable, I might think to reach out to another OA fellow.

Rozanne's Prayer that we recite at the end of our meetings symbolizes for me the rope we all need to hang onto:

"I put my hand in yours, and together we can do what we could never do alone."

- anonymous

**PRIDE**  
IS CONCERNED WITH  
**WHO IS RIGHT**

**HUMILITY**  
IS CONCERNED WITH  
**WHAT IS RIGHT**



## Fed Up!

In working Step 6, I became very aware of those character defects and negative behaviors I uncovered in my 4th and 5th Steps, and the pain and discomfort they created in my life and in the lives of those around me. And I finally became ready to let them go.

At first, I thought that Step 6 was a passive Step. I now believe that my Higher Power removes my defects of character as part of a process. Sometimes it's a long process. There is no "magic" in Step 6. I just got fed up with those character defects that were creating pain and suffering in my life. Sometimes I interpret the consequences of my actions as messages from my Higher Power trying to teach me important lessons.

If the consequences of my actions result in spiritual growth, sanity, serenity and peace of mind, then I'm reasonably sure I'm on the right track. I'm on the "OA beam," and my Higher Power is blessing my actions.

On the other hand, if my actions and behaviors lead me to unmanageability, pain and insanity, I think my Higher Power is sending me a message that something is not quite right. That I need to re-examine my thinking and behavior. That I need to change my approach to recovery.

So it's simple, but not easy. In the morning I ask my Higher Power for help, direction and guidance to see what needs to be done. Then I ask for the strength, courage and willingness to do it.

My character defects often drive me into self-defeating thinking and behavior resulting in pain and problems. I need to have these character defects, these attitudes and behaviors removed. But first I need to become ready to do so. I have to admit that my character defects give me temporary pleasure. They gave me a sick satisfaction. A passing gratification.

The Sixth Step for me is a process of living mindfully and learning from the consequences of my behavior. They are deeply ingrained in me. So it takes time for me to heal and grow.

But it has been totally worth it, because the Promises have finally come true for me, thank You, God.

- anonymous

## My Personal Suit of Armor



In Step 6, I made a list of my character defects, my shortcomings. These were the manifestations of self that had placed me in a position to be hurt and to hurt others. These were elements of my "personal suit of armor" that I had gathered over my lifetime. I put them on and wore them as if I were going into battle. They may have been heavy and awkward, but I believed they protected me.

Step 6 suggests I put them all on the table and let God sort them out. I ask God to decide which I need and which I don't need. There may be some I call a shortcoming that my Higher Power may have a use for. Or there may be things I consider virtues that need to be cleared away.

As an artist I have long considered pride in my work a necessary tool of the trade.



**Our Serenity Prayer... brings a new light to us that can dissipate our old-time and nearly fatal habit of fooling ourselves**

- Bill W.

But even though pride is useful in craftsmanship, it is a total liability in spiritual matters. The Big Book refers to the "leveling of our pride." It means you have to level an old building in order to build a new one in its place. It has to be destroyed.

Working Step 6 really takes a lot of courage. It's a total act of faith. I have to trust that God will see the big picture and make the right choices. Funny thing is, without all that armor, it's a lot easier to move around.

- anonymous

**A shortcoming is like a flat tire.**

**A character defect is like driving on it.**

# 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
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	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Nancy Mc.	(916) 698-0541
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	<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 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.	<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>
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Christina H.	<a href="mailto:ohxina@gmail.com">ohxina@gmail.com</a>
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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: Get Ready for a SUMMER OF RECOVERY – SAC VALLEY OA STYLE

June 25th we'll have an  
IN-PERSON (OUTDOORS) DAY IN OA with TWO SPEAKERS

July 23rd will be an ACTION event that includes  
SPEAKERS, A WRITING EXERCISE, AND FELLOWSHIP  
(be sure to download and print the Workshop Handouts  
before the event)

and, last but not least,  
the RETURN of the ever popular LAKE TAHOE RETREAT  
August 5, 6, and 7.  
For more info, go to  
[www.sacvalleyoa.org](http://www.sacvalleyoa.org)

And remember, WE ARE NOT A GLUM LOT!

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

### Abstinence



### Trying VS Willing

I am <u>trying</u> to be abstinent.	I am <u>willing</u> to be abstinent.
A state of great frustration.	A state of great humility.
Implies that I should know how but can't come up with the right formula.	Implies that I don't know how.
Involves condemnation.	Involves acceptance.
I am closed to guidance.	I am open to receive guidance.
I will fear failure and judge myself as a failure.	Even "failure" may be used as a learning device.
Every setback reinforces that I will never find a lasting abstinence.	No setback becomes a problem, for I know I will be shown.
The responsibility is on me.	The responsibility is on my Higher Power.
It is like an act of separation.	It is like an act of prayer.
Implies resistance and struggle.	Implies acceptance and surrender.