

# SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS



## VALLEY VOICE

VOLUME 10, ISSUE 2

FEBRUARY, 2010

*We publish Valley Voice for your information and enjoyment. Any mistakes you may find are there for a purpose.  
We publish something for everyone and some people are always looking for mistakes.*

### WHAT YOU CAN EXPECT AT AN OA MEETING

- EXCERPTED FROM WWW.OA.ORG

After years of struggling with your weight and obsessing about food, you have decided to give Overeaters Anonymous a try.

When you arrive at the meeting, you will find men and women who share a common malady — compulsive eating — and have found a common solution: the Twelve Steps and Twelve Traditions of Overeaters Anonymous. You will see anywhere from three to 40 people at the meeting. An average meeting has about 9. You will be warmly welcomed.

The meeting usually opens with the Serenity Prayer, and you may hear a reading called “Our Invitation to You,” which describes the disease of compulsive overeating and the Twelve-Step solution. Meeting formats may vary, but all OA groups are the same in that they seek recovery on three levels — physical, emotional and spiritual — through the Twelve Steps, and the only requirement for membership is a desire to stop eating compulsively.

You may hear a speaker open the meeting and speak for 10 to 15 minutes about what life was like before OA, what happened, and what he or she is like now; or someone might read from OA or AA (Alcoholics Anonymous) literature. Other members will share their

experience, strength and hope. You will have an opportunity to introduce yourself as a newcomer, if you like. You will find that you are not alone, that there is a way out of your desperation. Because anonymity is a critical principle of the OA program, you are assured that what you share will be held in confidence. This provides the safety you need to share your experiences honestly.

You may recognize your own story when you listen to others share. Listening will help you find others who have what you want, whether it be weight loss, clarity, joy or recovery from the obsession. You may want to ask someone to be your sponsor. A sponsor will help you work the Steps of the program to achieve the recovery you seek.

When members share, you may hear them refer to a Higher Power or to God.

OA is not a religious program and does not subscribe to any specific religious ideology. It is a program that practices spiritual principles, and members individually approach these principles with a Higher Power of their understanding.

A list may be passed around for all to sign their names and phone numbers, so people can offer each other support between meetings. Someone from the meeting you attend may call you to

answer any questions you may have about the program, and you will also have an opportunity to get phone numbers yourself to reach out for help. The telephone is an important tool in OA for getting and giving support and reminding you that you are not alone.

Meetings usually last between one and two hours. Because OA is self-supporting, a basket will be passed for donations.

You will notice that some members volunteer to help keep the meeting going, such as the group secretary, the treasurer and greeters. Members find that doing service in OA helps keep them from eating compulsively. Service is important to their recovery and allows them to give back to the Fellowship that has saved their lives. Service opportunities exist in all levels of the Fellowship, from making coffee and setting up chairs at a meeting to being on the Board of Trustees.

The meeting usually closes with a reading like “I Put My Hand in Yours”. If you find that the meeting you attended does not feel right, try a different group at another time and location. It is a good idea to attend at least six meetings before deciding on a meeting that is right for you.

What you WON'T find at OA meetings are weigh-ins, packaged meals, dues, fees, “shoulds,” “musts” or judgment.

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What you WILL find at meetings is:

- Acceptance of you as you are now, as you were, as you will be.
- Understanding of the problems you now face — problems almost certainly shared by others in the group.
- The meeting usually closes with a reading like “I Put My Hand in Yours”. If you find that the meeting you attended does not feel right, try a different group at another time and location. It is a good idea to attend at least six meetings before deciding on a meeting that is right for you.
- Communication that comes as the natural result of our mutual understanding and acceptance.
- Recovery from your illness.
- Power to enter a new way of life through the acceptance and understanding of yourself, the practice of the Twelve-Step recovery program, the belief in a power greater than yourself, and the support and

If you decide that you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

**CALL FOR PARTICIPATION**

**BOARD AND COMMITTEE POSITIONS NEED TO BE FILLED.**

Thank you to those of you that have headed the call. Just a few more positions to be filled.

Please contact Chair Rusty if you are interested. Do attend the Tuesday night Board Meetings. (Location and time are listed on page 3.) It will help you to understand how important the Board is to OA unity. We can't do it alone.

Here are the available positions:

**Answerphone ♦ Group Growth ♦ Literature ♦ Young People ♦ Sponsorship ♦ Professional Outreach**

Descriptions for each of the positions can be found on the Sacramento Valley Intergroup website. Check under 'Intergroup'- 'Documents'- 'By Laws, P&P, etc'- 'Policy and Procedure Manual'. Yes, it is a 47 page document, but don't let that detour you—we need your service. Come along and join us! You will see that it is rewarding.

- Editor

**STEP 2**

Came to believe that a Power greater than ourselves could restore us to sanity.

**TRADITION 2**

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**EXCERPTS FROM BEEN SLIPPIN' N SLIDIN' - 12TH STEP HANDBOOK**

How willing am I to admit that I am powerless over food and that my life is unmanageable?

How do I use each of the OA tools of recovery? How frequently do I use them?

Am I willing to stop thinking and speaking negatively about myself? Am I willing to call my sponsor and attend meetings?

Am I willing to give up reasons and excuses for eating compulsively and for not embracing the solution offered in Overeaters Anonymous?

Am I willing to believe that I must change or I will not recover?

Am I willing to cultivate an effective relationship with [a] Higher Power?

Do I recognize that my intuition and my Higher Power are giving me messages? Am I willing to "listen" to those messages by writing about them and applying those messages in my new way of life?

Editorial Policy

The deadline for copy is the fifteenth of the month for the following month. Payment cannot be made for material. All articles must be signed and when published will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The Valley voice reserves the right to edit submissions for length and clarity. Send submissions to: oanewsletter@sacvalley.org.