



VALLEY VOICE

VOLUME 11, ISSUE 12

DECEMBER, 2011

Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The Criminal and the Princess

As I grew in the program I discovered I was wrong about not having any character defects. In fact, they far outnumbered the physical defect of 65 excess pounds I carried when I arrived. So I wrote the inventory I didn't think I needed to write and shared it with another person.

That brought me to step six: "Were entirely ready to have God remove all these defects of character." How do I know when I'm ready, I wondered, and what do I do to get ready? I found two answers: "act as if" and "practice makes perfect." The ancient Chinese tale of the criminal and the princess applies here.

Once upon a time there was a princess in search of a husband. She wished to marry the man with the most beautiful face, one that radiated honesty, generosity, kindness, patience and gentleness.

Hearing of the royal quest, a

criminal with an ugly face that reflected cruelty, dishonesty and hatred schemed to deceive the princess into marrying him. He commissioned an artist to make him a most wonderful mask and, wearing it, he appeared before the princess. Putting on an amazing performance, he managed to fool her completely. She made up her mind to marry him. The engagement was announced and the wedding date set for one year hence.

For a whole year the criminal had to wear his mask and play the part of the princess' betrothed. At first it was most uncomfortable for him to act kind and generous, and to be honest, patient and gentle. But little by little he began to behave in this manner out of habit.

As the wedding date drew near, the criminal realized his deceit would soon be discovered. He decided to be honest with the princess and told her the whole story. Angry, she banished

him from the palace.

"But first," she said, "remove your mask so I can see your face."

He knelt humbly before her and removed the beautiful mask. The princess was astonished.

"Why did you go to all that trouble to have a mask made exactly like your own face?" she asked. The criminal had become the kindly man he had practiced being.

In the same manner, my character defects are slowly being removed. I was dishonest, so I practiced telling the truth and I became an honest person. I was fearful, so I practiced putting my trust and faith in God, and my fear was removed. I was gluttonous, so I practiced putting down the food, and abstinence became a way of life.

The more I "act as if," the more I am changing from within to truly become the kind of person I'm practicing being.

Lifeline - July 1982

Practical experience shows that nothing will so much insure immunity from compulsive eating as intensive work with other food addicts. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other compulsive overeaters! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Paraphrased from the Alcoholics Anonymous Big Book, page 89

We feel that our approach to the disease of compulsive eating is completely realistic, for the therapeutic value of one food addict helping another is without parallel.

Paraphrased from the "Who, What, How, and Why" booklet of Narcotics Anonymous

Day/Time	City/Area	Address	Topic	Contact	Phone	Mtg #
Sunday						
6:30 PM	Davis	Davis Lutheran, 8th & B - Room 6	Anorexics / Bulimics welcome Step Study Scent Free	Kathleen	(253) 314-4966	33285
7:00 PM	Elk Grove	8841 Williamson Drive, #70	Literature Study	Carol	(916) 690-7085	45445
7:00 PM †	Sac-E.	First Christian Church, 39th and Folsom	11th Step Candlelight	Christina	(916) 214-1476	35513
Monday						
11:00 AM Mtg Closed	Sac-S. Closed	St. Lukes Lutheran Church 7595 Center Pkway Meeting Closed	Meeting Closed			
5:30 PM	Jackson	Sutter Amador Hospital Conference room next to cafe	Literature Study	Wendla	(209) 295-1890	40370
Noon New Listing	Stockton	Holy Cross Methodist Church 1200 W. Hammer Lane - Sunday School Room #2 (rear in 2nd bldg.)	Work Book Study, OA Steps and / or Traditions Study	Karen	(209) 956-4911	50675
5:30 PM *	Sac-E.	Friends Community Church Fireside Room 4001 E Street (H St. to 41st St. to E St.)	For Today Reading	Vikki	(916) 204-7417	20105
6:00 PM	Placerville	Episcopal Church of Our Savior 2979 Coloma Street	OA 12 & 12 Big Book	Cynthia	(530) 957-2975	47136
6:15 PM	Davis	Davis Lutheran Church Corner of 8th and B Streets - Room 6	Big Book Step Study	Ayn	(559) 679-9719	48684
6:15 PM	West Sac.	Center for Spiritual Awareness 1275 Starboard Dr.	Big Book Mens Emphasis Step Study	Eric	(916) 428-2076	00525
6:30 PM	Rancho Cordova	Cordova Neighborhood Church 10600 Coloma Road	HOW Concept Womens Emphasis	Robin	(916) 852-6852	45680
7:00 PM	Citrus Heights	Lutheran Church of Ascension 7607 Garden Gate Drive	Women's Focus - The Promises and Spirituality	Diane	(916) 483-2111	51821
7 to 8:15 PM	Roseville	Restoration Church 9089 Foothills Blvd.	Big Book Speaker Step Study Traditions Study	Joan	(916) 315-9803	49049
Tuesday						
10:00 AM New Listing	Stockton	St Gertrude's Catholic Church 1663 E. Main Street Group meets in hall in back of church	Spanish Speaking	Veronica	(209) 662-2529	50442
Noon *†	Sac Downtown	801 K St - 27th floor - Sierra Club Conf Rm	Brown Bag Speaker	Karin Brandi	(916) 717-5112 (916) 316-0890	36145
6:00 PM	Stockton	St Anne's Episcopal Church New Listing	Lifeline Sampler	Maryann	(209) 951-2737	33185
7:00 PM	Folsom	Journey Church 450 Blue Ravine Road - Room H	OA 12 & 12 Big Book	Rick	(916) 870-1442	48460
7:00 PM *	Sac-N.	Kaiser Hospital North Commons Building Room 117 2008 Morse Ave Near Cottage Way - Parking Lot C	Literature Study Steps and Traditions Speaker	Jack K.	(916) 482-7166	36707
Wednesday						
10:00 AM	Pine Grove	UpCountry Community Ctr. 19386 State Highway 88 (below market)		Karin	(209) 296-7945	40370
10:30 AM Mtg Closed	Sac-S. Closed	Valley Grace Community Church Meeting Closed	Meeting Closed			
Noon	Folsom	Journey Church, 450 Blue Ravine Road	"Winning Wednesday" Brown Bag OA 12&12 Literature Study	Sara	(916) 947-2496	50985
12:30 PM	Placerville	Episcopal Church of Our Savior 2979 Coloma Street	For Today	Julia	(530) 295-1341	49736
5:30 PM *	Sac-E.	Friends Community Church Fireside Room 4001 E Street (H St. to 41st St. to E St.)	Big Book Literature Study Tools of Recovery	Melissa Joel	(916) 261-0892 (916) 363-1528	31758
6:30 PM	Murphys	Senior Center - 65 Mitchler St	Book Study	Abigail	(209) 795-5315	45706
7:00 PM	Carmichael	Heritage Oaks Hospital Medical Building 4300 Auburn Blvd. - Room 101 A	Speaker Step Study	Michael	(916) 727-4361	30499
7:00 PM *	Roseville	1660 Eureka Road - Kaiser Medical Building 2 - Enter through Pharmacy Entrance to 4th Floor Room C46I	12th Step Anorexics / Bulimics welcome Relapse	Elizabeth	(916) 410-2373	50479

Before attending a meeting for the first time, we suggest calling the contact person to verify the time and location.

7:30 PM	Elk Grove	United Methodist Church 8966 Elk Grove Blvd. - Room 6	Literature Study	Leslie	(916) 685-6287	25917
Thursday						
Noon †	Sac Downtown	Westminster Presbyterian Church 1300 N Street	Brown Bag Steps and Traditions	Donnalee	(951) 265-9360	20215
5:30 PM *	Sac-E.	Friends Community Church - Fireside Room 4001 E Street (H St. to 41st St. to E St.)	New Beginnings	Penny		35209
6:00 PM	Galt	750 Spaans Dr., Suite C		Gail M.	(209) 601-5654	51776
6:30 PM	Sac-N.	1515 Sports Dr, Suite 5, Room 206 Entrance near "Iglesia Encuentro Hispano"	Anorexics/Bulimics/ Compulsive Overeaters welcome Brown Book	Jodie Chantell	(916) 927-5580 (916) 837-9613	48743
6:30 PM	Woodland	Alano Club (Alanon Room) 422 Main St. (Behind Timothy's Bakery)	OA & AA 12&12 / Writing	Carrie	(530) 902-6915	50606
7:00 PM	Folsom	Journey Church 450 Blue Ravine Road - Room H	Topic Discussion	Rick	(916) 870-1442	49100
7:00 PM	Grass Valley	Church of Christ, 604 Whiting Way	HOW Concept	Toni	(530) 273-5875	41244
7:00 PM	Stockton	St. Anne's Episcopal Church New Listing		Maryann	(209) 951-2737	30896
Friday						
10:00 AM Mtg Closed	Sac-S. Closed	St Luke's Lutheran Church, 7595 Ctr. Parkway Meeting Closed	Meeting Closed			
10:00 AM New Listing	Stockton	St Gertrude's Catholic Church 1663 E. Main Street Group meets in hall in back of church	Spanish Speaking	Veronica	(209) 662-2529	New
5:00 PM	Grass Valley	The Briar Patch Store 290 Sierra College Dr.	Newcomer	Aileen	(530) 798-6001	00842
5:00 PM	Yuba City	St Andrew Presbyterian Church 1390 Franklin Road	Back to Basics Step Study	Debbie	(530) 635-5034	36729
5:00 PM	Jackson	Sutter Amador Hospital Conference room next to cafe	Topic discussion.	Klaus	(209) 295-4424	40370
5:30 PM	Sac Midtown	2314 J Street, Sunlight of the Spirit Bookstore	Anorexics/Bulimics/ Compulsive Eaters Wel- come - Speaker, Step Study	Michelle W	(530) 306-6406	34774
Saturday						
8:30 AM	Folsom	Journey Church 450 Blue Ravine Road - Room H	Literature Study Step/Tradition Study Speaker	Rick	(916) 870-1442	39494
9:00 AM	Roseville	Restoration Church 9089 Foothills Blvd.	Big Book Steps and Traditions	Brandy Lisa	(916) 722-5145	18446
9:00 AM *	Sac Midtown	Sutter Cancer Center, 2800 L Street (28th & L), Classroom 1 on first floor.	OA 12 & 12 Steps and Traditions	Carmen Pat O.	(916) 685-6458 (916) 292-7756	29079
10:00 AM	Sac-N.E.	St Andrews Methodist Church 6201 Spruce Greenback and I-80 west of the movie theaters	AA & OA Step & Tradition Study Speaker 5th week	Mary A.	(916) 505-8714	29082
10:00 AM	Sac-S.	St Luke's Lutheran Church 7595 Center Pkwy	HOW Concept	Belinda	(916) 202-5494	45478
10:00 AM	Nevada City	Trinity Episcopal Church 201 Nevada St, corner of High St		Ariana	(530) 477-7709	01305
10:00 AM	Diamond Springs	St. Elias Orthodox Church 4253 Fowler Lane (Behind the Diamond Springs Post Office)	Abstinence	Julia	(530) 295-1341	51011
1:00 PM New Listing	Stockton	St. Anne's Episcopal Church 1020 W. Lincoln Road Mtg room off pkg lot in back of church		Maryann	(209) 951-2737	New
7:00 PM *	Sac Midtown	Mercy Hospital, Auditorium (lower level) 4001 J Street - Wear Warm Clothes	Newcomer (Before Speaker Meeting)	Val	(805) 907-1446	35275
7:30 PM *	Sac Midtown	Mercy Hospital, Auditorium (lower level) 4001 J Street - Wear Warm Clothes	100 lb Speaker (After Newcomer Meeting)	Christina	(916) 214-1476	31268
9:30-10:30 PM		Phone meeting	HOW Concept "The Promises"	Pam Elise	(425) 778-8737 (206) 930-5786	

* Wheelchair accessible † Closed holidays

The 2012 Convention needs your donations/loans/help.

Sacramento is hosting the Region 2 OA Convention July 27–29, 2012 and we can't do it without you!

Go to the R2 website www.oar2.org for details and the registration form.

Can you help us out?

We need to borrow:

- Coat racks
- Love seat
- Lavaliere microphones
- Helium tanks

- Magazines w/ pictures
- Meditative CDs

We need discounted services:

- Printing
- Sign making

Watch this space for more needs in the next few months! Thanks for your help.

<p>OA WORLD SERVICE PO Box 44020 Rio Rancho, NM 87174-4020 Phone: (505) 891-2664 E-mail: info@oa.org www.oa.org</p>	<p>Board</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Chair</td> <td style="width: 25%;">oachair@sacvalleyoa.org</td> <td style="width: 25%;">Rick</td> <td style="width: 25%;">(916) 870-1442</td> </tr> <tr> <td>Vice Chair</td> <td>oavicechair@sacvalleyoa.org</td> <td>Elizabeth</td> <td>(916) 410-2373</td> </tr> <tr> <td>Secretary</td> <td>oasecretary@sacvalleyoa.org</td> <td>Scott B.</td> <td>(916) 730-3396</td> </tr> <tr> <td>Treasurer</td> <td>ogatreasurer@sacvalleyoa.org</td> <td>Carrie M.</td> <td>(530) 902-6915</td> </tr> <tr> <td>Region 2</td> <td>oar2rep@sacvalleyoa.org</td> <td>Carmen A. Donnalee B. Jackie C.</td> <td>(916) 685-6458 (951) 265-9360 (916) 904-6868</td> </tr> <tr> <td>WSBC</td> <td>oawsbc@sacvalleyoa.org</td> <td>Judy L. Mimi</td> <td>(916) 781-3243 (916) 509-9880</td> </tr> <tr> <td>Webmaster</td> <td>oawebmaster@sacvalleyoa.org</td> <td>Katy H.</td> <td>(916) 798-8520</td> </tr> </table>	Chair	oachair@sacvalleyoa.org	Rick	(916) 870-1442	Vice Chair	oavicechair@sacvalleyoa.org	Elizabeth	(916) 410-2373	Secretary	oasecretary@sacvalleyoa.org	Scott B.	(916) 730-3396	Treasurer	ogatreasurer@sacvalleyoa.org	Carrie M.	(530) 902-6915	Region 2	oar2rep@sacvalleyoa.org	Carmen A. Donnalee B. Jackie C.	(916) 685-6458 (951) 265-9360 (916) 904-6868	WSBC	oawsbc@sacvalleyoa.org	Judy L. Mimi	(916) 781-3243 (916) 509-9880	Webmaster	oawebmaster@sacvalleyoa.org	Katy H.	(916) 798-8520																																				
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<p>OA REGION 2 4733 Torrance Blvd, PMB 335 Torrance, CA 90503 www.oar2.org</p>	<p>Committees</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">12 Step Within</td> <td style="width: 25%;">oa12stepwi@sacvalleyoa.org</td> <td style="width: 25%;">Open</td> <td style="width: 25%;"></td> </tr> <tr> <td>Answerphone</td> <td>oaHotline@sacvalleyoa.org</td> <td>Lisa</td> <td>(916) 224-0227</td> </tr> <tr> <td>Download</td> <td>oadownloader@sacvalleyoa.org</td> <td>Kate C.</td> <td>(916) 446-2166</td> </tr> <tr> <td>Events</td> <td>oaevents@sacvalleyoa.org</td> <td>Francine G.</td> <td>(916) 832-4023</td> </tr> <tr> <td>Group Growth</td> <td>oaagrowth@sacvalleyoa.org</td> <td>Katie H.</td> <td>(916) 335-9136</td> </tr> <tr> <td>Literature</td> <td>oaliterature@sacvalleyoa.org</td> <td>Barbara M.</td> <td>(916) 487-2925</td> </tr> <tr> <td>Media</td> <td>oaaudio@sacvalleyoa.org</td> <td>Jeanne O.</td> <td>(916) 479-0708</td> </tr> <tr> <td>Newsletter</td> <td>oanewsletter@sacvalleyoa.org</td> <td>Christian D.</td> <td>(916) 708-2324</td> </tr> <tr> <td>Nominations</td> <td>oanominations@sacvalleyoa.org</td> <td>Hiatus</td> <td></td> </tr> <tr> <td>OA How</td> <td>oaHow@sacvalleyoa.org</td> <td>Beeba</td> <td>(916) 427-7541</td> </tr> <tr> <td>Professional Outreach</td> <td>oaPO@sacvalleyoa.org</td> <td>Leslie</td> <td>(916) 838-8117</td> </tr> <tr> <td>Public Info</td> <td>oaPI@sacvalleyoa.org</td> <td>Open</td> <td></td> </tr> <tr> <td>Retreat</td> <td>oaRetreat@sacvalleyoa.org</td> <td>Judy B.</td> <td>(916) 363-2660</td> </tr> <tr> <td>Speaker List</td> <td>oaSpeakerlist@sacvalleyoa.org</td> <td>Kathleen</td> <td>(253) 314-4966</td> </tr> <tr> <td>Sponsorship</td> <td>oaSponsorship@sacvalleyoa.org</td> <td>Rusty</td> <td>(916) 247-0809</td> </tr> <tr> <td>Young People</td> <td>oaYP@sacvalleyoa.org</td> <td>Eric</td> <td>(916) 628-4582</td> </tr> </table>	12 Step Within	oa12stepwi@sacvalleyoa.org	Open		Answerphone	oaHotline@sacvalleyoa.org	Lisa	(916) 224-0227	Download	oadownloader@sacvalleyoa.org	Kate C.	(916) 446-2166	Events	oaevents@sacvalleyoa.org	Francine G.	(916) 832-4023	Group Growth	oaagrowth@sacvalleyoa.org	Katie H.	(916) 335-9136	Literature	oaliterature@sacvalleyoa.org	Barbara M.	(916) 487-2925	Media	oaaudio@sacvalleyoa.org	Jeanne O.	(916) 479-0708	Newsletter	oanewsletter@sacvalleyoa.org	Christian D.	(916) 708-2324	Nominations	oanominations@sacvalleyoa.org	Hiatus		OA How	oaHow@sacvalleyoa.org	Beeba	(916) 427-7541	Professional Outreach	oaPO@sacvalleyoa.org	Leslie	(916) 838-8117	Public Info	oaPI@sacvalleyoa.org	Open		Retreat	oaRetreat@sacvalleyoa.org	Judy B.	(916) 363-2660	Speaker List	oaSpeakerlist@sacvalleyoa.org	Kathleen	(253) 314-4966	Sponsorship	oaSponsorship@sacvalleyoa.org	Rusty	(916) 247-0809	Young People	oaYP@sacvalleyoa.org	Eric	(916) 628-4582
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<p>SVIOA (INTERGROUP # 09012) PO Box 25-5085 Sacramento, CA 95865 Phone: (916) 786-0330 www.sacvalleyoa.org</p>																																																																	
<p>INTERGROUP MEETING Second Tuesday of every month, 7pm Literature Sales 6:30 pm Christ Temple Apostolic Church 9000 La Riviera Drive Sacramento, CA 95826</p>																																																																	

We encourage every OA meeting to send a representative to the Intergroup. Here is where OAs get information about the Sacramento OA Fellowship, Region 2 and World Service. It is the forum for discussing group concerns, meeting others, and sharing ideas for recovery. Reps also buy AA and OA literature for their groups at Intergroup