



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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“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 4: SPIRITUAL PRINCIPLE: Courage
Made a searching and fearless moral inventory of ourselves.

TRADITION 4: SPIRITUAL PRINCIPLE: Autonomy
Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT 4: SPIRITUAL PRINCIPLE: Equality
The right of participation ensures equality of opportunity for all in the decision-making process.

Overheard at Meetings



I get a daily reprieve from the thinking that precedes the eating.

My favorite drug was *MORE*.

Step 4 teaches me what other people do is none of my business.

Please call me.
I need to hear what I’m going to tell you.

Serenity is not the absence of conflict, it’s the ability to cope with it.

Food was not my problem.
I used food to deal with life.

When the pain of where I am, overwhelms the fear of where I am going, then I am ready and willing to grow and change.

WESTCHESTER UNITED INTERGROUP OF OA PRESENTS:
**RELAPSE & RECOVERY
SPEAKER PANEL**

Sun, April 14, 11:00 am - 1:00 pm PT

Four speakers share their journey from relapse to recovery, followed by Q & A.

Zoom ID: 914 633 2988
Passcode: 121212

For more into: contact Diane T at sinnerinrecovery@gmail.com

STEP 4 COURAGE

Made a searching and fearless moral inventory of ourselves.



Step 4 is called an inventory: “a searching and fearless moral inventory.” To tell you the truth, I was really scared to work this Step. It meant taking an honest look at all my character traits, both good and bad. Peeling back the curtain and exposing it all.

Little by little, I began to get a glimpse of childhood wounds and traits I had picked up along the way. I started to feel things I had been numbing with food for decades. And I tackled the internal programming that had kept me in bondage for so long.

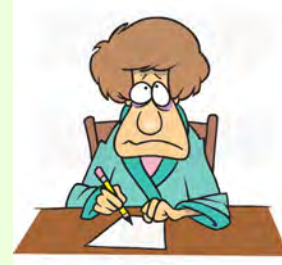
I had to dig deep. I shed layer after layer of pain, lies, shame and anger. I had to allow courage to rise and be completely honest with myself.

When I finally completed my first 4th Step, I felt a huge relief. I realized I had squared my shoulders and faced a lot. And I slowly began to heal.

I began to look at myself with a new perspective — a more loving and compassionate perspective. And I finally got to the guts of who I am: a beautiful and courageous soul!

-anonymous

Writing the Dreaded Step 4 Inventory



I spent my first year in Overeaters Anonymous stonewalling the suggestion that a written inventory would aid my recovery. During this rebellious period I took mental inventories in all kinds of places — for example, standing over the kitchen sink washing dishes. Then I conveyed them to my sponsor on a share-as-you-go basis. It seemed a fine system. I kept hearing “written” is best, but I clung to my own ideas.

Then I heard an OA speaker sum up the underlying attitude of people who procrastinate in taking a written inventory: “Fear says I dare not; pride says I need not.”

Wrong, my head screamed! Sure, I had defects; but fear wasn’t a biggie for me. Maybe a little pride, but certainly not the inventory-blocking kind. I laugh now at the con job involved in this thinking. The deception, of course, affected no one but me. The “fear and pride” quote haunted me until I finally decided to actually write a fourth-step inventory and be done with it.

Still, excuse after excuse delayed my acting on this half-hearted decision. I thought, “I’ll never finish ... Who’ll have time to listen? ... It’ll be too long ... Where should I start? ... What’s the right way so I don’t have to do it twice? ... Where shall I keep it? ... What if someone reads it?” A small, quiet voice inside said, “It doesn’t matter how. Just do it.” So I took out my notebook and began writing.

And I discovered that writing slowed down my thought processes and increased my self-awareness far beyond what was possible over the kitchen sink. As I wrote, I could see threads weaving through my life, all connected to certain key defects. Defects which were causing me a great deal of pain.

Since that first experience, much of my inventory writing has been a God-given accident. Often a letter to an OA friend turns into an inventory. I haven’t lost a friend yet. On the contrary, it is through my friends’ love and acceptance of me in spite of my “craziness” that I am able to love myself even when I’m feeling squirrelly.

So today I can recognize so many blessings in my life. My relationships with family, friends and co-workers keep improving. And I am now willing to use everything OA offers me to make my life better.

-anonymous



Anger

I’m not getting my way today.



Resentment

I didn’t get my way yesterday.



Fear

I won’t get my way tomorrow.



**NOTHING
TASTES
AS GOOD AS
ABSTINENCE
FEELS**

I had been coming to OA meetings for about four months. Although I had not found abstinence yet, I had somehow been controlling the wildest of the bingeing that brought me to OA. And had consequently lost about 15 pounds.

I spent a great deal of time in those early months unsure whether I belonged in OA or not. You know what they say about denial. In any event, by the grace of God, I kept coming to meetings.

Leaving a meeting one evening, I suddenly decided it would be a good idea to hit a drive-thru. This would be a transgression of a self-imposed bottom line. But that didn't seem like such a big deal at the time.

I ordered and ate with no real satisfaction. As I finished the last of the bag's greasy contents, I had a moment of truth. And I saw the truth. I had eaten a bag full of empty calories. Without my own permission.

It was in that moment I decided I wanted what you OAs had. And that I was willing to go to any lengths to get it.

I called a fellow OA member the next day, I put together a food plan, and I committed to abstinence. Through the tools of the program, the support of fellow OAs, and the grace of God, I've been able to maintain my abstinence on a daily basis since then.

I can't say I'm glad I hit that drive-thru, but if that's what it took to bring me to what I have today, I certainly don't regret it.

And frankly.....nothing tastes as good as abstinence feels!

-anonymous

**THE ONLY DIFFERENCE
BETWEEN A GOOD DAY
AND A BAD DAY IS
YOUR ATTITUDE!**



You have to surrender to win.

I had to give up the futile struggle, admit I was powerless over food and turn my life and my will over to the care of God as I understood him. The only way I can beat the Heavyweight Champion of the World is to not get in the ring with him. But I need help to stay out of the ring. I can't do it alone.

It's not the end, it's the beginning.

When I first came to OA, I was preoccupied with the thought of never eating my binge foods again. Coming into OA seems like the end. But in reality, it was the beginning of a new life.

It's not forever, it's just for today.

The great secret of OA is for me to live a day at a time. That's all I have anyway. It doesn't mean I can't set some goals or plan my vacation or retirement, only that I can't live emotionally beyond the next 24 hours.

OA is a spiritual program not a religious one.

Getting outside of myself, getting rid of the resentment, the hostility – is the spiritual purpose of OA. I'm asked to find my own higher power as I understand him. And to leave religion at the door. Some of us find a way back to our religion, but not to the exclusion of the spirituality of OA.

The more dependent I am on the OA program, the more independent I become.

The more I commit to OA, the more freedom I enjoy. Happiness and peace of mind are the by-products of my working the Steps, attending meetings regularly, reading the literature and getting involved in the Fellowship. OA gives me a life that sets me free.

I have to give it away to keep it.

I can't hoard the recovery I enjoy. I need to share my experience, strength and hope with others to stay abstinent. In fact, I always get more than I give.

For me, the rewards of OA are life itself... and freedom. Self-respect, self-esteem, new friends, pride in myself. I have a higher power I might never have found otherwise. OA gives me a PhD in life, and a black belt in common sense.

I am proud to be with the people who saved my life.

-anonymous

It Just Keeps Getting

better

Finally, I came to OA. I was sick and tired of myself. I was sick of my temper tantrums. But I was afraid that OA wouldn't work for me. I was afraid that I was hopelessly crazy. I was afraid that the boogey man who followed me around was growing tired of hiding and would get me any day. I didn't know then that I was the boogey man. I didn't know much at all about life, but I went on professing.

It took me five months to believe that OA could work for me. And it began working only after I let go of a painful relationship. It took me a year trying to live one day at a time. It took me fifteen months to find out that it was okay if I failed at work, after believing my problem was there. It took a year and a half to see the spiritual value of rotation, after trying to control everyone at my meeting.

And it took two years to learn that I wasn't getting anywhere because I was always in such a hurry. This past month I learned that the man I love is not going to marry me, even after all my good intentions.

I'm still an experimenter, reader, questioner. And I hope to travel again when I get the degree I'm after. I still only half-finish some of the things I start. I'm still trying to understand my church, my trade and my family.

Funny thing though, I am not as angry or as confused as I was. And I have friends who understand. I have a Higher Power that loves me.

Best and first, I'm abstinent. I practice all Twelve Steps. I pray and meditate, all with the power God provides. That's all I can profess. Oh yeah...and it just keeps getting better.

-anonymous

Serenity in the Sierras

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37th Annual Tahoe Retreat 2024

The 12 Steps - A Program of Recovery
August 2, 3, 4, 2024

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



Breaking the Endless Cycle

My anorexic/bulimic mind kept me from Overeaters Anonymous for a long time because I thought it meant "Overweights Anonymous." I didn't think OA was for me because I was not overweight. I was 5 feet 9 inches and weighed 118 pounds. Later, I went down to 108 pounds. And then I started bingeing again.

Afterwards I thought "I'm glad that's over. I'll never do that again." But I soon found myself poking around my pantry at 3:00 a.m., looking for something to fill that hole inside me that told me life was empty and meaningless. Then I would starve myself for days. And this cycle went on endlessly.

One day a formerly obese friend who had been in and out of OA called me. And by this time she was healthy. I told her about my secret life. She said I would be welcome at OA meetings. So I started going.

I was not an immediate success. Probably because the program requires humility, a quality unfamiliar to me. I finally surrendered to my Higher Power, worked the Steps and started helping others. This gave me a new life.

My OA friends have supported me all the way. I have had seven years of healthy eating, normal weight and freedom from bingeing, vomiting, starving and over-exercising.

Today I spend my spare time helping my sponsees work the Steps. The program has given me a daily reprieve. And the belief that my life is a success if I abstain from compulsive eating today.

Thank you OA for welcoming ALL compulsive eaters.

-anonymous

 **Excuses, DENIALS, & Loopholes...**
OH, MY!

SUNDAY, APRIL 14
11:00-12:30 PT
ZOOM:
Meeting ID: 858 0103 1176
Passcode: 786925

Common scenarios & disease traps
Fellowship
Open Sharing

OVEREATERS ANONYMOUS | PHILADELPHIA AREA INTERGROUP

Fabulous Workshops

Awesome Speakers

Registration is NOW OPEN!

Keeping Spiritually Fit

Recovery From Relapse

Recovery and Health Challenges

Aging in Recovery



FAQ for Virtual Attendees
CLICK HERE
<https://tinyurl.com/faq-virtual>

Listen to the Convention Singalong
CLICK HERE
<https://tinyurl.com/sing-a-long>

July 12-14, 2024
R2 OA Convention

Sacramento Style!

Attend on ZOOM



Attend in person

FOR MORE INFORMATION

CLICK HERE

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



Spiritual Awakening

There are many definitions of "spiritual awakening," but they all seem to have something in common. For those who have experienced a spiritual awakening,

- they now have become able to *DO, FEEL and BELIEVE* what they could not do before on their unaided strength alone;
- they have been granted the gift of a new state of consciousness
- they have been set on a path that tells them they are really going somewhere; that life is not a dead end and something to be endured or mastered;
- they have been "*transformed*" because they have found a source of strength they had previously denied themselves;
- they find themselves in possession of a degree of *honesty, tolerance, unselfishness, peace of mind and love* which they thought themselves incapable of achieving..

What they have received is a **FREE GIFT**.

Yet usually, they have made themselves *ready to receive it*.

(adapted from AA 12x12, pp. 106-107)



You're Invited to an
**OVEREATERS
ANONYMOUS BIG BOOK
BIRTHDAY BASH**
Celebrating the 85th
Anniversary of its
Publication!



Everyone invited to listen and/or share
on favorite passages in the Big Book
and how use the Big Book in recovery!

**Mon April 8
4:00 — 5:00pm PT**

Meeting ID: 817 4195 8563

Password: 048782

Hosted by the Ocean & Bay Big Book Celebration Meeting
Questions: Contact John @ 860-304-7210 (Call or text)



The Circus Has Not Left Town

My perception of any situation
is in my control.
I have a choice about
which way my mind will react.

I try my best to look
for positive solutions;
I take my problems to my sponsor
or I let my friends at a meeting
know what is going on inside me.

I must always remember, however, that
*"the monkey may be off my back,
but the circus has not left town"*

- and it never will
for this compulsive overeater

-anonymous

GOD GRANT me the
SERENITY
to ACCEPT the things I CANNOT change
COURAGE
to change the things I CAN and
WISDOM to know the difference



Emotional Maturity

I used food as a means of avoiding the pain of taking responsibility for myself. I wanted people to take responsibility for my resentments, intolerance and judgments.

When they refused, I turned to food in an attempt to obliterate these self-created problems. And so I became a compulsive overeater.

I had been attending meetings regularly for awhile, until one day I decided I would "retire" from OA. I was planning to step down to let the newcomers take over. And I assumed I was "cured." That I no longer needed OA because I was no longer picking up the food.

I was feeling a bit over-confident, even though I knew in my heart that just one bite of my "alcoholic" foods stood between me and a binge.

Now that I'm approaching my 4th year in OA, I'm starting to learn that the program offers me a lot more than abstinence. It's giving me the opportunity to take more responsibility for my *entire life*.

And I've come to believe that the key to relief from all my problems... both with and without the food... is

- the ability to laugh at myself;
- the ability to assume greater emotional responsibility with myself and others;
- the knowledge that the OA program offers me relief from *ALL* emotional disturbances.

Only Step 1 deals with my food problem. All the rest of the Steps are aimed toward my achieving greater emotional maturity.

-anonymous



God,
May I have the wisdom
to be able to turn
my stumbling blocks
into building blocks.



I Got Abstinent on Zoom During COVID!

I was a single mom experiencing a global pandemic, and my eating continued to spiral. I was afraid to leave my house, except to get my food.

I truly did not think I had anything good to offer the world, let alone to my son. I knew I needed to find an answer, but I didn't want OA to be the answer. I decided social media would get me abstinent. So I started joining social media groups. There were brief glimpses of hope, but it was still up to me to stop bingeing. The problem was me. So none of these worked for long.

One of the groups posted about an OA meeting on Zoom. And before I could think too much about it, I decided to check it out. The next morning I signed on to my first OA Zoom meeting. And the very first face I saw was a woman who was smiling, friendly and kind. I was broken and desperate.

The woman told me that the women in the program would love me until I could love myself. And that first woman became my sponsor. I did everything she suggested.

I worked the Steps and did service. It was suggested I start my day with prayer, readings and journaling. It was suggested I introduce myself in meetings as a newcomer for two weeks.

I went to the same meetings every day of the week for seven months. Some were local and some were in different parts of the country. I attended Big Book, Twelve and Twelve and speaker meetings.

I met some of the kindest people in my life. And most importantly, I did not feel alone. I felt more connected than ever to other OAs and to my God.

After about seven months, I walked into an in-person meeting. I was nervous. At 8 months abstinent, my sponsor came to visit me. She lives in another state. I have an abstinent best friend in another state whom I have yet to meet. I have a tribe of abstinent sisters in town too. I do life with all these women.

I live in immense gratitude for all the support and love, and for how the message of OA transcends all mediums. I am grateful I was desperate enough and willing enough to do anything to stay abstinent.

I have learned that once I put down the food and work the Steps, the Promises do come true!. I have also learned that life continues to get "lifer". But with the tools of OA, I can maintain my serenity in the middle of the stormiest of storms.

-anonymous

MEETING LIST

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

NEXT INTERGROUP MEETING

Tues April 9
7:00 — 8:00 p.m.

<https://zoom.us/j/98477821659>
Meeting ID: **984 7782 1659**
Passcode: **860953**

EVENTS

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

NASSAU INTERGROUP
WORKSHOP COMMITTEE

PRESENTS:

MON – APRIL 1
4:00 pm PT

ZOOM SECURITY TRAINING

Starts
at
4:00 pm PT

*This training will help you
develop your ZOOM skills
and keep your meetings
safe and secure.*

TRAINING WILL
BE ON THE
FIRST MONDAY
OF
EACH MONTH

Basic and Advanced Zoom Security
Q & A at the end of the Presentation

JOIN ZOOM MEETING:
MEETING ID: 774-646-690
PASSWORD: 535356



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

Intergroup Board

Chair	oachair@sacvalleyoa.org	Scarlet H	(916) 505-0360
Vice Chair	oavicechair@sacvalleyoa.org	Raven Y	(530) 917-4979
Secretary	oasecretary@sacvalleyoa.org	Kristen	(916) 792-0273
Treasurer	oa2reasurer@sacvalleyoa.org	Barbara E	(916) 799-9557
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Region 2		vacant	
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WSBC	oawsbc@sacvalleyoa.org	Cara D	(209) 329-9927
Webmaster	webmaster@sacvalleyoa.org	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	vacant	
Group Support	Meeting/Zoom Support	Nici P	powersnici@gmail.com
	Speaker List Maintenance	Carla	carla_s@mac.com
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Public Outreach	Public Outreach Support	Nancy Mc	nancynandalion@gmail.com
Retreat	Retreat Coordination	Rick Z	rick@directdigitalcontrols.com
Special Population Focus	Special Population Support	Maddy H	madisinhinojosa@yahoo.com
Sponsorship	Sponsorship Resource Management	Katherine G	KATEJOE@msn.com

ASK JEAN



**I lost 180 pounds in two years.
Imagine my dismay when I
discovered I was still miserable!**

I've gained and lost 700 pounds in my life span of 73 years. And all the same issues came with me whether I was thin or fat. In OA, I got out of the diet mentality and into the spiritual life of being guided by a Holy Other. And not under the influence of compulsive eating and using food to solve all my issues.

Diet plans don't work! But I've spent thousands of dollars on them. To say nothing of all the clothes I've bought and paid for with every 10 pounds of weight lost and re-gained!

I'm glad to be free thanks to Higher Power and OA.