

# 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 5: SPIRITUAL PRINCIPLE: Integrity

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

### TRADITION 5: SPIRITUAL PRINCIPLE: Purpose

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

### CONCEPT 5: SPIRITUAL PRINCIPLE: Consideration

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

## OVERHEARD



Surrender has nothing to do with giving up. It means to stop fighting.

We are prisoners of our own resentments. Forgiveness unlocks the door and sets us free.

I have a life in living color because of my black and white abstinence.

The first bite has the last say.

OA gives me a Ph.D. in life and a black belt in common sense.

Fear is an opportunity for courage.

Today I pray over the things that I used to eat over.

Bless them; change me.

Go to a meeting, witness recovery. Work the 12 Steps, experience recovery.

Sponsored by the Inland Empire Intergroup

OVEREATERS ANONYMOUS INLAND EMPIRE INTERGROUP

Step 6 & 7

Saturday, May 14, 2022 1-4 pm

**Character Defects Workshop**

**Zoom meeting:**  
Meeting ID: 847 9340 0159  
Passcode: 924985  
Find your local number:

No one will be turned away for lack of funds

SUGGESTED DONATION \$5  
Can be made to intergroup website  
<http://www.go2oa.org>

FOR ADDITIONAL INFORMATION CONTACT:  
BOB K (909) 910-0079  
Y2KITTEL@GMAIL.COM

# Relapse was *UNTHINKABLE*... what happened?

I got abstinent working the 12 Steps, and that was a miracle in my life! The desire to binge was gone. Life was great. My relationships improved. Then I went on "cruise control." I got cocky and complacent. My program began to waver.

The first principle I let go was my Twelfth Step work with other addicts. I was too busy to carry the message so I stopped working with newcomers and having fellowship with other recovered addicts.

Next to go was Step Eleven. I stopped listening to God through meditation and eventually I also stopped talking to God through prayer. What used to be an intuitive direction became muddled confusion.

Next, Step Ten ceased to be part of my daily routine. I got bogged down with the minutia of daily life. I stopped watching for selfishness, dishonesty, resentment and fear. I stopped asking God for guidance. I didn't bother to clean up my mistakes or make amends for my wrongdoings.

When I quit working my daily program of action, I no longer wanted to clean up my past and set matters right. I discarded my Step Eight list of people I had harmed and ceased to make any further direct amends as suggested in Step Nine.

Step Seven ceased being a part of my evening prayer and meditation. I no longer asked God to remove my defects of character, nor did I ask God to give me strength to do the right thing. With that, I ceased doing Step Six. I failed to see the fatality of my character defects and their terrible destructiveness.

Next to go was Steps Four and Five. I no longer confessed my shortcomings with others because I stopped taking a fearless and moral inventory of myself. Resentments, fears, and harms to others began to pile up and I once again became blocked from the sunlight of the spirit.

I gave up searching for the Great Reality deep down within me. I became unwilling to believe in a Power Greater than myself.

I lost faith in Step Two and once again lack of power became my dilemma.

Having no power, I had no defense against my addiction. My sound reasoning failed to hold me in check. The insane idea won out. All had gone well for a time and relapse was unthinkable, but I failed to enlarge my spiritual life and I found myself once again at Step One —powerless over people, things and substances... and my life had become unmanageable. And THAT is what happened!

- anonymous



An OA was a worrier. In fact, she was a black belt worrier.

One day her friend noticed she wasn't worrying.

She asked, "What happened?"

She responded, "I met a woman who said, 'If you give me \$1,000, I'll worry for you.'"

Her friend said, "Aren't you worried about how you are going to pay the \$1,000?"

She replied, "Why? IT'S NOT MY PROBLEM!"

- anonymous

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 Principles of OA in Daily Life"	APR 17	"Virtual Region One Marathon" Follow this link for details: <a href="https://oavirtualregion.org/marathons-2022/">https://oavirtualregion.org/marathons-2022/</a> They suggest going to VR Tel. / Marathon.
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"

**1-3:30p.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

## RENT-A-SPONSOR

- Are you tired of being told like it is?
- Still looking for that easier, softer way?
- Had enough of that same old time-tested direction?

**No Reading! No Writing! No Deadlines!**

### STANDARD FEATURES INCLUDE:

\*Listening to your sniveling without constant reference to the Big Book or Steps!

\*Co-signing your excuses and rationalizations!

\*Work only the Steps you want, in the order you choose!

\*Learn the secret of giving it away before you even have it!

\*Why "walk the walk" when you can just "talk the talk?"

\*Remember, it's better to look good than to feel good!

\*Why save your ass at the cost of losing your face?

## Step 5

Fear and insecurity can make me opinionated and domineering. Resentments can crop up with the right stimulus and make me take other people's inventories. Resentment and envy can make me malicious and gossipy, unpleasant company for other people and for myself.

Perhaps I haven't lashed out at anybody lately. Perhaps my anger has backed up into depression, and I feel like the wrong end of a worm. Self-pity. Yes! There's plenty of cause for this. But when any of these crop up, I need to regain my inner strength.

I've taken a bunch of Fourth and Fifth Steps. And I've learned that nobody is going to send me to the guillotine because of my shortcomings. I'm not going to be rejected. I won't be punished.

I can pray for guidance and insight. I can choose someone who is wise, loving and discreet to talk all this over with. And I am learning to eliminate complaint and excuse

and admit that I've done thus-and-thus to others or to myself, because of this or that anger or fear.

When I listen to others, I find for the thousandth time, that I am not alone. Other people have these feelings. They have done the same things. It's perfectly astonishing how often I go back to thinking of myself as "special."

When I was using food, I was an angry person who hated herself and took other people's inventories. Now and again, I'm still tempted to set somebody straight. If I do, I try to make amends. I am not as given to arrogance as I was, because I am slowly accepting myself, liabilities and all. I even think I might have a few assets.

Ten thousand thanks and a golden coffee mug to each of you who have listened to me. You who have helped me find out about myself. It's a wonderful feeling to know that you don't have to be a god or a goddess, a saint or a genius, to lead a reasonably happy, abstinent, healthy, communicative, constructive, and useful life-- with some laughter thrown in for good measure.

- anonymous

## The Key to My Peace of Mind

My belief that God is working in my life is the key to my peace of mind today. My abstinent life and the practice of the OA principles in all my affairs revolves around this belief. I have come to believe that spirituality is not simply a compartment of my psyche. It is indistinguishable from other parts of who I am. An ingredient in the "soup" of my self.

Today I truly believe God produces a "Goodness" in my relationships. I am not aware of this "Goodness" all the time. It isn't always at the surface of my interactions with people. But it does exist. And it is very powerful.

I have seen many changes in my "self" since coming to OA. I have grown from an emotional adolescent into an adult. And all the good and sweet things in my life are a direct result of my being a member of Overeaters Anonymous. The meetings, the conventions, the books and my fellow members with whom I feel and share the Fellowship of the spirit... all those parts are also woven into the fabric of who I am today.

For many years I was not aware of the potential of the OA program for me personally. I saw changes in others. I even acknowledged some changes in myself. But rarely did I glimpse the real reason for those changes.

Today I believe that it was the presence of my Higher Power and his influence over my self that was behind it all.

- anonymous



## Demolishing My Prison Walls



I used to devour food as if it were the cement that held me

together. The more I came apart, the more I ate. Food was the mortar I used to build thick walls around me to keep you out and lock me in. My walls were built over many years.

Although some of the walls are gone, I continue to work the 12 Steps to open myself up to a power that is gently mending my broken spirit and helps me continue the demolition of this prison.

I love watching this process take place with my OA fellows... one day at a time... one Step at a time. I love watching God reweave us back into the fabric of life as we all become reconnected... a part of... no longer alone.

I come together with you at meetings and add my experience, strength, and hope. I come for the Fellowship. I come to celebrate abstinence.

I come to tear down those prison walls.

- anonymous





**2022**

**2nd Sunday of the Month Workshop Topics**

**Sun May 8**  
**12:00 – 1:30 p.m. PT**

**Dealing with Guilt & Shame**

**Meeting ID: 891 6554 0024**  
**Password: 120912**

**FOR MORE INFORMATION:**  
<https://oavirtualregion.org>  
[info.workshop@oavirtualregion.org](mailto:info.workshop@oavirtualregion.org) or [chair.workshop@oavirtualregion.org](mailto:chair.workshop@oavirtualregion.org)



I was sitting on a beach at a retreat, having slept through the session after lunch, when the retreat leader walked by. She had noticed my absence and told me we would go over my Fourth Step after dinner. And she asked me to think of a resentment.

Oh, I had one alright. But the thing is, she must have seen my outstretched hand, even if I wasn't aware it was reaching.

I can't say that I found my abstinence at that moment. But it had a profound impact on my recovery. Someone cared about me. And noticed me.

I did meet with her after dinner. And she continues to be an influence in my recovery and in my life.

Since then, I have gone on to lose over 200 pounds. And I now have over three years of abstinence. *-anonymous*



OA has given me to the chance to get to know someone I never knew - **MYSELF!**

# HUMILITY

On his desk, Dr. Bob had a plaque defining *humility*.

- Perpetual quietness of heart.
- It is to have no trouble.
- It is never to be fretted or vexed, irritable or sore;
- to wonder at nothing that is done to me,
- to feel nothing done against me.
- It is to be at rest when
  - nobody praises me
  - and when I am blamed or despised,

It is to have a blessed home in myself

- where I can go in and shut the door
- and kneel to my Father in secret
- and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

Dr. Bob and the Good Oldtimers  
"As Dr. Bob said...", page 222

## The OTHER Serenity Prayer

Please grant me the  
serenity to stop beating  
myself up for not doing  
things perfectly,

the courage to forgive  
myself because I always  
try my best,

and the wisdom to know  
that I am a good person  
with kind heart ❤️



## Upcoming Zoom Classes

*Open to all OA and other 12-step hosts and co-hosts.*

Hosting Basics  
Zoom Security  
Hosting Tips & Tricks  
Screen Sharing

<https://oasandiego.org/zoom/>



## The 12 Steps SHORT FORM

1. I cannot handle it.
2. Maybe God can.
3. I think I will let him.
4. Who am I?
5. This is who I am.
6. I am ready to change.
7. Help me to change.
8. This is who I hurt.
9. Oops, I'm sorry
10. How am I doing?
11. What else can I do?
12. It works if you work it.

OVEREATERS ANONYMOUS  
SACRAMENTO VALLEY INTERGROUP

# Serenity in the Sierras

35th Annual Tahoe Retreat 2022

August 5, 6, 7, 2022

The 12 Steps - A Pathway to Spiritual Awakening

<https://www.sacvalleyoa.org/tahoe-retreat.html>



# 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
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		Barbara M.	(916) 203-6025
		Judy L.	(916) 799-5804
		Les F.	(775) 813-4076
		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>
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### SPOTLIGHT: Sharing OA Copyright Material Electronically

OA World Service has published guidelines (Feb 2022) for sharing OA-copyright materials on videoconferencing (e.g. Zoom, Microsoft Teams, etc.)

OA-owned materials are held in trust for OA's fellowship as a whole. We are all responsible to honor our Concepts of OA Service and Traditions, always remembering OA's primary purpose.

Only registered OA groups may screen share or audio share OA-copyright material without written permission with the following caveats:

- ◇ Must be temporary (materials can't be shared at the end of the meeting)
- ◇ Be limited (only a small portion of the overall content may be displayed - this includes, but is not limited to material from OA's daily readers For Today and Voices of Recovery)
- ◇ Cannot be copied or distributed electronically, in print, or as a recording, or otherwise
- ◇ ALL must be accompanied by the citation "[Source of material], Copyright Overeaters Anonymous, Inc. All rights reserved."
- ◇ Must comply with the videoconferencing company's terms and conditions.
- ◇ In no case should OA-approved material be amended or modified.
- ◇ Materials cannot be displayed on mobile messaging apps like WhatsApp, Telegram Messenger, Snapchat, Twitter, etc. OR on social media sites such as Facebook, Instagram, Pinterest, Discord, etc. OR on any websites, apps, or blogs without express written permission from OA World Service Office.
- ◇ Certain free, downloadable materials are available to registered OA groups on [oa.org](https://oa.org). Be sure to double-check that the material you want to share is on the list at <https://oa.org/guidelines-meetings/copy-requests>

If you have questions, please refer to the letter from the OA Board of Trustees To The Fellowship <https://oa.org/document-library> - filter: Copyright.

*In loving service,  
Jan H.*

