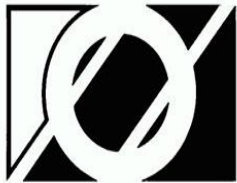


## ...SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

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 County



Sacramento Valley  
Intergroup

# VALLEY VOICE

Vol. 17, Issue 4

April 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.*

### **Intergroup Representative Talking points from the March 14, 2017 Meeting**

- The Unity Day recordings and the current Valley Voice are online.
- Intergroup needs men willing to receive phone calls from the Help Line. Men must be working an active OA program and know how to find meetings. Some months have 3 calls, some have none. Contact Wendy for more info; phone number on back.
- The retreat is less than 50% full, so encourage people to register. The speaker has been confirmed. Please start collecting donations for gift cards for the 50/50 raffle.
- If you're interested in volunteering to work on one of our three most important topics for SVIOA focus this year, please contact Joe Z. The topics are:
  1. Focus/Abstinence as Primary Purpose
  2. Newcomer Retention Strategies
  3. Sponsorship focus/Day in OA – Best Practices of Sponsorship

### **Literature—Check SVIO Literature Availability 1<sup>st</sup> ...**

Please check SVIOA's available literature 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, literature may be ordered online at the World Service Literature/Bookstore <http://bookstore.oa.org/>

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

**RETURNING  
MEMBERS: YOU ARE  
VERY IMPORTANT  
TO US ALL...**

### **UPCOMING DAY IN OA:**

**SATURDAY, MAY 20, 9:00 AM-4:00 PM**

Northern Nevada Sierra Intergroup  
233 Warrior Way, Glenbrook, NV

## WEEKLY MEETINGS

Daily at 7:00 AM (PST): "A Vision 4 You" VIRTUAL ON LINE meetings at: <http://www.avision4you.info/>

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	OA literature 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
<u>New Time</u> 7 pm PST	<u>PHONE MTG</u>	415-938-9021	AA Step Study	Rick	916-870-1442	55463
<b>Tuesday</b>						
<u>8 AM</u> (PST)	<u>PHONE MTG</u>	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
<u>6:30 pm!</u>	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

## WEEKLY MEETINGS

Daily at 7:00 AM (PST): "A Vision 4 You" VIRTUAL ON LINE meetings at: <http://www.avision4you.info/>

	City	Address	Format	Contact	Phone #	WSO #
<b>Thursday</b>						
<b>NEW TIME!!</b> <b>8AM</b> <small>(PST)</small>	<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	New format: Big Book Study; speaker 1 <sup>st</sup> Thurs	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>	Grace Lutheran Church, Rm 5&6 1979 Ridge Rd, parking lot rear bldg	Varies	Venita	530- 205-0168	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;	Big Book	Christina	209-470-0582	52960

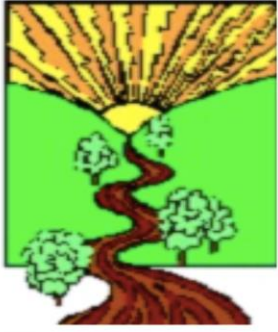
<sup>1</sup> Wheelchair accessible; <sup>2</sup> Closed on holidays; <sup>3</sup> All meetings 60 minutes unless otherwise noted.

<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: [oaNewsLTR@sacvalleyoa.org](mailto:oaNewsLTR@sacvalleyoa.org) or text (916) 212-1461.



**What is Overeaters Anonymous (OA):** OA is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors & to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

**ANNOUNCING THE 2017  
REGION 2 CONVENTION—  
JUNE 9-11; Register now!**

June 9 - 11, 2017 at Orange Co./  
Costa Mesa Hilton, 3050 Bristol St.  
Costa Mesa, CA. Register  
at [oar2.org/convention/upcoming](http://oar2.org/convention/upcoming).  
Rooms for \$130 per night if  
reserved before May 5  
at [group.hilton.com/2017-OA-  
REGION-2](http://group.hilton.com/2017-OA-REGION-2). The convention is a  
fun weekend of recovery,  
fellowship, and fundraising.

**NEW WEST COAST: "A  
VISION 4 YOU" DAILY  
ONLINE MEETINGS**

The West Coast version of OA's "A  
Vision 4 You" VIRTUAL meetings  
are now happening in our time  
zone! The meetings are at 7:00  
A.M. Pacific Standard Time  
(PST)...daily. These are very  
powerful OA telephone meetings,  
especially for those who cannot  
get to a face-to-face  
meeting. Recorded podcasts are  
available. More info is available at  
<http://www.avision4you.info/>

<b>Intergroup Board</b>			
Chair	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Joe Z.	(916) 417-9597
Vice Chair	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>	Val	(805) 907-1446
Secretary	<a href="mailto:oasecretary@sacvalleyoa.org">oasecretary@sacvalleyoa.org</a>	Grace	(916) 213-7481
Treasurer	<a href="mailto:otreasurer@sacvalleyoa.org">otreasurer@sacvalleyoa.org</a>	Cathy Ann	(916) 396-5049
Region 2	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Scott B. Barbara M Chandra	(916) 730-3396 (916) 203-6025
WSBC	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>	Judy H. Judy B.	(916) 600-3448 (916) 293-1793
Webmaster	<a href="mailto:oawebmaster@sacvalleyoa.org">oawebmaster@sacvalleyoa.org</a>	Debbie	(916) 847-0840
<b>Intergroup Committees</b>			
12 Step Within	<a href="mailto:oa12stepwi@sacvalleyoa.org">oa12stepwi@sacvalleyoa.org</a>	Ron	(916) 616-5152
Answer Phone	<a href="mailto:oaanswerphone@sacvalleyoa.org">oaanswerphone@sacvalleyoa.org</a>	Wendy H.	(916) 925-0522
Download		VACANT	
Events	<a href="mailto:oaevents@sacvalleyoa.org">oaevents@sacvalleyoa.org</a>	Sharon	(916) 730-1479
Group Growth	<a href="mailto:oagrowth@sacvalleyoa.org">oagrowth@sacvalleyoa.org</a>	Judy L.	(916) 781-3243
Literature	<a href="mailto:oaliterature@sacvalleyoa.org">oaliterature@sacvalleyoa.org</a>	Gail H.	(603) 397-2339
Media	<a href="mailto:oaedia@sacvalleyoa.org">oaedia@sacvalleyoa.org</a>	Angela	(720) 675-4054
Newsletter	<a href="mailto:oaewsLTR@sacvalleyoa.org">oaewsLTR@sacvalleyoa.org</a>	Susan H.	(916) 212-1461
OA How		Holli	(916) 747-9408
Professional Outreach	<a href="mailto:oaipo@sacvalleyoa.org">oaipo@sacvalleyoa.org</a>	VACANT	
Public Info	<a href="mailto:oaipo@sacvalleyoa.org">oaipo@sacvalleyoa.org</a>	VACANT	
Retreat	<a href="mailto:oaetreat@sacvalleyoa.org">oaetreat@sacvalleyoa.org</a>	Darby	(916) 652-0800
Speaker List	<a href="mailto:oaspeakerlist@sacvalleyoa.org">oaspeakerlist@sacvalleyoa.org</a>	Jan	(916) 397-4596
Young People	<a href="mailto:oayp@sacvalleyoa.org">oayp@sacvalleyoa.org</a>	Jenny P.	(916) 248-0305

**Some Additional OA Resources for You**

<p><u>OA World Service</u> PO Box 44020 Rio Rancho, NM 87174-4020 (505) 891-2664 <a href="http://www.oa.org">www.oa.org</a> &amp; podcasts: <a href="http://oa.org/oaopodcasts">oa.org/oaopodcasts</a> &amp; speakers: <a href="http://oaoci.org">oaoci.org</a></p>	<p><u>OA Region 2</u> 4733 Torrance Blvd., PMB 335 Torrance, CA 90503-4100 <a href="http://www.oar2.org">www.oar2.org</a></p>
<p><u>Sacramento Valley Intergroup</u> Intergroup #09012 PO Box 25-5085 Sacramento, CA 95865 (916) 786-0330 <a href="http://www.sacvalleyoa.org">www.sacvalleyoa.org</a></p>	<p><u>Monthly SVIOA Meetings</u> <b>7:00-8:00 pm</b> 2<sup>ND</sup> Tuesday of every month Christ Temple Apostolic church 9000 La Riviera Drive Sacramento, CA 95826</p>