

# 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. 18, Issue 4

April 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

- GOOD NEWS!! If you haven't registered for the R2 Convention in Sacramento, June 29-July 1, you can *still* sign up on-site! Don't miss this opportunity to partake in workshops, marathons, hospitality, and fellowship...not to mention a sensational Friday night show, "The Sound of Recovery" and Saturday night games and live band. The program is now posted on [www.oar2.org/convention/upcoming](http://www.oar2.org/convention/upcoming). There is still a need for microphones and mixers to borrow. If you can help out with these, let Rick (916-870-1442) know as soon as possible.
- News flash: a delicious \$20 Saturday Salad Bar Lunch will be available! What could be better than a chance to enjoy lunch and fellowship with OA members from throughout Region 2? But, here's the catch: we need to let the hotel know our lunch count ASAP, so if you plan to partake, reserve your lunch right away at [satlunch@pkemp.com](mailto:satlunch@pkemp.com); payment will be due when you check-in at the Convention Registration table (checks or cash preferred). The lunch will offer a mix of greens, proteins (chicken, steak or tofu), hard boiled eggs, fresh fruit and nearly a dozen other toppings!
- The Convention Committee needs hangers, baskets, large swatches of fabric, small jewelry-size boxes, shoe boxes, silent auction items, and fashion boutique donations. Bring items to the Saturday 9am OA meeting at the Buhler Cancer Center 2800 L St., Sacramento or the Sacramento Valley Intergroup meeting on June 12. To make alternate arrangements, contact Jan H. at [ron-janholm@sbcglobal.net](mailto:ron-janholm@sbcglobal.net) or 916-616-1466 for auction hand-offs and Vall at [r2conventiondonations2018@gmail.com](mailto:r2conventiondonations2018@gmail.com) for boutique donations. (No shoes or undergarments please.)
- Volunteers are needed to help sort clothes for the boutique. Join our "Sort and Swim" party on June 16<sup>th</sup>—bring a lunch and your bathing suit! For details contact Jan H. at [ron-janholm@sbcglobal.net](mailto:ron-janholm@sbcglobal.net) or 916-616-1466. There are lots of other service opportunities both before and during the Convention. Contact Stephanie [atsgomez1208@gmail.com](mailto:atsgomez1208@gmail.com) or Ian at [ianmcglone@gmail.com](mailto:ianmcglone@gmail.com).
- TOGETHER WE CAN share fellowship and recovery with fellow members from throughout Region 2. Be there on June 29<sup>th</sup>!

## 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)	<b>PHONE MTG</b>	415-938-9021	AA Step Study	Rick	916-870-1442	55463
<b>Tuesday</b>						
8 AM (PST)	<b>PHONE MTG New phone #</b>	<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! 7:30pm</b>	<b>STOCKTON</b>	<b>ST. GEORGE CHURCH 120 W. 5<sup>th</sup>, Room San Lorenzo</b>	<b>Spanish Speaking and 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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<http://www.avision4you.info/>

	City	Address	Format	Contact	Phone #	WSO #
<b>Thursday</b>						
<b>8AM (PST)</b>	<b>PHONE MTG New phone #</b>	<b>(605) 468-8006; Code: 561536#</b>	AA Big Book Study	Danielle	916-217-7867	55027
<b>Noon<sup>2</sup></b>	<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	Susan	916-212-1461	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>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 & 12&12 OA Book	Katherine	707-446-1875	<b>53903</b>
<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>	Briarpatch Food Co-op, community room. 290 Sierra College Dr.	Varies	Vanita	530-205-0168	00842
<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<sup>4</sup></b>	<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>	Val	805-902-1446	34774
<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>Saturday</b>						
<b>7 am</b>	<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
<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<sup>1</sup></b>	<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
<b>10 am</b>	<b>Nevada City</b>	Trinity Episcopal Church 201 Nevada St.	Varies	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 all World Wide, Online, Phone and Non-Real Time Meetings: <https://oa.org/find-a-meeting/>

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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.

**33<sup>RD</sup> ANNUAL TAHOE RETREAT...August 3-5 2018 at Zephyr Point Conference Center! Come and enjoy a weekend of Serenity in the Sierras while enjoying beautiful Lake Tahoe. Fantastic speakers, meet up with old friends, meet new friends, Lots of Recovery! Double Rooms are still available. Registration forms available at SVIOA website.**

**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.

### 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)

Intergroup Board			
Chair	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Christina	(916)798-9415
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	(916)698-0541
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>	Mary	(209)624-9622
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 H.	(720) 675-4054
Newsletter	<a href="mailto:oanewsLTR@sacvalleyoa.org">oanewsLTR@sacvalleyoa.org</a>	Michelle WM.	(916) 213-5863
Professional Outreach	<a href="mailto:oaipo@sacvalleyoa.org">oaipo@sacvalleyoa.org</a>	<b>VACANT</b>	
Public Info	<a href="mailto:oaipi@sacvalleyoa.org">oaipi@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

### OA Region 2

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