



# VALLEY VOICE

VOLUME 12, ISSUE 1

JANUARY, 2012

## Step 1

We admitted we were powerless over food - that our lives had become unmanageable.

### Who's Weak Willed?

Normal people think we overeaters are weak willed. We know better. I, for one, am very strong willed. As a matter of fact, that is my real problem, not the food. It's what I, with my unyielding determination, choose to do with the food that kills me. That's why the program does not work for me until I choose (i.e., am willing) to work the program.

Some OAs take the first step and use it as an excuse for continuing to practice their compulsion. But it is not enough to admit that I am driven to compulsive overeating and that it is destroying me physically, mentally and spiritually. That is the necessary first step, of course, but there are eleven more steps after that.

When the fog begins to lift and I see that my path is leading me to the

cliff's edge, it's time to change course. But which path to follow? I know all the diets and all about proper nutrition, so why can't I just do it?

Fact number one is that I do not behave rationally around food. I have to admit that I don't know all the answers and that I can't change myself without help. The answers and strength must come from outside myself.

That is step two.

What a blow to the ego that admission can be for some of us! But it -is this leveling process that gives me success. I stop playing God.

If I know of a path that can lead me to the good things in life such as physical health, positive thinking and true spiritual serenity and I wisely decide to follow that path, then I have taken step three. This is giving up my

old self-destructive "I'll do it my way" attitude and accepting a new and beautiful way of life.

The only spiritual belief I need at this point is that the OA program is an infinitely better one than my own. It is my will again that makes this decision.

My will is at work throughout all of the following steps and my sustained abstinence. I alone choose to either put the food into my body or use the tools and the program. Every day I make these choices. At every meal, through every between-meal temptation, I choose: Revive the old self-destructive ego or follow the OA program.

Weak-willed compulsive overeaters? No way.

*Lifeline - July 1980*

### The Paradox of Powerlessness

I felt I didn't have any power over life. I couldn't make things happen and I couldn't get people to do what I wanted them to do.

But food I could get right away. I had supreme power over it. I could buy as much as I could carry and eat as much as my stomach could hold. Food was the symbol of all the things I couldn't get. I used it for power and pleasure and it made me fat and ugly and sick.

Now the paradox: the first step. I admit I'm powerless over food.

Yes, I can see that. It has become a compulsion, a physical addiction and a mental game I can't stop. From the beginning I knew I had no power over circumstances, so I set up my food game.

So now what have I got left? I'm powerless. I'm beaten. I surrender.

When I look in the mirror can I honestly say that's all there is?

No. There is a Power greater than myself. It's absolutely available to me. It's mine, it's there - it's God.

If I can accept that Power now and let God love me and give me

things and care for me, then...

I can accept myself and love me and give me things and care for me and...

I can accept you and love you and give you things and care for you.

When I allow this surrender, miraculously I cease starving and start living.

So, operating the old way I was powerless. But in using the Power greater than myself, I'm not.

It is my wonderful secret! I'm loved and loving and free.

*Lifeline - February 1982*

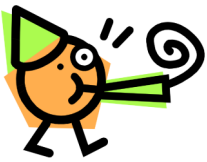
Day/Time	City/Area	Address	Topic	Contact	Phone	Mtg #
<b>Sunday</b>						
6:30 PM	Davis	Davis Lutheran, 8th & B - Room 6	Anorexics / Bulimics welcome   Step Study   Scent Free	Kathleen	(253) 314-4966	33285
7:00 PM	Elk Grove	8841 Williamson Drive, #70	Literature Study	Carol	(916) 690-7085	45445
7:00 PM †	Sac-E.	First Christian Church, 39th and Folsom	11th Step   Candlelight	Christina	(916) 214-1476	35513
<b>Monday</b>						
11:00 AM <b>Mtg Closed</b>	Sac-S. <b>Closed</b>	St. Lukes Lutheran Church 7595 Center Pkwy <b>Meeting Closed</b>	<b>Meeting Closed</b>			
5:30 PM	Jackson	Sutter Amador Hospital Conference room next to cafe	Literature Study	Wendla	(209) 295-1890	40370
Noon	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
<b>Tuesday</b>						
10:00 AM	Stockton	St Gertrude's Catholic Church 1663 E. Main Street Group meets in hall in back of church	<b>Spanish Speaking</b>	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	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
<b>Wednesday</b>						
10:00 AM	Pine Grove	UpCountry Community Ctr. 19386 State Highway 88 (below market)		Karin	(209) 296-7945	40370
10:30 AM <b>Mtg Closed</b>	Sac-S. <b>Closed</b>	Valley Grace Community Church <b>Meeting Closed</b>	<b>Meeting Closed</b>			
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
6:00 PM * <b>New Time</b> formerly 7:00	Roseville	1660 Eureka Road - Kaiser Women & Children Bldg, Room B17, First Floor <b>New Room</b> (formerly Bldg 2 Rm C461)	12th Step   Anorexics / Bulimics welcome   Relapse	Brian M.	(916)225-7251	50479
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

**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
<b>Thursday</b>						
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		Maryann	(209) 951-2737	30896
<b>Friday</b>						
10:00 AM <b>Mtg Closed</b>	Sac-S. <b>Closed</b>	St Luke's Lutheran Church, 7595 Ctr. Parkway <b>Meeting Closed</b>	<b>Meeting Closed</b>			
10:00 AM	Stockton	St Gertrude's Catholic Church 1663 E. Main Street Group meets in hall in back of church	<b>Spanish Speaking</b>	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
<b>Saturday</b>						
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	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

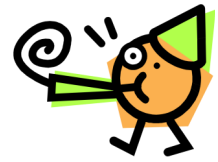
Guess who's turning 52?



# Overeaters Anonymous!

The Sacramento Valley Intergroup invites you to come celebrate

## OA's 52<sup>nd</sup> Birthday Party



Speaker \* Birthday Countdown \* 50/50 Drawing \* OA Literature Sale \* Karaoke \* Dancing

**Saturday, February 4, 2012**

6:30 p.m. – 10:00 p.m. (Doors Open at 6:00)

**Sutter Cancer Center 2800 L Street, Sacramento**

Remember to bring your donation of **clean, wearable clothing** and **accessories** for the Boutique at the R2 Convention this summer.

<p><b>OA WORLD SERVICE</b> PO Box 44020 Rio Rancho, NM 87174-4020 Phone: (505) 891-2664 E-mail: info@oa.org www.oa.org</p>	<b>Board</b>			
	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
<p><b>OA REGION 2</b> 4733 Torrance Blvd, PMB 335 Torrance, CA 90503 www.oar2.org</p>	Treasurer	oatreasurer@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	Christian D.	(916) 708-2324
<p><b>SVIOA</b> (INTERGROUP # 09012) PO Box 25-5085 Sacramento, CA 95865 Phone: (916) 786-0330 www.sacvalleyoa.org</p>	<b>Committees</b>			
	12 Step Within	oa12stepwi@sacvalleyoa.org	<b>Open</b>	
	Answerphone	oahotline@sacvalleyoa.org	Lisa	(916) 224-0227
	Download	oadownloader@sacvalleyoa.org	Kate C.	(916) 446-2166
<p><b>INTERGROUP MEETING</b> Second Tuesday of every month, 7pm Literature Sales 6:30 pm  Christ Temple Apostolic Church 9000 La Riviera Drive Sacramento, CA 95826</p>	Events	oaevents@sacvalleyoa.org	Francine G.	(916) 832-4023
	Group Growth	oagrowth@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	<b>Hiatus</b>	
	OA How	oahow@sacvalleyoa.org	Beeba	(916) 427-7541
	Professional Outreach	oapo@sacvalleyoa.org	Leslie	(916) 838-8117
Public Info	oapi@sacvalleyoa.org	<b>Open</b>		
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	

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