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

STEP 1: SPIRITUAL PRINCIPLE: Honesty
We admitted we were powerless over food--that our lives had become unmanageable.

TRADITION 1: SPIRITUAL PRINCIPLE: Unity
Our common welfare should come first; personal recovery depends upon OA unity

CONCEPT 1: SPIRITUAL PRINCIPLE: Unity
The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Time To Say "Hello"

Dear Friends,

Thank you for the opportunity to strengthen my program of recovery by giving service to the SVIOA Intergroup. My name is Mary L and I am the incoming editor of the Valley Voice. New to this role, I welcome all suggestions on how to maximize the potential of the Valley Voice to enhance the recovery of all OA members in our Greater Sacramento Area.

I encourage you to participate in giving service through story contributions to the Valley Voice.

In gratitude for service,
Mary L, incoming newsletter editor

OVERHEARD

Better is enough.

Would you rather be right... or happy?

The two ways to learn are the hard way and the harder way.

If I have a problem and eat over it, then I have two problems.

If I don't face my stuff, I'm going to stuff my face.

You can't keep it unless you give it away.

PRINCIPLES of Step 1, Tradition 1, Concept 1

I believe my recovery is contingent on admitting and really believing that I am powerless over food, powerless to control my life, powerless over people, places and things. I am powerless to do anything about any of my character defects. As I admit and keep mindful of my powerlessness, God can and does help me through the process of the Steps. The lifting of the countless burdens makes me ever more willing to turn my will and my life over with no reservations.

-anonymous

When I first came to OA 19 years ago I was in a place of desperation and had considered bariatric surgery to deal with 200+ pounds of excess weight. I asked for a consult with a psychiatrist because I wanted to know why I was trying to kill myself. A medical social worker assured me I was not suicidal—I was instead an addict whose drug of choice was food. I was referred to OA. I had worked in healthcare for 30 years and never heard morbid obesity related to the disease of addiction! I went to OA meetings every week for two years, lost 104 pounds, never worked with a sponsor, reported my food or worked the Steps. It was a great social club. I felt I had my weight problem under control and left. Six years ago I had regained all of the weight I had just lost to qualify for knee surgery. Once qualified and on the list, I regained 25 lbs in two months! I said if I could not follow a food plan for one day I was heading back to OA. Needless to say, January 5, 1999 I walked back into an OA room once again. I immediately felt at home, loved, and at peace. This was my first day of abstinence.

-anonymous

This time the gift of desperation came with an acceptance that I am an addict, insane and powerless. I work the program, am sponsored, sponsor others, and give service. I am 220 pounds less than my highest weight and living a life beyond my wildest dreams. I know I can't, God can, and I increasingly let God. Recovery came through spiritual recovery.

-anonymous

The gifts of prayer and meditation have been instrumental in my recovery. I am able to communicate with my higher power and receive intuitive thoughts that align my actions with the 12 Steps and 12 Traditions. The resulting peace and harmony are life giving.

-anonymous

"Recovery began for most of us when we got out of isolation and into an OA group. Here we discovered we were not alone. As we opened our hearts to other OA members, we found acceptance, a sense of belonging, and unity with other compulsive overeaters that satisfied us in ways food never could." "Thus the unity of OA is a matter of life and death for us."
The 12 Steps & 12 Traditions, 2nd Ed., pgs. 91,92.

"I let no one - including myself - try to shame me into changing something about myself I wish were different. I pray to be relieved of guilt and self-hate, and to accept and like myself exactly as I am. That is where I can begin to change."
For Today, January 19. Overeaters Anonymous, Inc.

Caer siete veces Levantarse ocho

Hace doce años que me cambié de barrio e hice amistad con una vecina muy agradable. En esa época yo estaba abstinente, iba a tres reuniones presenciales a la semana, y de vez en cuando amadrinaba a algún miembro de OA. Además, siempre escribía mi plan de comidas y mi paso diez antes de llamar a mi madrina.

Mi vecina, que es muy generosa, me daba un plato de dulces hechos a mano todas las navidades. Yo le daba las gracias y le pasaba el plato a mi familia. Pero hace unos tres años me empecé a preguntar cómo sabrían los dulces de mi vecina y probé dos o tres. Como el experimento salió bien según yo, hice lo mismo el año siguiente.

Y este año, muy confiada empecé a comer los dulces, pero enseguida me di cuenta de que no podía parar y tuve que tirar la mitad a la basura porque me quería comer el plato entero. No pude esperar a dárselos a mi hijo cuando viniera del trabajo.

La verdad es que en los últimos años mi vida ha cambiado y ya no voy a reuniones presenciales, solo voy a dos reuniones on-line. He desistido en amadrinar porque vengo muy cansada del trabajo. Me he cansado de escribir el plan de comidas y hago un paso diez simplificado respondiendo rápidamente a las preguntas de una app. También me he divorciado y a veces tengo ataques de soledad y autocompasión.

La enfermedad es astuta, desconcertante y poderosa, y está siempre esperando mis momentos de debilidad porque soy comedora compulsiva y tengo una enfermedad para toda la vida. Lo positivo es que también tengo un programa a seguir y siempre puedo volver a él cuando me desvío. Y aquí estoy ahora, empezando otra vez por el principio. Intento no juzgarme y me digo a mí misma lo que he escuchado tantas veces en las reuniones: cuando te caes, te levantas, te sacudes el polvo y sigues hacia adelante.

Fall down Seven times and Stand up Eight

Twelve years ago I moved to a new neighborhood and made friends with a very nice neighbor. At that time I was abstinent, I went to three in-person meetings a week, and from time to time I sponsored an OA member. Plus, I always wrote down my meal plan and my Step 10 before calling my sponsor.

My neighbor, who is very generous, gave me a plate of handmade sweets every Christmas. I thanked her and passed the plate to my family. But about three years ago I started wondering what my neighbor's candy tasted like and I tried two or three. Since the experiment went well according to me, I did the same the following year.

And this year, very confident, I started eating the sweets, but I quickly realized that I couldn't stop and I had to throw half of it in the trash because I wanted to eat the whole plate. I couldn't wait to give them to my son when he came home from work.

The truth is that in recent years my life has changed and I no longer go to face-to-face meetings. I only go to two online meetings. I have given up sponsoring because I am very tired from work. I've gotten tired of writing the food plan and I make a simplified Step 10 by quickly answering questions in an app. I have also gotten divorced and I sometimes have attacks of loneliness and self-pity.

The disease is cunning, baffling and powerful, and it is always waiting for my moments of weakness because I am a compulsive overeater and I have a lifelong illness. The positive thing is that I also have a program to follow and I can always return to it when I stray. And here I am now, starting again at the beginning at Step 1.

I try not to judge myself and tell myself what I've heard so many times in meetings: when you fall, get up, dust yourself off, and move forward.

-anonymous

Step 1

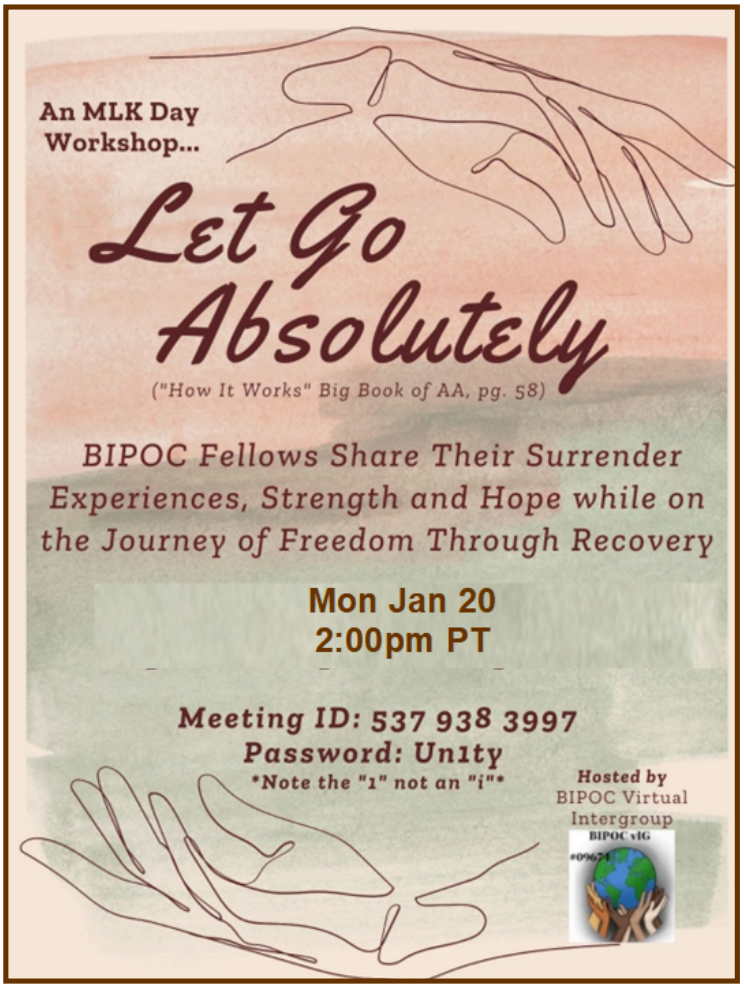
Admitimos que éramos impotentes ante la comida y nuestras vidas se habían vuelto ingobernables.

"Por hoy: En lugar de resoluciones, promesas y votos, marco este día como todos los demás: entregando mi voluntad y mi vida a Dios. *Dejo de tratar de manejar mi comida y mi peso.*"

"For today: Instead of resolutions, promises and vows, I mark this day as I do all others: by surrendering my will and my life to God. I give up trying to handle my food and my weight."

- For Today – Jan 1

Upcoming Events



Intergroup Board

Chair	oachair@sacvalleyoa.org	Katy H	(559) 392-7550
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Secretary	sarainrecovery@gmail.com	Sara N	(916) 769-4266
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Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws/Policy & Procedures Review/Update	Raven Y	raven.shasta@gmail.com
Events	Events Support	Dani B	dani@landmind.com
Group Support	Meeting/Zoom Support	Nici P	powersnici@gmail.com
	Speaker List Maintenance	Carla	carla_s@mac.com
Answer Phone	Answer Phone	======	
Newsletter	Newsletter Editor	Mary L	marylush@comcast.net
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Meeting List	Meeting List Coordinator	Mary S	mfshea1@att.net
Public Outreach	Public Outreach Support	======	
Retreat	Retreat Coordination	Rick Z	rick@directdigitalcontrols.com
Special Population Focus	Special Population Support	Maddy H	madisonhinojosa@yahoo.com
Sponsorship	Sponsorship Resource Management	Katherine G	KATEJOE@msn.com

Meeting List Link

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

Intergroup Meeting

Tues Jan 14
7:00 — 8:00 p.m.

Meeting ID: **984 7782 1659**
Passcode: **860953**

Submitting Stories of Personal Recovery

All stories are welcome! In addition, each month we will highlight how the spiritual principles of the Steps, Traditions and Concepts have been instrumental to our personal recovery. The spiritual principles we will be highlighting in the **February issue** include **Hope**, **Trust** and **Conscience**.

Please submit stories, poems or ideas via email to marylush@comcast.net by the 22nd of the month in order to be included in the next month's newsletter.

STEP 2: SPIRITUAL PRINCIPLE: Hope
Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2: SPIRITUAL PRINCIPLE: Trust
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.

CONCEPT 2: SPIRITUAL PRINCIPLE: Conscience
The OA Groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.