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 7:

Spiritual Principle: Humility

Humbly asked him to remove our shortcomings.

I have the courage and humility to say "I don't know." For today: May I have the wisdom to remain teachable.

For Today, April 4

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

Managing Anxiety: Take out the drama and stay in today, stay in the now.

My superpower is not carrying resentments around all the time.

God, help me take care of myself today so I can live another day and help others.

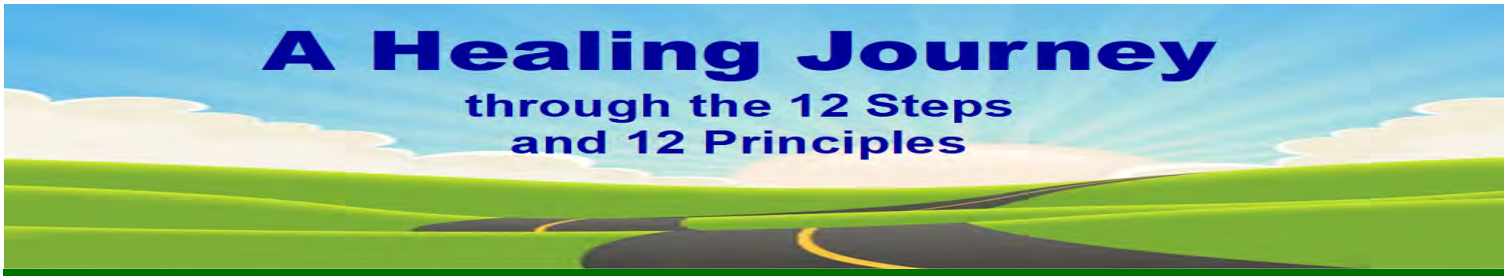
When someone is trying to love you—let them!

Every problem has a lifespan that only God knows…

Meetings are the jumper cables God uses to get love flowing from one addict to another.

How many compulsive eaters does it take to change a light bulb? Only one. But first s/he has to admit s/he's powerless.

The only thing you have to change…is *EVERTHING*!



WILLINGNESS

Principle of Step 7

From Our Literature

"Humbly asked him to remove our shortcomings." - Humility

As we complete Step Five, we may feel many emotions, among them **humility**, elation, and relief. We often feel nearer than ever before to our Higher Power and more loving and trusting of other people. Whether we feel these things or not, we can rest assured that we *are* nearer to God and more capable of trusting others.[1]

Having become completely ready to let go of our character defects in Step Six, we find that Step Seven is simple; all we have to do is ask God to remove our shortcomings. There is a qualification, however. As we ask, Step Seven calls for us to adopt an attitude of **humility**.[1]

Many of us misunderstood the concept of **humility** at first; we confused it with humiliation or low self-esteem…. In OA we learned that low self-esteem was not at all the same as **humility**. In fact a poor self-image keeps us in bondage to self and thus makes it impossible for us to find true **humility**.[1]

Real **humility** about our character defects carries with it *acceptance*. We accept that each defect, as painful to us as it may be, is a part of who we are. With humble acceptance we can quietly say to our Higher Power, *"I am this way, and only with your help can I change."*[1]

Humility is a gift as surely as is our recovery from compulsive eating and the other miracles of healing we experience as we work the Twelve Steps.[1]

We don't have to wait until we achieve perfect **humility** to proceed with Step Seven and the remaining five Steps. We proceed with our Step Seven prayer, secure in the knowledge that we are doing our part and God will do the rest.[1]

Repeated practice of Step Seven enables us to form a working partnership with our Higher Power through which we are relieved of the defects that have blocked our effectiveness in the world. As we gain new **humility** and ever greater freedom from our character defects, God's power flows more surely and freely through us, bringing healing to others as well as to ourselves, and drawing to us all the things we once fought hard to attain: self-esteem, a feeling of usefulness, joy, strength to surmount difficulties, fellowship and love.[1]

Today I am working on valuing myself and others, just for who we are, without comparing or judging. When I am willing to listen to another person with compassion and an open mind, God shows me how valuable that person really is. And when I am able to honor another person's ideas and experiences, I am able to love and respect myself too, all in a spirit of **humility** and gratitude. Every person I encounter has something of value to contribute. Letting go of comparing and judging sets my spirit free.[2]

I didn't think I could muster up the attitude of **humility** necessary to work Step Seven and to proceed. Then I realized that I first practiced **humility** by admitting powerlessness in Step One, by admitting insanity (Step Two), by letting God take control (Step Three), by admitting defects (Step Four) and then by sharing the defects (Step Five). So I have been practicing **humility**. I just hadn't tripped over the word "**humbly**" before. Since I have been granted **humility** all along, this evidence confirms that I will be granted enough to continue the path of the Twelve Steps.[3]

Humility means I recognize and accept myself as an ordinary person. Humility frees me from the bondage of self, the chair of superlatives my ego wraps around me. I no longer need to be either superstar or scum of the earth, soaring or crashing on my own merit. Instead, I can humbly ask my Higher Power to help me recognize the wisdom around me and to act on it, moment by moment, each day.

[1]The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition
© 2018 by Overeaters Anonymous, Inc

[2]Voices of Recovery A Daily Reader April 14
© 2002 by Overeaters Anonymous, Inc.

[3]Voices of Recovery A Daily Reader July 3
© 2002 by Overeaters Anonymous, Inc

4Voices of Recovery A Daily Reader September 21
© 2002 by Overeaters Anonymous, Inc

Paso a Paso

La Humildad

l domingo pasado volvía de vacaciones y estaba esperando a mi avión que venía con retraso. Me parecía que la comida me llamaba desde todos los puestos del aeropuerto. Pensé en darme un atracón, pero se me ocurrió que me iba a salir un poco caro porque la comida del aeropuerto cuesta bastante. Me acordé del programa. Me vino a la mente, solo por hoy. Solo por hoy me parecía muy largo porque ya llevaba muchas horas viajando y me quedaban otras tantas. Entonces me acordé de que podía ser solo por cinco minutos. Me dije que no iba a comer durante cinco minutos. En esos cinco minutos me acordé de que estoy en un chat de OA donde nos pedimos ayuda unos a otros en momentos de necesidad.

Dudé. Pensé que todos sabrían que no puedo pasar cinco minutos sin comer. Además, no quería comprometerme a no comer nada. Quería comer el snack que te dan en el avión con la bebida, aunque tuviera que esperar bastante. Pensé que ni siquiera estaba dispuesta a no comer nada después de cenar, simplemente no quería atracarme. Pensé que era un poco estúpido pedir ayuda solo para no atracarme y estar medio abstinente. No creía que pudiera pasar sin comer tantas horas. La comida me seguía llamando. Los puestos estaban enfrente de mi asiento en el aeropuerto. No se me ocurrió cambiarme de asiento, aunque la verdad no había sitio en ninguna parte porque muchos vuelos venían con retraso.

Cuando me siento cansada y sin fuerzas para hacer algo, en este caso esperar, siempre pienso que la comida me va a arreglar la vida. Finalmente, abrí el chat y me comprometí a no comer en el aeropuerto y esperar por mi snack del siguiente avión. Los compañeros del chat me apoyaron en mi decisión. Cuando llegó el avión, era de noche y las luces estaban apagadas dentro del avión. Con los ojos cerrados y medio dormida esperé mucho tiempo por un snack que nunca vino. Cuando me di cuenta de que los auxiliares de vuelo que estaban sentados detrás de mí no se iban a levantar, me puse muy triste, pero poco a poco se me fue pasando el deseo imperioso de comer. Al llegar a casa me fui a dormir.

A veces me cuesta trabajo pedir ayuda porque pienso que yo puedo hacerlo o que no merece la pena pedir ayuda para ni siquiera hacerlo muy bien. Tener la humildad de pedir ayuda aunque sea para una pequeña meta produce grandes resultados. Quizás no lo haga tan bien como otros compañeros, pero puedo aceptar mi situación del momento y poco a poco ir mejorando.

- anónimo

Humility

Last Sunday, I was coming back from vacation and waiting for my delayed flight. It felt like the food was calling to me from every kiosk in the airport. I thought about bingeing, but it occurred to me that it was going to be a bit expensive because airport food costs quite a lot. I remembered the slogan "*Just for today*" came to my mind. *"Just for today"* felt too long because I had already been traveling for many hours and had just as many left. Then I remembered it could just be for five minutes. I told myself I wasn't going to eat for five minutes. During those five minutes, I remembered that I was in an OA chat where we ask each other for help in moments of need.

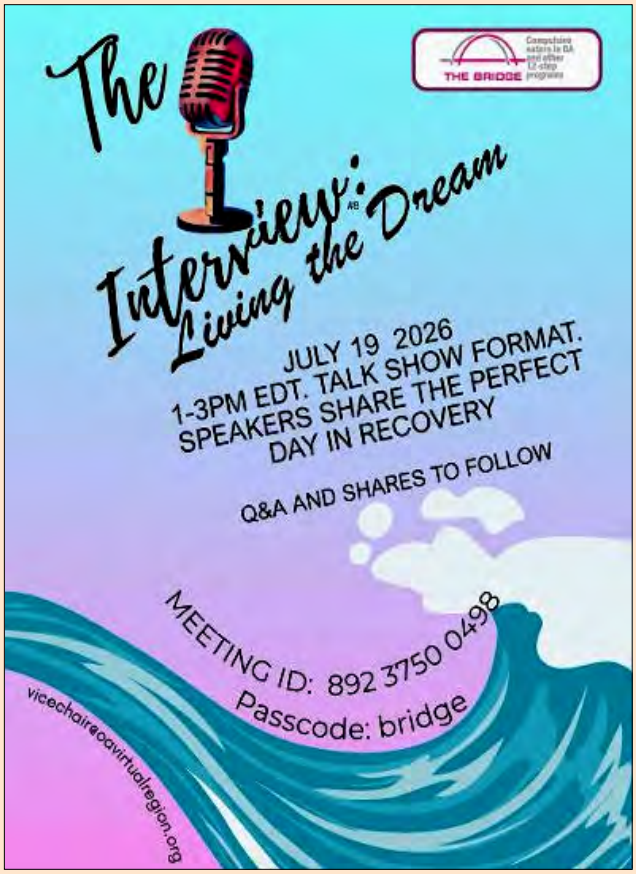
I hesitated. I thought everyone would know that I can't go five minutes without eating. Besides, I didn't want to commit to not eating anything at all. I wanted to eat the snack they give you on the plane with your drink, even if I had to wait a while. I realized that I wasn't even willing to not eat anything after dinner; I simply didn't want to binge. I thought it was a bit stupid to ask for help just to avoid bingeing and being partially abstinent. I didn't think I could go so many hours without eating. The food kept calling to me. The food stalls were right across from my seat at the airport. It didn't occur to me to change seats, although the truth is there was nowhere else to sit because many flights were delayed.

Whenever I feel tired and powerless to do something - in this case, wait - I always think food is going to fix everything. Finally, I opened the chat and committed to not eating at the airport and to waiting for my snack on the next plane. My OA friends supported my decision. By the time my flight arrived, it was nighttime, and the cabin lights were dimmed. With my eyes closed and half asleep, I waited a long time for a snack that never came. When I realized that the flight attendants sitting behind me weren't going to get up, I got very sad, but little by little, the overpowering urge to eat passed. When I got home, I went to sleep.

Sometimes I find it hard to ask for help because I think I can do it myself, or because I feel it isn't worth asking for assistance if the result won't be perfect. Having the humility to ask for help—even for a small goal—yields great results. I might not do it as well as my colleagues, but I can accept my current situation and gradually improve.

-anonymous

Upcoming Events



Recovery Talks:
Cultivate an Attitude of Gratitude

Sun - July 26
11:00 - 12:00PT

Location: Zoom
Meeting ID: 901 265 2959
Passcode: hello
Numerical passcode: 575553

www.oaontario.org
Hosted by Central Ontario Intergroup

Your OA90 Virtual Intergroup
Presents a Workshop on:

WHEN? Sunday, July 26th 10 am to Noon Pacific
1 pm to 3 pm Eastern
No Registration Required

WHERE? ZOOM ID 837 1100 7258 Passcode 202690

ALL ARE WELCOME!

OA90
EXPERIENCE | STRENGTH | HOPE

OA RISE
www.oarise.org
recovery inspires shared experiences

Our mission is to provide inspiring speaker meetings of depth and authenticity while maintaining a website where OA members can access recordings to support their recovery.

Sun - July 19

1pm - 3:30pm Pacific

Overeaters Anonymous
Registered Meeting #88993

Zoom ID: 947 2125 9974 Password: 810562

Stories from

DIVERSE VOICES

A Common Solution©

I Found OA Through a Mexican Posada

Approximately three and a half years ago, I received a miracle in these rooms. My mom had passed away a few months before from complications of diabetes. One of her legs had been amputated, and she weighed more than 225 pounds. The saddest part was that I was headed in the same direction. I weighed over 200 pounds. I was depressed, my diabetes was out of control, and my kidneys were beginning to fail. I had to inject myself with insulin several times a day.

I was 63 and had tried every diet known to me, including laxatives, injections, and amphetamines. My doctor refused to renew my amphetamine prescription because my blood pressure was too high. Therefore, my friends and I would take my mom to Mexico to get amphetamines and binge on Mexican food.

Our church was getting ready to have a Mexican Posada (a nine-day observance in anticipation of Christmas) with lots of food, when some young ladies came to talk to us about a new OA meeting. I thought, "How silly of somebody to talk to us about OA just before Christmas." But the first meeting would be in Spanish, and I was desperate enough to go. I have been in the United States for more than fifty years, but I still prefer to speak my native language and thought I would be more comfortable with people from my same culture. I learned that the beauty of OA is in our differences; it does not matter what culture or background we come from, if we are working or retired, or even what language we speak. We are all here because we have the same illness and compulsion for food.

When I started working with my sponsor, I used to tell myself, "She is so young and so Anglo. What can she possibly teach me about diets?" Now I know I needed to find **humility**, leave my fears and pride behind, and ask for help. My sponsor told me I had to attend three meetings a week and call three people a day, but we had only one meeting in Spanish. Again, I asked myself, "What if they don't like or don't understand me or my accent?" and I thought, "I am not going to be accepted because of my culture." Now I realize my sick mind wanted me to continue with my isolation.

"I find a lot of love and acceptance at the meetings."

I find a lot of love and acceptance at the meetings. I have heard wonderful stories of recovery and have received great benefits from hearing the stories and experiences from the many new friends I've made. After attending OA for approximately eighteen months, I received a miracle: my doctor took me off insulin and cholesterol medication after I let go of approximately 68 pounds. I will always have diabetes and will always be a compulsive overeater, but I have oral meditation for my diabetes and OA for my compulsive eating.

Thanks, OA

G.M., San Antonio, Texas USA

Embracing Cultural Diversity

According to one definition, culture relates to the customs of a particular group or area. When I went to my first meeting, all I knew was that I was different from you. I attended my first meeting in California USA, and English was not my first language. My customs were not the same as yours; for example, I measured my weight in kilograms and my food in grams, rather than in pounds and ounces.

"Today I know we have an equal-opportunity disease."

That was almost nine abstinent years ago. Today I know we have an equal-opportunity disease. It doesn't matter what language I speak or where I live, so long as I desire to stop eating compulsively and sit in the OA rooms. I have learned to focus on our common solution (The Twelve Steps and Twelve Traditions) rather than on the things that might pull us apart.

English is still my second language, and I still measure my food in grams. However, you have taught me that if I focus on our differences they grow bigger. When I focus on what unites us, that becomes the guiding light to my life.

Today, I feel a part of you, not apart from you.

R.B., Tucson, Arizona USA

Turning Off the Autopilot

I've been in OA for several years now and my journey has taken me on many an adventure. But sometimes I have a lull in my program where I feel like I'm on autopilot. Not much going on or happening and I'm on a non-exciting constant roll. That's when my Higher Power steps in to get me re-engaged in my program. Last Sunday I was watching a service and it was on idolatry. Man did that catch my attention! It helped remind me where I came from prior to OA. Food was my god and everything else came second in my life.

My life is so much different now thanks to OA and I see food as fuel and NOT my god. I really appreciate the little wake up calls I get from my Higher power when I least expect it. Little reminders that let me know HP is still around even when things seem quiet. For that I am grateful that I am in OA and have the support I need and a loving Higher Power that speaks to me through others. I am glad to be where I am today, living a life I could never imagine to be mine.

-anonymous

"Humbly asked Him to remove our shortcomings."

—Step Seven

This, to me, was the true "action" Step. It required asking the power outside of myself to change me, to make me something alien to myself. It required more trust than anything else I was asked to do and still demands trust as I continue to evolve into a new, unknown creation. This Step taught me humility, that state of being humble. Humble, according to the dictionary, is *"the state of reflecting, expressing, or offering in a spirit of deference."*

Before this Step, it was all about me - my powerlessness, my beliefs, my shortcomings, and my plans to resolve them. This Step changed all of that. The deference — *"respect or esteem due to a superior"* — clarified who was in power, who I should believe in, and the reason for giving over my shortcomings. It is all about becoming the person that my Higher Power needs me to be in order to carry out His will. That is what my program is about. With this Step I have surrendered my role as principal and joined the chorus of Fellowship.

Mathematical Miracle

At this point she cracked. She decided to go on an all-out binge. She didn't want to go somewhere where everyone knew her abstinence record. So she drove out of town and checked into a small hotel to set forth on her project. She knew that this little town was famous for its German bakery with its huge selection of homemade pastries.

It was a Friday night, and the bakery was packed with customers stocking up for the weekend. She felt agitated waiting in line for her turn. She was really depressed about losing her job and recently breaking up with her boyfriend. Drowning in self-pity, she couldn't wait to take the edge off with a box of pastries. She just wanted to get quietly "stoned" on sugar.

Finally she reached the head of the line. The clerk looked up and said "Yes, ma'am. What can I get you?" Then the clerk froze in her tracks, took a long, hard look at the customer, leaned over the counter and said in a low tone, "I was in Los Angeles several months ago at the OA convention. And I wandered into one of the workshops. You were at the podium. And you gave one of the finest OA talks I have ever heard in my entire life."

For a few seconds she just stood there – probably in a state of shock. She picked up her wallet off the counter with trembling hands and walked out. All the desire for a binge drained out of her.

-anonymous

"God speaks to me in nature, in my OA friends, at meetings and through the work of the Twelve Steps. He speaks in many ways. I just needed to learn to listen and to follow my heart, not my head. My head can lead me astray. My heart is never wrong."

From Voices of Recovery
November 8
©2002 Overeaters Anonymous

Series of Stories about 'the Binge'

The Relief of Honesty

I've been in OA five years, became abstinent by my Higher Power's grace, and worked what I thought was an honest program. I used the tools as best I could and did the footwork. However, this year a restless feeling crept in that I couldn't put my finger on. My food plan changed as I tried to deal with a recurring skin condition; food changes can still throw me of course. I talked with my sponsor and committed to trying this new way of eating.

> I had been playing games with my food and eating behaviors, and it was robbing me of serenity and spiritual peacefulness.

After three months, my skin showed insignificant changes. Food was not the problem! This unsettled me. Didn't HP know how hard I had worked to eliminate and substitute food types? Didn't he understand it had to fix the condition?

For the next couple months I began to reintroduce foods and regain balance within my food plan. But the obsession kept living with me. I had experienced incredible freedom from the obsession for much of my time in OA, so to be living with it again was uncomfortable and scary. I often felt on the brink of relapse and lived in fear, which I didn't know how to escape.

Then HP showed me how to move forward with humility and spirituality. One morning during my quiet time, I knew I had to admit I had broken my abstinence. I had had no dairy-hopping binges, no hiding or stealing of food; in fact, no specific moment brought me to this realization. But as God spoke to me, I recalled how often I had used my correction pen on my food plan. I have always written down my food plan, but now I saw how shrewd I had become as I justified this by manipulating, deleting, and adding food to suit my whims. I was not eating compulsively and the eating always ended, so it couldn't be compulsive eating, could it? I had been playing games with my food and eating behaviors, and it was robbing me of serenity and spiritual peacefulness. My disease was active in its own way, and I could not justify or excuse my behaviors just because I wasn't in a full-blown bingeing relapse.

I felt my spirit's light bulb had been switched on! I cannot explain the unbelievable liberation I felt. I raced inside to ring my sponsor. Hearing myself say, "I've broken my abstinence" was freeing. I rang my sponsees and told them. I could hardly wait to tell the group. Never in my OA life did I think I would feel so excited about breaking my abstinence!

This program requires nothing less than rigorous honesty. God has returned my calm spirit. My food and associated behaviors feel clean, and the obsession is not there for today, I am restored to sanity.

OA delivers miracles. I'm sad to think I need to build the length of abstinence to offer myself once more for particular service positions, but God is showing me that service begins with me, here, now. I must continue daily contact with others in OA. I must put my bottom on a meeting seat, share honestly, and give without the thought of getting. Spiritual freedom is a gift too precious to put at risk.

- New Zealand—Abstinence, Second Edition
©1994, 2013 Overeaters Anonymous

Who's the Copilot?

I have been meditating and writing every morning, because I've been told it works for other people. I've have been in OA for about ten years and have tried just about everything I've been told to do or have heard other people say has worked for them. I discovered from the beginning that if I acted as if I absolutely believed everything I heard in OA, my life was manageable and I could remain abstinent. I didn't have to live in the misery of trying to fill that big black hole with food. I learned that God, as I call my Higher Power, would fill it for me with love, kindness, happiness, serenity, and all the other wonderful emotions that only he can give me.

This morning I read the "on awakening" passage from the Big Book, pages 86-88; pages 83 and 84 about promises; the "Step Seven Prayer" on page 76; and most important, pages 552 and 553 on resentment (*Alcoholics Anonymous, 4th ed.).* I reread yesterday's and today's passages in *For Today*, and then I wrote how I felt or was feeling about myself yesterday and today. I wrote what I hoped to do today, asking God to guide me. Finally, I wrote how I felt about others, to see if I was holding onto resentments.

After finishing my morning meditation I ate breakfast, asking HP to guide my eating and not let me gulp down my food. I then turned on my computer and started playing solitaire games. This is when the miracle happened. I usually waste time playing three or four different games but yesterday I promised myself that I would only play each game twice whenever I worked on the computer. I did just that, although I wanted to play more. It was then that I suddenly realized God was working for me. I said to myself, "Gee, it's nice having God as my copilot." Just as quickly, I had to say aloud, "Wrong, **it's nice being God's copilot**." For it was then I knew that God was really and truly in charge of my life. All I have to do is get the heck out of his way, and then sit back and enjoy the ride. Thank You, God. Thank you, OA.

— California, USA - Seeking the Spiritual Path: A Collection from Lifeline
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The Changes You Can't See

My desire to achieve concrete results, and to see them now, fosters in me a certain resistance to working the program on all three levels. My weight loss was visible to me and others, so I abstained; but many of the program's benefits are not that obvious. These include serenity, self-worth, love, **humility**, spirituality and countless others.

No one gives us a special pin when we begin to work the steps. No one publishes a notice in the newspaper when we refrain from having a temper tantrum. No one congratulates us when we stave off an emotional binge.

We *feel* the changes in ourselves and know they are for more valuable than the drop in weight measured by the scale or reflected in the mirror.

But there's much more! I work the steps and live this program because I know what my life is like without it. I want it more than anything else. I work for it because I know at gut level that returning to my old way of life would be slow death.

Emotions and spirituality are not tangible. I must be willing to simply feel the countless benefits I've reaped from OA n addition to my weight loss — qualities that are perhaps not even communicable to others, much less visible. But I know they're there. Isn't that enough?

May 1980 - Lifeline Sampler
© 1985 Overeaters Anonymous, Inc.

Seeing With New Eyes

You would be surprised how I have gotten over resentments of family and life in general. I now look at their side of a resentment instead of mine. In doing so, it lifts a great load off my chest and makes me see life more clearly.

Feeling sorry for myself is one of the ways that sapped my outlook on life. To think straight today means I am starting to believe that tomorrow will take care of itself.

I was trying to fight this disease alone. I regret I messed up so much in the last few years. I paid no attention to OA when OA could have made my life so simple to face instead of the hell I caused myself and others.

I realize that it will take me a long time to get the whole program-- but I finally realize what the trouble with me has been. I have wanted happiness but refused to work for it. I have held grudges and resentments that have warped my mind. I have not been tolerant and fair to others

Now that I'm working this program, I am beginning to see life as it should be, not as the way I have looked at it all my life. I am seeing with new eyes. And that gives me hope.

- anonymous

Humility, Forgiveness, and Step Seven

The basic ingredient in **humility** is a desire to seek and do God's will. My humble admission of my powerlessness over compulsive overeating was my first step toward liberation from its paralyzing grip.

The Step-Seven Prayer[1] says, *"My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."*

Through Step Seven, I know God has forgiven me for my past, and I have forgiven myself. To forgive means to pass over an offense and free the offender from the judgment deserved. Clearly, I need to go on forgiving as God forgave me for my past mistakes.

All I need to do is tell him of my wrongs. The more I trust that God forgives and continues to show me love and mercy, the easier it is for me to forgive others. To forgive is hard; to live with the consequences of not forgiving is harder.

In choosing to forgive, I commit myself never to bring up the offense again, but instead to act kindly toward the offender, as described in "Freedom For Bondage" in the Big Book[2] (I do this, not because the offender deserves it, but because doing so fulfills God's will and brings me personal freedom.)

As I acknowledge my wrongs to God, He takes away my guilt but does not remove the consequences of the event. I remain responsible for my actions as well as my reactions,

Through Step Seven, I am challenged further to put away all bitter thoughts, along with the desire to get even. I've found that bitterness is a way I punish myself for someone else's offense against me. Bitterness is unresolved rage and the refusal to forgive, and it eats away at me.

When I realized that I have wronged God far more than others have wronged me - and I've been forgiven - I am freed from the bondage of arrogance so I can forgive others. It always helps to remember that, in the eyes of God, I am a forgiven person.

[1] Alcoholics Anonymous, 4th ed., p. 76
[2] Alcoholics Anonymous, 4th ed., pp. 544-552
Seeking the Spiritual Path: A Collection from. Lifeline. © 2007 Overeaters Anonymous, Inc.

Intergroup Board

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WSBC	.....	Curt B	(510) 435-3246

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 JULY 14

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 AUGUST

Step 8: Made a list of persons we had harmed and became willing to make amends to them all.

Spiritual Principle: SELF-DISCIPLINE

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