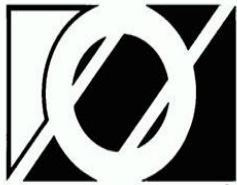


# SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

Serving Greater Sacramento Valley including Roseville, Rocklin, Davis, Folsom, El Dorado Hills, Rio Linda, Natomas, West Sacramento, some of San Joaquin County, Northern California foothills, and Nevada City.



Sacramento Valley  
Intergroup

## VALLEY VOICE

Vol. 17, Issue 3

March 2017

*Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the OA 12-Step program.*

### **UPDATE YOUR MEETING INFO, PLZ and TY!**

Check your meeting's details in this newsletter and send updates to: Valley Voice newsletter editor at: [oaNewsLTR@sacvalleyoa.org](mailto:oaNewsLTR@sacvalleyoa.org) AND SVIOA Webmaster at: [oaWebmaster@sacvalleyoa.org](mailto:oaWebmaster@sacvalleyoa.org).

### **Literature—Check SVIOA Website List 1<sup>st</sup>!**

Before ordering literature from WSO, check SVIOA literature availability at [www.sacvalleyoa.org](http://www.sacvalleyoa.org) OR contact Gail at [www.oaliterature@sacvalleyoa.org](mailto:www.oaliterature@sacvalleyoa.org).

If SVIOA doesn't have what you need, go to WSO literature:

- Catalog: [https://oa.org/files/pdf/2017\\_catalog\\_listing\\_117.pdf](https://oa.org/files/pdf/2017_catalog_listing_117.pdf)
- Order form: <https://oa.org/files/pdf/2017-Order-Form-1-17BOOKSTORE.pdf>
- Copyright date list: <https://oa.org/files/pdf/OA-Literature-List-by-Copyright-Date.pdf>

(Remember to pay California sales tax on literature ordered from WSO since it doesn't include tax. Please talk to your Intergroup Rep for the details on how to pay that pesky tax thing!.)

### **Monthly Message from the Twelfth Step Within (TSW)**

**RELAPSE  
CAN BE  
OPTIONAL**



### **Upcoming Sponsorship Training**

- **“Sponsorship Success” Phone Marathon Training!! Yay!**  
Sunday March 12<sup>th</sup> 11:00 AM – 2:30 PM (PST) Phone bridge – 641-715-3818 Caller Pin 925619# See backpage for details

### **Meeting Updates**

1. **Monday PHONE meeting time has changed to 7:00 PM!!**
2. **New Amador County meeting at** St. Katharine Drexel Church, 11361 Prospect Drive, Martell. Contact Mary K 510-809-5754.
3. **Thursday 6pm West Sacramento** meeting is a Big Book Study
4. **Thursday PHONE mtg is now at 8:00 AM!!**
5. Sacramento Saturday night 6:00 pm meeting **is closed** ☹
6. Elk Grove Wednesday night 7:30 pm meeting **is closed** ☹

## WEEKLY MEETINGS

Day <sup>3</sup>	City	Address	Format	Contact	Phone #	WSO #
<b>Sunday</b>						
4 pm	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	Abstinence 2 <sup>nd</sup> Edition, 4 <sup>th</sup> Sunday BB speaker	Mimi	916-495-5104	54797
7 pm	Elk Grove	Reflect Church – Mercantile Bldg. 9075 Elk Grove Blvd., 2 <sup>nd</sup> Floor	Literature Study	Jeanne O.	916-479-0708	45445
<b>Monday</b>						
Noon	Stockton	St Anne’s Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Big Book study	Karen W.	209-338-8879	50675
12:30 pm	Nevada City	Trinity Episcopal Church 201 Nevada St., corner of High Street	Brown Bag/Step Study (scent free)	Debbie	916-847-0840	53250
5:30 pm <sup>1</sup>	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 <sup>st</sup> to E streets)	“For Today” Reading	Melissa	916-205-0317	20105
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Literature Study	Colleen	408-531-5104	40370
6:30 pm <sup>1</sup>	Rancho Cordova	Cordova Neighborhood Church 10600 Coloma Road	HOW Concept!	Robin	916-529-1587	45680
6:30 pm	Arnold	Chapel of the Pines 2286 Cedar Lane (downstairs)		Joan	209-795-7149	52872
7 pm	Rocklin/ Roseville	Creekside Church, 290 Technology Way-#300, Room 208, Rocklin	Big Book, Speaker, Step Study, Traditions Study	Susan K.	916-834-3878	49049
<b>New Time</b> 7 pm PST	<b>PHONE MTG</b>	415-938-9021	AA Step Study	Rick	916-870-1442	55463
<b>Tuesday</b>						
<b>8 AM</b> (PST)	<b>PHONE MTG</b>	712-432-0080; Code: 561536#	OA & AA Step & Traditions study	Danielle	916-217-7867	55042
Noon <sup>1,2</sup>	Downtown Sacramento	909-12 <sup>th</sup> St. (between I and J streets) Room 202, buzz outside door	Brown Bag/Speaker	Gerri S.	808-250-1212	36145
6:30 pm	Stockton	St Anne’s Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Varies	Mary S.	209-624-9622	33185
7 pm	Folsom	Journey Church 450 Blue Ravine Road – Room K1	OA 12&12, Big Book	Rick	916-870-1442	48460
7 pm	Placerville	First Lutheran Church, 1200 Pinecrest Circle	Literature Meeting	Amber	530-903-0444	53787
7:30 pm	Fairfield/ Cordelia	Fairfield/Cordelia Library, Study Room, 5050 Business Center Drive	Literature Study	Lisa	707-410-0848	50691
<b>Wednesday</b>						
Noon	Folsom	Journey Church 450 Blue Ravine Road – Room K1	FORMAT CHANGE: AA Big Book write and share	Rebecca	916-933-2769	50985
1:00 pm	Martell	St. Katharine Drexel Church, 11361 Prospect Drive, Martell, CA 95642		Mary K	510-809-5754	
5:30 pm <sup>1</sup>	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 <sup>st</sup> to E streets)	Big Book, Literature Study, Tools of Recovery	Joel	916-571-5922	31758
6 pm <sup>1</sup>	Rocklin/ Roseville	Kaiser Hospital, Women & Children Building B – Room B18 1640 Eureka Road, Roseville	Steps; emphasis on recovery from relapse	Libby	530-888-7062	50479
6:30 pm	Murphys	Faith Lutheran Church, 65 Mitchler St., Corner of Highway 4	Book Study	Lisa	209-728-8485	45706
6:30 pm!	Carmichael	Heritage Oaks Hospital Medical Bldg. 4300 Auburn Blvd., Room 101A	Speaker, Step Study	Michael	916-727-4361	30499
7 pm	Phone Meeting	712- 775-7035; Code: 305422 (*6 to unmute and *6 to mute)	Young People (for OA members under 30)	Jessica	916-903-4231	55333
7:30 pm	Elk Grove CLOSED ☹	United Methodist Church, 8966 Elk Grove Blvd. Bartholomew Hall basement	Literature Study	Leslie	916-685-6287	25917

## WEEKLY MEETINGS

	City	Address	Format	Contact	Phone #	WSO #
<b>Thursday</b>						
<b><i>NEW TIME!!</i></b> <b>8AM</b> (PST)	<b>Phone Meeting</b>	712-432-0080 Meeting Code: 561536# <i>(this mtg WAS at 7:30 pm)</i>	AA Big Book Study	Danielle	916-217-7867	55027
<b>Noon</b> <sup>2</sup>	<b>Downtown Sacramento</b>	Westminster Presbyterian Church 1300 N St. (room opposite office)	OA & AA 12&12 Study Okay to eat sack lunch	Joel	916-571-5922	20215
<b>6 pm</b>	<b>Rocklin/Roseville</b>	Origin Coffee & Tea 2168 Sunset Blvd. - #105, Rocklin	Big Book Study	Bonnie	916-812-8686	53605
<b>6 pm</b>	<b>West Sacramento</b>	Center for Spiritual Awareness 1275 Starboard Drive	<b>New format: Big Book Study; speaker 1<sup>st</sup> Thurs</b>	Donna	530-400-3993	54298
<b>6 pm</b>	<b>Galt</b>	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
<b>7 pm</b>	<b>Folsom</b>	Journey Church – Room K1 450 Blue Ravine Road	Topic Discussion	Rick	916-870-1442	49100
<b>7 pm</b>	<b>Stockton</b>	St Anne’s Episcopal Church, 1020 W. Lincoln Road (room next to office)	OA 12 & 12	Maryann G.	209-951-2737	30896
<b>7:30 pm</b>	<b>Fairfield/Cordelia</b>	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study	Diva Katherine	714-396-4469 707-446-1875	50691
<b>Friday</b>						
<b>9:30 am</b>	<b>Sacramento Northeast</b>	St. Andrews Methodist Church 6201 Spruce Ave. Old Foothill Farms	“For Today” and “Voices of Recovery”	Mary A.	916-505-8714	51643
<b>5:00 pm</b>	<b>Grass Valley</b>	The Briar Patch Store 290 Sierra College Drive	Varies	Kirsten	530- 478-1724	00842
<b>6 pm</b>	<b>Woodland</b>	515 2 <sup>nd</sup> Street St Luke’s Episcopal “Guild Hall”	Tools, Voices of Recovery, Meditation & Writing	Gail	603-397-2339	54418
<b>7 pm</b>	<b>Yuba City</b>	St. Andrew Presbyterian Church 1390 Franklin Road	Back to Basics, Step Study	Debbie	530-635-5034	52984
<b>5:30 pm</b>	<b>Jackson</b>	Sutter Amador Hospital Conference room next to café	Topic Discussion	Klaus	209-295-4424	50244
<b>5:30 pm</b> <sup>4</sup>	<b>Sacramento Midtown</b>	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 <sup>st</sup> floor, rm 1or2	Speaker and Step Study <sup>4</sup>	Aine “Onya”	415-368-4616	34774
<b>Saturday</b>						
<b>7 am</b>	<b>Stockton</b>	St. Anne’s Episcopal Church 1020 West Lincoln Room #2	11 <sup>th</sup> Step, <u>Prayer and Meditation</u>	Mary	209- 624-9622	54051
<b>9 am</b>	<b>Folsom</b>	Journey Church 450 Blue Ravine Road – Room 209	Literature, Step and Tradition Study, Speaker	Rick	916-870-1442	39494
<b>9 - 10:30 am</b>	<b>Rocklin/Roseville</b>	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Steps and Traditions, & Speaker	Judy L.	916-799-5804	18446
<b>9 am</b> <sup>1</sup>	<b>Sacramento Midtown</b>	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 <sup>st</sup> floor- Rm 1or2	OA 12 & 12, Steps and Traditions	Tiffany	916-508-8788	29079
<b>10 am</b>	<b>Nevada City</b>	Trinity Episcopal Church 201 Nevada St.	OA 12 & 12	Tobi / Dominique	530-272-3991	01305
<b>1 pm</b>	<b>Stockton</b>	St Anne’s Episcopal Church, 1020 W. Lincoln Road (room behind church; off parking lot)	Big Book	Christina	209-470-0582	52960
<b>6 to 7:15 pm</b>	<b>Sacramento Closed! ☹</b>	Arden Christian Church 4300 Las Cruces Way	Saturday Night Live Speaker & Open Sharing	Niko	916-475-3444	52990

<sup>1</sup> Wheelchair accessible; <sup>2</sup> Closed on holidays; <sup>3</sup> All meetings 60 minutes unless otherwise noted.

<sup>4</sup> Anorexics and bulimics welcome. (Please note that ALL SVIOA meetings are open to compulsive eaters, anorexics and bulimics. Those meetings with a special designation specifically asked to include this designation in their meeting format.)

FOR ON-LINE AND OTHER PHONE MEETINGS GO TO: [www.oa.org](http://www.oa.org)

FOR PODCASTS GO TO: [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)

Submit meeting changes to [oanewsletter@sacvalleyoa.org](mailto:oanewsletter@sacvalleyoa.org) or text (916) 212-1461.



## OA's New Facebook URL is:::

**Facebook.com/Overeaters AnonymousOfficial**

The earlier facebook url was changed to the address above. Please check it out and "Like" us!! This helps carry the message to the still suffering compulsive overeater.

### **National Sponsorship Training detail....**

**Call in: Sunday March 12<sup>th</sup>  
11:00 AM -2:30 PM (PST)  
Phone – 641-715-3818  
Caller Pin 925619#**

- Nine experienced OA's from various regions will share their experience, strength, and hope about Sponsorship
- Topics will include: what is a sponsor, why should I get a sponsor, why have a sponsor, why be a sponsor, sponsor "job description," different sponsoring styles, working the steps/traditions, and more
- There will be some time for open sharing after each speaker

*As part of OA's 2016 strategic plan for carrying the message, the subcommittee on "Sponsorship Training" is holding this marathon to provide information about sponsorship in OA.*

#### **Intergroup Board**

Chair	oachair@sacvalleyoa.org	Joe Z.	(916) 417-9597
Vice Chair	oavicechair@sacvalleyoa.org	Val	(805) 907-1446
Secretary	oasecretary@sacvalleyoa.org	Grace	(916) 213-7481
Treasurer	oatreasurer@sacvalleyoa.org	Cathy Ann	(916) 396-5049
Region 2	oar2rep@sacvalleyoa.org	Scott B. Barbara M Chandra	(916) 730-3396 (916) 203-6025
WSBC	oawsbc@sacvalleyoa.org	Judy H. Judy B.	(916) 600-3448 (916) 293-1793
Webmaster	oawebmaster@sacvalleyoa.org	Debbie	(916) 847-0840

#### **Intergroup Committees**

12 Step Within	oa12stepwi@sacvalleyoa.org	Jill & Ron	(916) 239-5512 (916) 616-5152
Answer Phone	oaanswerphone@sacvalleyoa.org	Wendy H.	(916) 925-0522
Download		VACANT	
Events	<a href="http://oaevents@sacvalleyoa.org">oaevents@sacvalleyoa.org</a>	Sharon	(916) 730-1479
Group Growth	oagrowth@sacvalleyoa.org	Judy L.	(916) 781-3243
Literature	oaliterature@sacvalleyoa.org	Gail H.	(603) 397-2339
Media	oamedia@sacvalleyoa.org	Angela	(720) 675-4054
Newsletter	oanewsLTR@sacvalleyoa.org	Susan H.	(916) 212-1461
OA How		Holli	(916) 747-9408
Professional Outreach	oapo@sacvalleyoa.org	VACANT	
Public Info	oapi@sacvalleyoa.org	VACANT	
Retreat	oaretreat@sacvalleyoa.org	Darby	(916) 652-0800
Speaker List	oaspeakerlist@sacvalleyoa.org	Jan	(916) 397-4596
Young People	oayp@sacvalleyoa.org	Jenny P.	(916) 248-0305

#### **Some Additional OA Resources for You**

##### OA World Service

PO Box 44020  
Rio Rancho, NM 87174-4020  
(505) 891-2664

[www.oa.org](http://www.oa.org) & podcasts: [oa.org/oapodcasts](http://oa.org/oapodcasts) & speakers: [oaoci.org](http://oaoci.org)

##### Sacramento Valley Intergroup

Intergroup #09012  
PO Box 25-5085  
Sacramento, CA 95865  
(916) 786-0330  
[www.sacvalleyoa.org](http://www.sacvalleyoa.org)

##### OA Region 2

4733 Torrance Blvd., PMB 335  
Torrance, CA 90503-4100  
[www.oar2.org](http://www.oar2.org)

##### Monthly SVIOA Meetings

**7:00-8:00 pm**  
2<sup>ND</sup> Tuesday of every month  
Christ Temple Apostolic church  
9000 La Riviera Drive  
Sacramento, CA 95826