

# 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



## VALLEY VOICE

Vol. 18, Issue 1

January 2018

*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: [oaNewsLTR@sacvalleyoa.org](mailto:oaNewsLTR@sacvalleyoa.org)

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### Sacramento Valley Intergroup Overeaters Anonymous (SVIOA) Updates

1. **Register NOW at:** <http://www.oar2.org/convention/upcoming> for the 2018 R2 Convention in Sacramento June 29 to July 1 at the Crowne Plaza Hotel. 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.

Gift cards and other silent auction items, gently used clothing and accessories, short-term storage space... these top our wish list as we prepare for the convention. 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](mailto:kerrm58@sbcglobal.net); or Val at [real.val2@yahoo.com](mailto:real.val2@yahoo.com) if you have storage space we can borrow until the convention.

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

Monthly Message from  
the Twelfth Step  
Within  
(TSW)

KEEP COMING  
BACK... IT WORKS!



### UPCOMING MEETING INFO

- Saturday January 27, 2018, Sacramento OA Birthday at Sutter Buehler Building, 28<sup>th</sup> & L Streets, 7:00 – 9:00pm.

## WEEKLY MEETINGS

**M-F 7:00 AM (PST)/10 AM (EST):** Phone Meeting Only: "A Vision 4 You" at 712.432.5210 #876148 OR

<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	Kimberly	916-217-8930	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 HOW & Traditional OA	Terry T.	916-601-4207	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
<b>Tuesday</b>						
8 AM (PST)	<u>PHONE MTG</u> <u>New phone #</u>	<b>(605) 468-8006; Code: 561536#</b>	OA & AA Step & Traditions study	Sherill	805-276-2776	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 pm	Fairfield	Liberty Church, 2641 N. Texas St, follow signs to "room 1"	Literature Study	Tina	323-696-2577	50691
<b>Wednesday</b>						
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
6:30 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
<b>NEW!</b> 7:30pm	STOCKTON	<b>ST. GEORGE CHURCH</b> <b>120 W. 5<sup>th</sup>, Room San Lorenzo</b>	<b>Spanish Speaking and</b> <b>Literature</b>	Rene	209-808-4686	56073

For all World Wide, Online, Phone and Non-Real Time Meetings: <https://oa.org/find-a-meeting/>

For World Service Podcasts: [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)

**SUBMIT MEETING CHANGES TO:** [oaNewsLTR@sacvalleyoa.org](mailto:oaNewsLTR@sacvalleyoa.org)

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M-F 7:00 AM (PST)/10 AM (EST): Phone Meeting Only: "A Vision 4 You" at 712.432.5210 #876148 OR

<http://www.avision4you.info/>

	City	Address	Format	Contact	Phone #	WSO #
<b>Thursday</b>						
8AM (PST)	<b>PHONE MTG New phone #</b>	<b>(605) 468-8006; Code: 561536#</b>	AA Big Book Study	Danielle	916-217-7867	55027
<del>9:30 AM</del>	<del>Grass Valley CANCELLED</del>	<del>Sierra United Methodist Church 22559 W. Hacienda Drive</del>	<del>Speaker</del>	<del>Brittany</del>	<del>530-210-1434</del>	
Noon <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
6 pm	<b>Rocklin/ Roseville</b>	Origin Coffee & Tea 2168 Sunset Blvd. - #105, Rocklin	Big Book Study	Bonnie	916-812-8686	53605
6 pm	<b>West Sacramento</b>	Center for Spiritual Awareness 1275 Starboard Drive	New format: Big Book Study; speaker 1 <sup>st</sup> Thurs	Susan	916-212-1461	54298
6 pm	<b>Galt</b>	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
7 pm	<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
7:30 pm	<b>Fairfield/ Cordelia</b>	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study & 12&12 OA Book	Katherine	707-446-1875	<b>53903</b>
<b>Friday</b>						
9:30 am	<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
5:00 pm	<b>Grass Valley</b>	Grace Lutheran Church, Rm 5&6 1979 Ridge Rd, parking lot rear bldg	Varies	Vanita	530-205-0168	00842
5:30 pm	<b>Jackson</b>	Sutter Amador Hospital Conference room next to café	Topic Discussion	Klaus	209-295-4424	50244
5:30 pm <sup>4</sup>	<b>Sacramento Midtown</b>	Buhler Pavilion, 2800 L St. 1 <sup>st</sup> floor, room 1 or 2	Speaker and Step Study <sup>4</sup>	Ian	916-912-1450	34774
6 pm	<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
7 pm	<b>Yuba City</b>	St. Andrew Presbyterian Church 1390 Franklin Road	Back to Basics, Step Study	Debbie	530-635-5034	52984
<b>Saturday</b>						
7 am	<b>Stockton</b>	St. Anne's Episcopal Church 1020 West Lincoln Room #2	11 <sup>th</sup> Step, Prayer and Meditation	Mary	209-624-9622	54051
9 am	<b>Folsom</b>	Journey Church 450 Blue Ravine Road – Room 209	Literature, Step and Tradition Study, Speaker	Rick	916-870-1442	39494
9 - 10:30 am	<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
9 am <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	Cathy Ann	916-396-5049	29079
10 am	<b>Nevada City</b>	Trinity Episcopal Church 201 Nevada St.	Varies	Tobi / Dominique	530-272-3991	01305
1 pm	<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 all World Wide, Online, Phone and Non-Real Time Meetings: <https://oa.org/find-a-meeting/>

For World Service Podcasts: [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)

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## 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.

**Happy New Year! Here's your chance to jumpstart your 2018 program: REGISTER NOW FOR THE R2 CONVENTION taking place in Sacramento, June 29<sup>th</sup>-July 1<sup>st</sup>!**

Go to [www.oar2.org](http://www.oar2.org) where you can register online and also make your hotel reservations. Or, if you prefer, you can download the form and register by mail.

The Boutique needs your gently worn, clean clothing donations. Here's your opportunity to clean out your closet and support OA as well. Donations for the Boutique and the Silent Auction will be collected at all upcoming OA events, beginning with the Birthday Party on January 27<sup>th</sup>.

Help make this Convention a super success ... REGISTER NOW!!! See you at the Crowne Plaza, June 29<sup>th</sup>!

**MEETING SPEAKERS ALWAYS NEEDED**  
For info., go to:  
[www.sacvalleyoa.org/ig/speakers](http://www.sacvalleyoa.org/ig/speakers)

**Monthly SVIOA Meetings**  
**7:00-8:00 pm**  
2<sup>ND</sup> Tuesday of every month  
PO Box 25-5085 (95865)  
Christ Temple Apostolic church  
9000 La Riviera Drive  
Sacramento, CA 95826  
(916) 786-0330

**Additional OA Resources**  
**OA World Service**  
PO Box 44020  
Rio Rancho, NM 87174-4020  
(505) 891-2664  
[www.oa.org](http://www.oa.org) &  
[www.oa.org/podcasts](http://www.oa.org/podcasts)

**OA Region 2**  
4733 Torrance Blvd., PMB 335  
Torrance, CA 90503-4100  
[www.oar2.org](http://www.oar2.org)

Intergroup Board			
Chair	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Christina	
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>	Nancy	
Treasurer	<a href="mailto:oatreasurer@sacvalleyoa.org">oatreasurer@sacvalleyoa.org</a>	Cathy Ann	(916) 396-5049
Region 2	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Adrienne Barbara M Chandra	(310) 625-2715 (916) 203-6025 (530) 268-1092
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
Intergroup Committees			
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>	Luanne	(714) 402-0687
Events	<a href="mailto:oaevents@sacvalleyoa.org">oaevents@sacvalleyoa.org</a>	<b>VACANT</b>	
Group Growth	<a href="mailto:oagrowth@sacvalleyoa.org">oagrowth@sacvalleyoa.org</a>	Judy L.	(916) 799-5804
Literature	<a href="mailto:oaliterature@sacvalleyoa.org">oaliterature@sacvalleyoa.org</a>	Gail H.	(603) 397-2339
Media	<a href="mailto:oamedia@sacvalleyoa.org">oamedia@sacvalleyoa.org</a>	Angela	(720) 675-4054
Newsletter	<a href="mailto:oanewsLTR@sacvalleyoa.org">oanewsLTR@sacvalleyoa.org</a>	Michelle	(916) 213-5863
Professional Outreach	<a href="mailto:oaipo@sacvalleyoa.org">oaipo@sacvalleyoa.org</a>	<b>VACANT</b>	
Public Info	<a href="mailto:oapi@sacvalleyoa.org">oapi@sacvalleyoa.org</a>	<b>VACANT</b>	
Retreat	<a href="mailto:oaretreat@sacvalleyoa.org">oaretreat@sacvalleyoa.org</a>	Darby	(916) 652-0800
Speaker List	<a href="mailto:oaspeakerlist@sacvalleyoa.org">oaspeakerlist@sacvalleyoa.org</a>	Susan H.	(916) 212-1461
Young People	<a href="mailto:oayp@sacvalleyoa.org">oayp@sacvalleyoa.org</a>	Jenny P.	(916) 248-0305