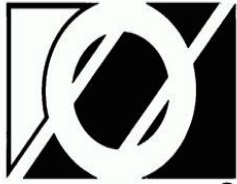


SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

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 11

November 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.

DUE DATE FOR VALLEY VOICE UPDATES: Last Day of Each Month to: oa-newsLTR@sacvalleyoa.org

Sacramento Valley Intergroup Overeaters Anonymous (SVIOA) Updates

1. Gift cards and other silent auction items. Gently used clothing and accessories. Short-term storage space. These top our wish list as SVIOA prepares to host the 2018 Region 2 (R2) Convention June 29 to July 1 at the Crowne Plaza Hotel. Apparel and other items will be for sale at the always popular R2 Clothing Boutique throughout the convention and the silent auction is always a draw—but both efforts need temporary storage space in a spare room, storage unit, or even a closet. We also need clothing racks for the boutique. Contact Michelle K. (530) 304-1924 or kerrm58@sbcglobal.net; or Val at real.val2@yahoo.com if you have storage space we can borrow until the convention.

Also watch for the registration flier coming soon! It will also be posted on the R2 web site. Take advantage of early bird sign-ups. The convention will feature a variety of workshops, speakers from throughout R2, outstanding entertainment (e.g. a gala musical production), and countless opportunities for fellowship and service. The convention theme is, "Together We Can," and we mean it from the bottom of our grateful hearts.

2. **Service opportunities in SVIOA** (duties at <http://www.sacvalleyoa.org/ig/what-is-intergroup>)
 - Professional Outreach Chair—Reaches out to professionals.
 - Public Information Chair--Gets info out to the general public. Pre-developed materials.

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

**KEEP COMING
BACK...
IT WORKS! ☺**

UPCOMING MEETING INFO

- Sunday 4pm meeting on Abstinence at Sutter WILL meet as scheduled Christmas Eve day and New Years Eve day.
- Sacramento OA Birthday upcoming Saturday January 27, 218 at Buehler Bldg, 28th & L Streets, 7:00 – 9:00pm.

LIFESAVING PHONE MEETINGS!

- **M-F 7:00 AM (PST):** 712.432.5210; Code #876148 (A Vision4You)
- **Tues and Thurs 8 AM(PST):** (605) 468-8006; Code: 561536#

WEEKLY MEETINGS

M-F 7:00 AM (PST)/10 AM (EST): "A Vision 4 You" phone at 712.432.5210 #876148 OR <http://www.avision4you.info/>

Day ³	City	Address	Format	Contact	Phone #	WSO #
Sunday						
4 pm	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	Abstinence 2 nd Edition, 4 th Sunday BB speaker	Kimberly	916-217-8930	54797
7 pm	Elk Grove	Reflect Church – Mercantile Bldg. 9075 Elk Grove Blvd., 2 nd Floor	Literature Study	Jeanne O.	916-479-0708	45445
Monday						
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 ¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st 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 ¹	Rancho Cordova	Cordova Neighborhood Church 10600 Coloma Road	OA HOW & Traditional OA	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
7 pm (PST)	<u>PHONE MTG</u>	415-938-9021	AA Step Study	Rick	916-870-1442	55463
Tuesday						
8 AM (PST)	<u>PHONE MTG</u> <u>New phone #</u>	(605) 468-8006; Code: 561536#	OA & AA Step & Traditions study	Sherill	805-276-2776	55042
Noon ^{1,2}	Downtown Sacramento	909-12 th 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 pm	Fairfield	Liberty Church, 2641 N. Texas St, follow signs to "room 1"	Literature Study	Tina	323-696-2577	50691
Wednesday						
Noon CANCEL	Folsom CANCELLED!!!!	Journey Church 450 Blue Ravine Road – Room K1	FORMAT CHANGE: AA Big Book write and share	Rebecca	916-933-2769	50985
5:30 pm ¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st to E streets)	Big Book, Literature Study, Tools of Recovery	Joel	916-571-5922	31758
6 pm CANCELLED	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	Speaker/OA literature	Cathy	209-591-0074	45706
6:30 pm	Carmichael	Heritage Oaks Hospital Medical Bldg. 4300 Auburn Blvd., Room 101A	Speaker, Step Study	Michael	916-727-4361	30499
NEW! 7:30pm	STOCKTON	ST. GEORGE CHURCH 120 W. 5th, Room San Lorenzo	Spanish Speaking and Literature	Rene	209-808-4686	56073
7 pm CANCEL	Phone Mtg CANCELLED!	712-775-7035; Code: 305422 (*6 to unmute and *6 to mute)	Young People (for OA members under 30)	Jenny P	916-248-0305	55333

WEEKLY MEETINGS

M-F 7:00 AM (PST)/10 AM (EST): "A Vision 4 You" phone at 712.432.5210 #876148 OR <http://www.avision4you.info/>

	City	Address	Format	Contact	Phone #	WSO #
Thursday						
8AM (PST)	PHONE MTG New phone #	(605) 468-8006; Code: 561536#	AA Big Book Study	Danielle	916-217-7867	55027
NEW!!! 9:30 AM	Grass Valley	Sierra United Methodist Church 22559 W. Hacienda Drive	Speaker	Brittany	530-210-1434	
Noon²	Downtown Sacramento	Westminster Presbyterian Church 1300 N St. (room opposite office)	OA & AA 12&12 Study Okay to eat sack lunch	Joel	916-571-5922	20215
6 pm	Rocklin/ Roseville	Origin Coffee & Tea 2168 Sunset Blvd. - #105, Rocklin	Big Book Study	Bonnie	916-812-8686	53605
6 pm	West Sacramento	Center for Spiritual Awareness 1275 Starboard Drive	New format: Big Book Study; speaker 1 st Thurs	Susan	916-212-1461	54298
6 pm	Galt	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
7 pm CANCELLED	Folsom CANCELLED!	Journey Church – Room K1 450 Blue Ravine Road	Topic Discussion	Rick	916-870-1442	49100
7 pm	Stockton	St Anne's Episcopal Church, 1020 W. Lincoln Road (room next to office)	OA 12 & 12	Maryann G.	209-951-2737	30896
7:30 pm	Fairfield/ Cordelia	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study & 12&12 OA Book	Katherine	707-446-1875	53903
Friday						
9:30 am	Sacramento Northeast	St. Andrews Methodist Church 6201 Spruce Ave. Old Foothill Farms	"For Today" and "Voices of Recovery"	Mary A.	916-505-8714	51643
5:00 pm	Grass Valley	Grace Lutheran Church, Rm 5&6 1979 Ridge Rd, parking lot rear bldg	Varies	Vanita	530- 205-0168	00842
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Topic Discussion	Klaus	209-295-4424	50244
5:30 pm⁴	Sacramento Midtown	Buhler Pavilion, 2800 L St. 1 st floor, room 1 or 2	Speaker and Step Study ⁴	Ian	916-912-1450	34774
6 pm	Woodland	515 2 nd Street St Luke's Episcopal "Guild Hall"	Tools, Voices of Recovery, Meditation & Writing	Gail	603-397-2339	54418
7 pm	Yuba City	St. Andrew Presbyterian Church 1390 Franklin Road	Back to Basics, Step Study	Debbie	530-635-5034	52984
Saturday						
7 am	Stockton	St. Anne's Episcopal Church 1020 West Lincoln Room #2	11 th Step, Prayer and Meditation	Mary	209- 624-9622	54051
9 am	Folsom	Journey Church 450 Blue Ravine Road – Room 209	Literature, Step and Tradition Study, Speaker	Rick	916-870-1442	39494
9 - 10:30 am	Rocklin/ Roseville	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Steps and Traditions, & Speaker	Judy L.	916-799-5804	18446
9 am¹	Sacramento Midtown	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 st floor- Rm 1or2	OA 12 & 12, Steps and Traditions	Cathy Ann	916-396-5049	29079
10 am	Nevada City	Trinity Episcopal Church 201 Nevada St.	Varies	Tobi / Dominique	530-272-3991	01305
1 pm	Stockton	St Anne's Episcopal Church, 1020 W. Lincoln Road (room behind church;	Big Book	Christina	209-470-0582	52960

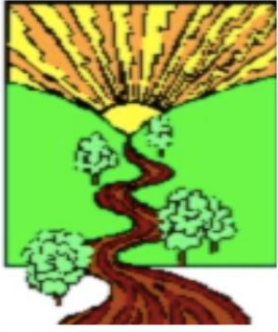
¹ Wheelchair accessible; ² Closed on holidays; ³ All meetings 60 minutes unless otherwise noted.

⁴ 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.aa.org

FOR PODCASTS GO TO: www.aa.org/aaopodcasts

Submit meeting changes to: aaewsLTR@sacvalleyaa.org or text (916) 212-1461.



Overeaters Anonymous (OA) is: 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.

IN OTHER SVIOA NEWS.....

One of Our Intergroup Focus Topics is:

“Abstinence as Primary Purpose”

Our suggestions to encourage meetings to focus on abstinence are:

1. Request speakers focus on abstinence.
2. Encourage people to qualify before sharing, i.e. state length of abstinence and weight loss.
3. Work with your sponsor to define your eating plan and understand abstinence.
4. Read “Dignity of Choice” or “A Plan of Eating” pamphlets.
5. Have the “Difference Between Abstinence and “A Plan of Eating” available at meetings.

Intergroup Board

Chair	oachair@sacvalleyoa.org	Rick	(916) 231-3485
Vice Chair	oavicechair@sacvalleyoa.org	Val	(805) 907-1446
Secretary	oasecretary@sacvalleyoa.org	Grace	(916) 213-7481
Treasurer	oa treasurer@sacvalleyoa.org	Cathy Ann	(916) 396-5049
Region 2	oar2rep@sacvalleyoa.org	Scott B. Barbara M Chandra	(916) 730-3396 (916) 203-6025 (530) 268-1092
WSBC	oa wsbc@sacvalleyoa.org	Judy H. Judy B.	(916) 600-3448 (916) 293-1793
Webmaster	oa webmaster@sacvalleyoa.org	Debbie	(916) 847-0840

Intergroup Committees

12 Step Within	oa12stepwi@sacvalleyoa.org	Ron	(916) 616-5152
Answer Phone	oaanswerphone@sacvalleyoa.org	Luanne	(714) 402-0687
Events	oaevents@sacvalleyoa.org	Adrienne	(310) 625-2715
Group Growth	oa growth@sacvalleyoa.org	Judy L.	(916) 799-5804
Literature	oa literature@sacvalleyoa.org	Gail H.	(603) 397-2339
Media	oa media@sacvalleyoa.org	Angela	(720) 675-4054
Newsletter	oa newsLTR@sacvalleyoa.org	Susan H.	(916) 212-1461
Professional Outreach	oa po@sacvalleyoa.org	VACANT	
Public Info	oa pi@sacvalleyoa.org	VACANT	
Retreat	oa retreat@sacvalleyoa.org	Darby	(916) 652-0800
Speaker List	oa speakerlist@sacvalleyoa.org	Jan	(916) 397-4596
Young People	oa yp@sacvalleyoa.org	Jenny P.	(916) 248-0305

Some Additional OA Resources for You

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