OVEREATERS ANONYMOUS® Sacramento Valley Intergroup

Valley Voice

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The Sacramento Valley Intergroup of Overeaters Anonymous (SVIOA) Serves:

The greater Sacramento Valley
Sierra Foothills, and Northern Nevada
Sierra, including the counties of:

- Amador
- Butte
- Calaveras
- Colusa
- El Dorado
- Nevada
- Placer
- San Joaquin
- Sacramento
- San Joaquin
- Solano
- Sutter
- Stanislaus
- Yolo
- Yuba
- Carson, Douglas, Inyo, and Washoe (NV)

STEP 8:

Spiritual Principle: Self-Discipline

Made a list of all persons we had harmed and became willing to make amends to them all

Self-discipline makes us less likely to hurt other people and quicker to make amends when we do.

OA 12x12 p.85

Letter From The Editor

As editor for the Valley Voice (VV), I am dedicated to shaping content to reflect the principles of our OA program, alert you to upcoming events, communicate important Intergroup information to our OA membership and to provide a forum for our members to share their Experience, Strength and Hope anonymously throughout our readership area.

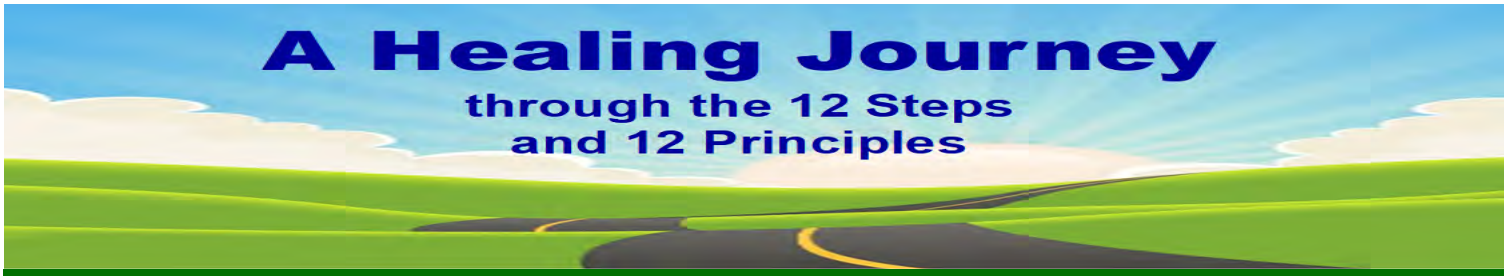
Sponsors—encourage sponsees to share their personal experience as they work their programs. Personal stories always resonate with our readers.

Stories can be from 50—450 words. Note: avoid religion, politics, outside food plans, other 12 Step fellowships and non-OA approved literature. Please send to my email address either typed within the email or as a Word document if possible. 'Pages' docs can also be handled.

Mary L, Editor - marylush@comcast.net 707-330-9062

Overheard at Meetings

- Self-discipline: the ability to make yourself do what you should do whether you feel like it or not.
- Self-esteem is a matter of discipline…
- When the *pain of where I am*, overwhelms the fear of where I am going; I am ready and willing to grow and change.
- God's will is a loving thought and a loving action.
- Ego always needs an audience, self-esteem does not.
- I worked the steps and I got better, I took other people through them and I got well.
- I can make the smallest things a disaster—I'm a tornado chaser!
- Now I seek my blessings—and know today that I am truly blessed.



SELF-DISCIPLINE

Principle of Step 8

From Our Literature

"Made a list of all persons we had harmed and became willing to make amends to them all."

"In our days of out-of-control eating and food behaviors, most of us were so obsessed with food we had little time to develop or nurture effective relationships with other people. When we were eating compulsively, we may not have fully realized how we had isolated ourselves. We may have felt that once the food problem was solved, everything in our lives would be satisfactory. When we did stop eating compulsively, however, we usually found that our defective ways of dealing with others were a source of pain for us. In many cases, this pain was so great we were tempted to eat again rather than face it. "What's the use of abstaining if I'm just going to hurt?" we asked. "If this is recovery, I don't want it!" Clearly, if we were going to remain abstinent and find serenity, we had to learn better ways of dealing with other people, ways that would bring us joy instead of pain.

"In Steps Eight and Nine, we looked at the damage we have done to others and set about repairing it. Now we apply the same Principles of ***self discipline*** and ***love*** for others to all our actions. Self-discipline makes us less likely to hurt other people and quicker to make amends when we do."[1]

"We must become willing to make amends to all those on our list. In many cases, this can seem like a frightening and humiliating prospect. We know we have done wrong and are sorry, but to actually confess our deeds to the very people we have done wrong seems impossible. After years of running from any kind of unpleasantness and hiding ourselves in food so we wouldn't have to feel embarrassment or pain, we're now asked to admit our mistakes and face all their consequences. We're asked to do so while being abstinent without eating compulsively to numb our feelings. How can we possibly become willing?

As long as we have not forgiven people for harms they have done to us, we will find it impossible to make sincere amends to them for our side of the conflicts. Even in the cases where we manage to find the willingness to talk to them, we're very likely to bring up their mistakes and wind up insulting them, rather than to make amends.[1]

"We seek to examine our actions so we can learn from our mistakes and build on our successes."[1 pg 87] Do I take a thorough look — an inventory of my conduct — when I do a Tenth Step? Or do I focus on my feelings and thoughts? There's a world of difference between self-examination and self-awareness. The first means scrutiny of my behavior; the second relates more to my state of being. For me to be successful with the three-fold process of self-examination, meditation, and prayer as described in Steps Ten and Eleven, I need to scrutinize my conduct. I ask myself where in my day I could have been more honest, willing, self-disciplined, and loving. How can I apply these principles to my daily life? Usually by more meditation, more prayer, more practice. Show me the way, Higher Power. Your will be done, not mine.[2]

Step Eight:

- I put myself at the top of my amends list. I had damaged myself physically and mentally. I had engaged in unhealthy relationships and disordered eating because of my feelings of low self-worth.[3]
- I made a list of all persons who had harmed me and became willing to forgive my abusers and forgive myself and others I had harmed.[3]
- Step Eight teaches faith that God can rectify the faults of my own making, as I become willing to make amends.[4]
- I knew that the person I had harmed most was myself—with pride, self-pity, lust, greed and harsh condemnation.[5]
- Our purpose in doing Step Eight is not to judge others, but to learn attitudes of mercy and forgiveness"[1]

[1]The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, ©2018, Overeaters Anonymous, Inc.; [2]Voices of Recovery, May 28th, ©2002 Overeaters Anonymous, Inc.; [3]Body Image, Relationships and Sexuality, © 2020 by Overeaters Anonymous, Inc.; [4] Abstinence, 2nd ed. ©1994, 2013 Overeaters Anonymous, Inc.; [5]Lifeline Sampler © 1985 by Overeaters Anonymous, Inc.

Paso a Paso

Fuerza de voluntad

Me pasé muchos años estudiando y comiendo compulsiveamente. Tengo mucha fuerza de voluntad. Tengo un título de ingeniera, un máster y un doctorado. Sin embargo, toda mi fuerza de voluntad no me sirve para luchar contra la compulsión por comer. Cuanto más intentaba controlar la comida con fuerza de voluntad más me odiaba a mi misma por no poder conseguirlo. Llegué a un punto de desolación total y fui a un psiquiatra que me dijo que dejara de luchar contra mi misma porque acabaría con una personalidad disociada, es decir loca de atar.

Me ayuda mucho el programa porque ahora sé que estoy enferma y no tengo que odiarme por ello. Ahora sé que mi mecanismo del cerebro que me dice que ya estoy llena y no necesito más comida, por algún motivo no me funciona bien. No se si el origen de mi adicción está en que en mi familia hay muchos comedores compulsivos o en que empecé a darme atracones con mi familia los domingos cuando tenía cinco años. En cualquier caso el resultado es que mi cerebro me dice cosas como: “Un poco más no pasa nada, solo por esta vez y mañana empiezas la dieta”. Pero la realidad es que una vez que empiezo a comer compulsivamente es muy difícil parar. Lo he comprobado muchas veces.

La única forma que he encontrado de parar un poco mi enfermedad es practicar el programa de doce pasos de Comedores CompulsivAnónimos.

Tengo que reconocer que cuando empecé hace treinta y dos años estaba un poco en una nube rosa y pensaba que todo iría bien si trabajaba el programa. Con el tiempo me he dado cuenta de que no tengo una experiencia espiritual maravillosa que me libera de todos mis problemas. Tengo un programa que si lo trabajo me permite tener una vida mejor solo por hoy.

Al principio me parecía que ir a muchas reuniones me quitaría tiempo de mi vida, pero es justo lo contrario. Es cuando voy a mis reuniones semanales cuando el resto de mi vida está más organizada y la aprovecho mejor. También me molestaba mucho hacer listas de agradecimientos porque no me sentía agradecida por nada, pero ahora veo que tenía muchas cosas buenas en mi vida tapadas con la comida y los resentimientos. Al principio trabajar los pasos me parecía muy difícil, pero ahora no sabría que hacer sin ellos.

Tuve algunas madrinas y padrinos difíciles, pero ahora disfruto de una madrina amorosa y tolerante.

Al principio trabajaba el programa con mucha fuerza de voluntad porque estaba muy desesperada. Ahora disfruto de mis compañeros, de los libros, de las reuniones y no me imagino la vida sin la ayuda y apoyo que recibo a través de la comunidad de OA.

-anónimo

Willpower

I spent many years studying and binge eating. I have a lot of willpower. I have an engineering degree, a master's degree, and a doctorate. However, all my willpower is no use to me in fighting the compulsion to eat. The more I tried to control food with willpower, the more I hated myself for not being able to achieve it. I reached a point of total despair and went to a psychiatrist who told me to stop fighting myself because I would end up with a split personality, meaning completely crazy

The program helps me a lot because now I know I am sick and I don't have to hate myself for it. Now I know that my brain mechanism that tells me I am already full and don't need more food, for some reason, doesn't work well for me. I don't know if the origin of my addiction is that there are many compulsive eaters in my family, or that I started binge eating with my family on Sundays when I was five years old. In any case, the result is that my brain tells me things like: "A little more won't hurt, just this once, and tomorrow you start your diet." But the reality is that once I start binge eating, it is very hard to stop. I have proven this many times.

The only way I have found to stop my disease is to practice the twelve-step program of Overeaters Anonymous.

I have to admit that when I started thirty-two years ago, I was a bit on a pink cloud and thought everything would go well if I worked the program. Over time, I have realized that I don't have a wonderful spiritual experience that frees me from all my problems. I have a program that, if I work it, allows me to have a better life just for today.

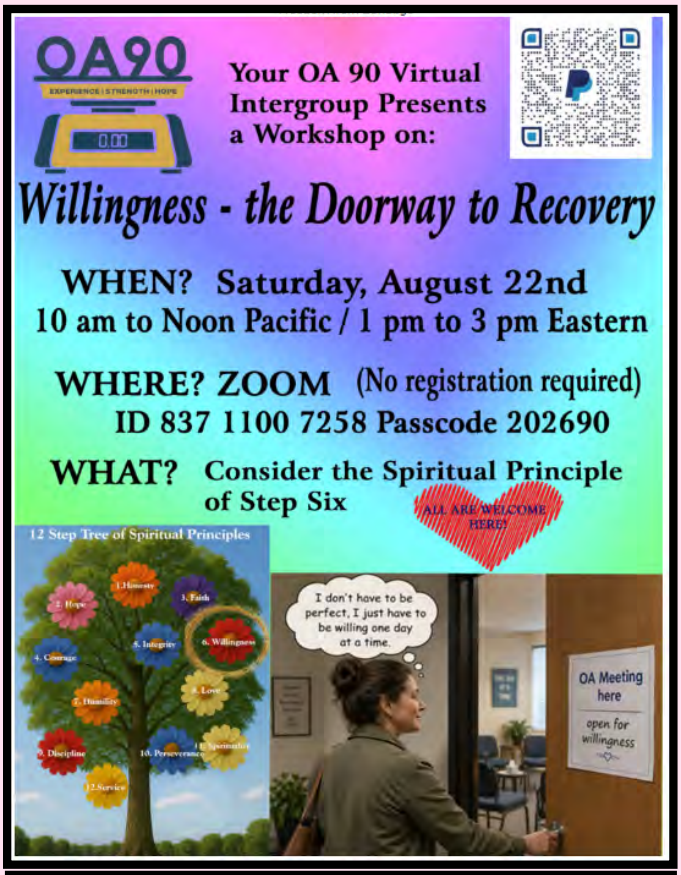
At first, it seemed to me that going to many meetings would take time away from my life, but it is just the opposite. It is when I go to my weekly meetings that the rest of my life is more organized and I make better use of it. I also used to be very bothered by making gratitude lists because I didn't feel grateful for anything, but now I see that I had many good things in my life covered up by food and resentments. At first, working the steps seemed very difficult to me, but now I wouldn't know what to do without them.

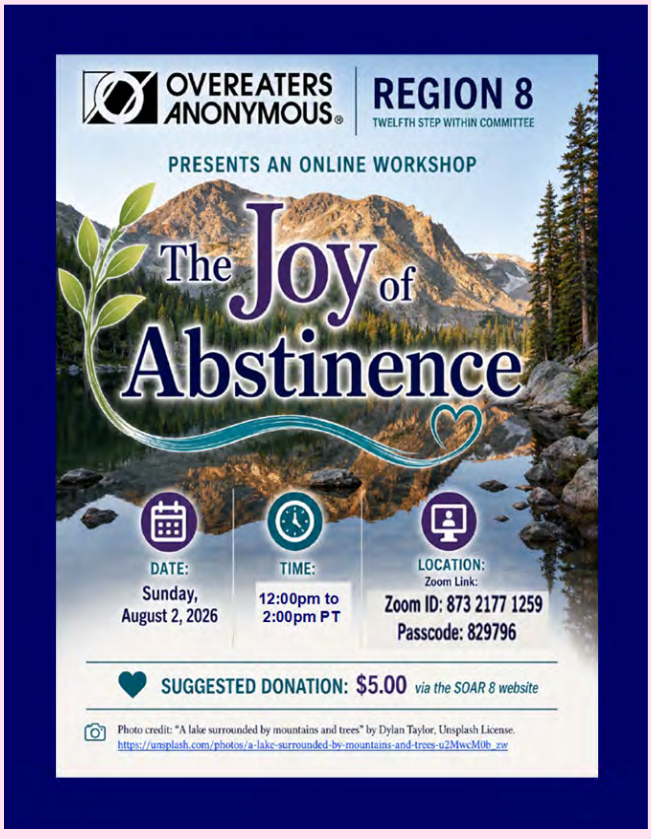
I had some difficult sponsors, but now I enjoy a loving and tolerant sponsor.

At first, I worked the program with a lot of willpower because I was very desperate. Now, I enjoy my peers, the books, and the meetings, and I cannot imagine life without the help and support I receive through the OA community.

-anonymous

Upcoming Events





Stories from
DIVERSE VOICES
A Common Solution©

Recovering With Physical Limitations

I volunteered to serve as chair of my intergroup's Unity with Diversity Committee because I see myself as a poster woman for diversity. I am an aging, Jewish lesbian with a disability. That covers a lot. When I first came to OA in 1990, I was not out as lesbian in my home group or any other meeting. At that time, I wasn't elderly or disabled yet. Diversity, when misunderstood, has mistakenly been thought of as an outside issue. This has happened to me, and I felt isolated and "terminally unique." It didn't seem like anyone in the rooms really knew me. I left after two years. That began a fifteen-year relapse.

> "Still, OA has taught me more spiritual principles like kindness, humility, and tolerance than religion ever did"

When I returned in 2006, I was determined to be myself. I wanted recovery and knew honesty was necessary. OA offered specific-focus groups, and I joined an LGBTQ+ discussion loop and a phone meeting. Then I attended face-to-face meetings locally. Did I stand up in meetings and declare my sexual preference? Did I wave a rainbow flag? No, nothing so dramatic, but I did talk about –*anonymous*ly, my then-partner, now wife. That's what heterosexuals do. It felt natural, and I got comfortable with practice.

In 2008, I was diagnosed with multiple sclerosis (MS). It has progressed to my use of a walker. Sometimes there are barriers to attending meetings. Not all meetings are accessible, and I believe they should be. It's a goal of mine to see that happen. The pandemic has made more meetings accessible for some, but not all. The rise of virtual meetings works well for me, but some people don't have access to the technology or know how to use it. My particular disability has hindered my making commitments to service. Before MS, I used to feel proud of my reliability. Now I say, "I have a can-do mind in a can't-do body." So, I help where and when I can. My disability has also given my boundaries that I may have been lacking before. I just can't agree to do it all anymore. Like everything in life, there are gifts and challenges.

Before OA, spirituality and religion were challenging for me. For some reason, Judaism wasn't that meaningful to me until I took a DNA test in 2018 and found out it was actually in my genes. I thought it was just a religious preference my family passed down through generations. It sounds naïve, but knowing my Judaism was genetic lit a spark. It impressed me. Still, OA has taught me more spiritual principles like kindness, humility, and tolerance than religion ever did. These qualities enhance any religion.

I enjoy being older in OA. It's nice to be more settled in life. Acceptance seems to occur more easily. I rebelled against many concepts when I was younger. Now, accepting my differences and those of others comes more readily. I have the wisdom to know that I have the same disease as my fellows in the program, and that although my traits may vary, the same program that works for them will work for me. We may love differently, pray differently, and have different abilities, but we use the same OA books and practice the same Steps. We are united in a common solution while honoring our diversity.

-anonymous

Different Ages, Like Minds

I first came to OA at age 23, I lived in a small retirement town. At my OA meetings, I was usually the youngest person by at least thirty years. When I walked into my first meeting, I thought, "How am I going to relate to these people? They're all twice my age!"

I couldn't have been more wrong! I have learned many things from older people. I was able to see how special I am and how special we all are. I spent most of my life afraid the world would eat me alive, ashamed of who I was and how I looked. The knowledge and experience of older OA members gave me the courage to be myself.

> *"The knowledge and experience of older OA members gave me the courage to believe in myself."*

I was embarrassed to join OA and admit I had an eating disorder. I viewed compulsive overeaters as older, retired women. Boy, was I humbled when I saw I was a compulsive overeater, yet nothing like the stereotypical image I had. Most importantly, the elderly members showed me how fortunate I was to realize I have a crippling, deadly disease.

I understand and appreciate how lucky I am to have found OA at 23, not 63. I have a lifetime ahead of me where I don't have to obsess over food and my weight. The people in my meetings always tell me how lucky I am to be getting help at a young age. I don't have to go through a lifetime of pain and misery at the hands of this disease.

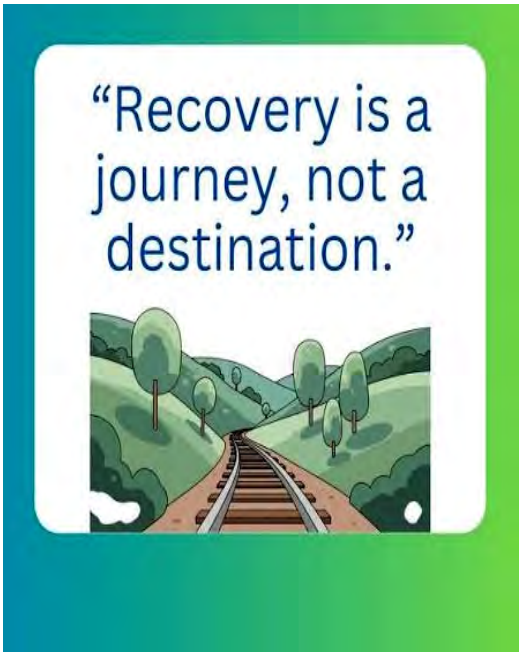
Thanks to these extraordinary people, I know I can have a fulfilling and happy life, and my Higher Power wants me to lead, a life free from the obsession with food. I thank God every day for sending these wonderful OA members my way! I couldn't have achieved and maintained abstinence without them!

-anonymous
Lifeline, March/April 2006

The Many Facets of Self-Discipline

- SELF-DISCIPLINE is the highest form of self-love.
- The aim of SELF-DISCIPLINE is to know God's will for me and to receive the courage and grace by which to do it.
- The SELF-DISCIPLINE of working Step 8 opens the door to a right relationship with God, which in return makes possible a healthier relationship with myself and all the people in my life.
- SELF-DISCIPLINE offers an opportunity for me to better myself.
- SELF-DISCIPLINE helps me to create and develop healthy habits.
- In Step 8, I learn to have the SELF-DISCIPLINE to make things right and to take responsibility for my actions.
- Step 8 — SELF-DISCIPLINE shifts the focus outward from self-inventory to practicing compassion, empathy and kindness toward others.

-anonymous



Slowly But Surely: Truer of Heart

I have lived with an eating disorder and body dysmorphia for as long a I can remember. Though I was oblivious to my illness before recovery, my life was spent perfecting the way I looked and performed. The disease manifested in an obsession with numbers and a fear of food. I was a ballerina until my twenties, and my days involved a disciplined exercise regimen. Having been told to lose weight and fight to be the best, I compared myself to others. The disciplined, vigorous ballet regimen became very damaging to me physically, emotionally, and spiritually.

Before recovery, my whole being was damaged; working against my HP, my mind took over and ruled the show. My view of my body was immensely distorted. Body-image thoughts and fears of food were always at the forefront of my mind. Each day I would conduct a body check, picking apart every detail, and time and time again, I would fall into disgust. My day was ruled by a determination to get through it without food, and I was pleased with myself if I succeeded. What insanity and self-loathing!

My body, mind, and spirit became starved of nutrients. I had brittle, osteoporotic bones, a nonexistent menstrual cycle, low self-esteem, and a highly emotional, unbalanced, irrational mind. I fell into physically and emotionally abusive relationships, which just added to the negativity in my self-belief and self-image. I lost friends, family ties broke down, and I found myself surrounded by plenty of negativity. Eventually I ran away in search of "spirit." I believed my HP was guiding me, but my illness was just taking on another form. I dove into spiritual retreats to search for God, but I was also on a mission: a self-abusive, fasting, cleansing, detoxifying, and purifying mission to try to rid myself of myself!

In my intimate relationships, I'd lost all my motivation and enthusiasm for life. I'd been known as a happy smiling, outgoing child and young lady, but now every relationship I had was damaged, as I could not open myself up to intimacy or trust. My trust in men had been affected, and I rejected letting anyone in for fear of physical and emotional trauma. I began to believe that everyone's motivation and intentions toward me were sinister and tainted with deceit. It seemed that when I was stressed, emotional, fearful, or sad, the feelings would trigger a default mechanism to try to control my emotions through an unhealthy obsession with my body image and food.

It was two years ago that my HP halted me completely, leaving me physically, emotionally, and spiritually dead. I was forced to acknowledge that something was wrong. Before OA, my body image ruled me with irrational, insane thinking—I was unable to see myself as I truly was. My eating disorder was persistent, but it would present itself differently: if I was in a relationship, I would have anorexic tendencies; through a breakup, I would fall straight into the food and bulimia; and when single, I would "cleanse" myself again in search of *something*.

Through a slow and gentle (get painful) recovery in OA, I have abstinence. A truer awareness is being shaped. My body image is better. At times, I still body check and condemn myself and worry about my size and image, but I've reduced the frequency considerably. There is a peace and space between my thoughts, a greater awareness, and the gift of a Higher Power. I am in my early days in OA, but I can truly say I am so much happier with myself than I was before. Since recovery, I have allowed fun, freedom, intimacy and the possibility of love into my life.

I relate to my recovering body image and sexuality in my relationship by taking an inventory of where I was and where I am now. The people and relationships I have now are truer of heart, loving, soulful, supportive, vibrant, honest, and joyful. Through OA, life fees full of freedom, self-discovery, and blessing after blessing. There are good days and bad days, as there are for us all, but I can carry the bad days with more ease than before.

Anonymous
Body Image, Relationships, and Sexuality

Series of Stories about 'the Binge'

Perfect Shift

On Christmas Day 2001, I celebrated one year of abstinence. My group had supported my upcoming medallion, and urged me to celebrate my abstinence milestone at a meeting. The idea troubled me because I was terrified I would lose my abstinence over it. I had never been able to give up any of my trigger foods in the past, and here I was a year without them. Was it too good to be true? Would sharing it with the group somehow sabotage me? I had spoken with other members who understood where I was coming from. My sponsor felt I had recovery to share and urged me to accept my medallion with the group. I was confused.

I had another issue in sharing with the group. Even though I was celebrating a sustained 25 pound weight loss, I still felt I had not yet achieved true abstinence. Did I deserve to say I had been abstinent for a year when I still felt physical recovery was not mine? Because my physical recovery wasn't perfect, I didn't want to give newcomers and other members the wrong impression of recovery. With all these emotion and thoughts spinning around inside me, I had a lot of writing and praying to do too.

Over the Christmas holiday, I experienced what I like to call a shift. I've had them before, and it is how God takes me to the next level in my program. Shifts are exciting; I never know when they will come. This shift gave me the gift of consciousness in my eating. OA had given the gift of consciousness in so many areas of my life, but I had never let it carry over into my evening mealtime. All of a sudden, I realized I had not allowed my eating to take place in a caring manner. I was not letting God guide my mood, food, or body. I began to realize I needed to slow down, from coming home in a starving frenzy to make food decisions, determining amounts, and actually eating.

It has been less than a week since this shift has come about, but I am amazed how I am listening to God at mealtime. One day at a time, if I continue to listen and do the footwork, I know that God will do what is best for me. He also thinks it is time for me to share my recovery.

-anonymous
Abstinence, 2nd Edition
© 1994, 2013 by Overeaters Anonymous, Inc.

Beauty Is an Inside Job

I walked into OA ten years ago weighing about 300 pounds. One of the results I have experienced as a product of my work in OA has been a loss of about 125 pounds. I lost the excess weight in my first year of abstinence and have maintained that weight loss. So, I have been at about the same weight, give or take 10 pounds, since that time. And I can promise you that what I weigh today has nothing to do with how I feel about my body.

One of the most surprising lessons I have learned is that how I feel about my body and what I'm telling myself when I look in the mirror has far more to do with my emotional and spiritual state than my actual physical data. That is true both for how I perceive myself and how others seem to perceive me. When I'm feeling fat and telling myself I am fat, my eyes see a fat person in the mirror. When I change the message—even if I don't believe it—and then look, it doesn't take long before I see someone who looks good, even beautiful.

When I'm going through body-image challenges, I hold myself differently. I make different choices about how I dress. I tend to wear baggy clothes with no adornments, and I slump my way through the day. My sponsor told me several years ago that when I get dressed to go out into the world, I need to look cute to myself in the mirror. If I don't think I look good, I'm hiding. This may not be true for everyone, but it has proved to be true for me.

Also, when I'm feeling really positive about myself and seeing someone I like in the mirror, I inevitably get comments from others about weight loss. People say, "You've lost weight," or something similar. I hear this a bunch, both in and out of the rooms, when I've been feeling good for a while. It used to baffle and frustrate me. I hadn't lost weight at all. What were they seeing?

I think I know. Beauty is an inside job. How beautiful I am is determined more by how beautiful I feel than how I actually look. People seem to confuse their perception of the inner beauty growing within me when I'm in a good place emotionally and spiritually with an actual physical change. Most people I know are programmed to assume that someone who looks different and better has lost weight. So, that's what they think Is going on. It has happened to me so often I no longer believe it's a fluke. When people comment on "my weight loss," I know they are just misinterpreting what their eyes are showing them; they're really seeing my inner growth.

-anonymous
Body Image, Relationships, and Sexuality: Personal Journeys to Recovery. © 2020 by Overeaters Anonymous

"One of the most surprising lessons I have learned is that how I feel about my body and what I'm telling myself when I look in the mirror has far more to do with my emotional and spiritual state than my actual physical data. That is true both for how I perceive myself and how others seem to perceive me.

Anonymous
Beauty is an Inside Job
Body Image, Relationships and Sexuality
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"The most exhaustive thing in life is being insincere."

Anne Morrow Lindbergh

A young woman who had binged and vomited for thirteen years before OA considers herself well qualified to speak on people-pleasing. Here's what she told her group

"I seemed to think I had to go through life with a smile pasted on my face. I was sweet and accommodating and polite. A good egg. Of course, none of it was sincere. How could it be when, inside, I was angry and resentful and afraid? My false front was so exhausting I had to make it up to myself somehow, and the one sure way to do that was to eat.

"The same exhaustion overtakes me today whenever I try so hard to make a good impression that I am not being myself. But it's all right to make mistakes. I am not perfect. I'm making progress and I'm very grateful for the chance to do it.

For today: Doing or saying something I don't means costs me more in the long run than I'm willing to pay. I am as honest as I can be without either being rude or fawning over anyone.

For Today July 12th
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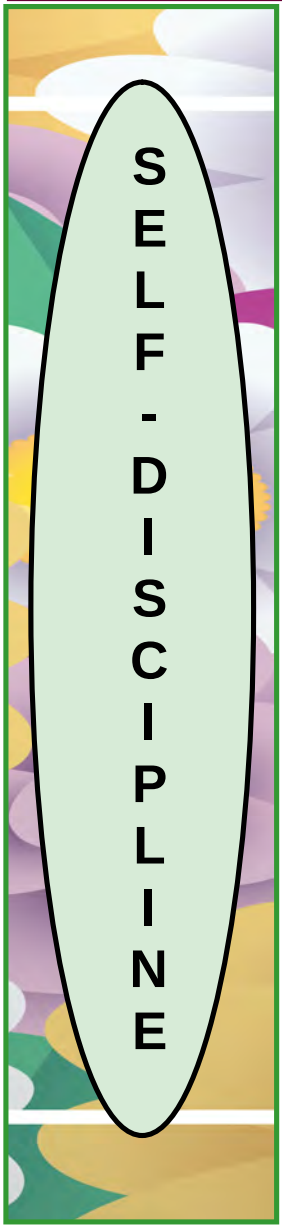
It's true that the only requirement for membership in OA is a desire to stop overeating.

But if you absolutely want a better life, well, hmmm ... how's this?

Working the Steps with a sponsor is a really good idea!



Staying Power

This month I am celebrating my fifth year of abstinence. I weep as I tell you, for these five years have been a miracle. Never in my life have I consistently done anything that was good for me for so long a period of time.

Throughout my first year of freedom from compulsive overeating I was filled with cravings which gave me joy because they reminded me of two things: (1) I had a disease that almost destroyed my sanity and (2) with God's help, one day at a time, I did not have to be at its mercy any longer. Every time I set eyes on once-loved binge foods a sign that flashed "poison" went on in my head.

In my second year of abstinence I had to deal with the defect of pride. My former depression and self-hatred were almost nonexistent and I was no longer doing the crazy things I had done under the influence of junk food. I jumped to the conclusion that there was nothing wrong with me. And since the people in OA listened to me eagerly and loved me unconditionally, I figured I must be great. My fall was emotionally quite painful but, thank God, my abstinence was preserved. Fortunately, I came to understand that I am just another abstinent compulsive overeater—and happy to be so.

My third year I married. My husband, a member of Alcoholics Anonymous, spotted my hangups and played on them to satisfy his own. I returned the favor. But out of love and devotion to our programs and to one another we put our childishness aside and began to build a good marriage.

My fourth year I gave birth to a son, graduated from college at age twenty-nine and took an extended trip to the east coast—all in the same month. If you don't think that puts some pressure on abstinence, try it. Still, God preserved my abstinence. (The only time my cravings were completely gone was during my pregnancy; God has quite a sense of humor!)

In my fifth year of abstinence my husband died, just two and a half months after I learned he had cancer. In those ten weeks, during which my husband was bedfast, God gave me the strength to care for him and our two babies (we had custody of a child only two months older than our son)—and to remain abstinent.

My gratitude goes out to all those from our program who helped me care for my children and clean my home during that difficult period.

I grieved for a long time after my husband's death, but I was abstinent. I took responsibility for the care of my son, managed to stay out of the mental hospital and remained abstinent. I did not always remember to brush my teeth or wash my face, and I had to learn again how to overcome depression—but I abstained. With much love, gratitude and joy, I can truthfully say that **abstinence *is* the most important thing in my life without exception.**

June 1981—Lifeline Sampler
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Intergroup Board

Chair	oachair@sacvalleyoa.org	Katy H	(559) 392-7550
Vice Chair	oavicechair@sacvalleyoa.org	Christi C	(707) 366-2171
Treasurer	oatreasurer@sacvalleyoa.org	Sharon E	(916) 813-4101
Webmaster	webmaster@oasacvalley.org	Gerri S	(808) 250-1212
Secretary	oasecretary@oasacvalley.org	Shira D	(707) 235-0207
Region 2	.....	Steve H	(650) 224-4094
Region 2	.....	Mika M	(619) 341-3155
WSBC	.....	Cara D	(209) 329-9927
WSBC	.....	Rosalie	(916) 448-3247

Committee Title	Specific Tasks	Chair
Bylaws	Bylaws/Policy & Procedures Review/Update	Scarlet H
Events	Events Support	Christina S
Group Support	Meeting/Zoom Support	Nici P
	Speaker List Maintenance	Emily M
Answer Phone	Answer Phone	Carla S
Newsletter	Newsletter Editor	Mary L
	Contributing Editor	Rosa N
Meeting List	Meeting List Coordinator	Susan L
Public Outreach	Public Outreach Support	Nancy Mc
Retreat	Retreat Coordination	Angie
Special Population Focus	Special Population Support	Raven Y
Sponsorship	Sponsorship Resource Management	Dee G (775) 790-5690

Meeting List Link

https://www.sacvalleyoa.org/meetings.html

Intergroup Meeting

TUES AUG 11

Meeting ID: 984 7782 1659
Passcode: 860953

7:00 — 8:00 p.m.

Submitting Stories of Personal Recovery

All stories are welcome! In addition, each month we will be highlighting one of the Twelve Steps and its Spiritual Principle.
In SEPTEMBER

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or us.

Spiritual Principle: BROTHERLY LOVE

Submit stories via email to marylush@comcast.net by the 15th of the month for inclusion in the next month's newsletter.