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
- Carson, Douglas, Inyo, and Washoe (NV)
- Sacramento
- San Joaquin
- Solano
- Sutter
- Stanislaus
- Yolo
- Yuba

STEP 9:
Spiritual Principle: Love

Made direct amends to such people where possible, except when to do so would injure them or others.

Practicing the Principle of love, we learn to accept others as they are, not as we would have them be. Self-discipline makes us less likely to hurt other people and quicker to make amends when we do.

Letter From The Editor

It gives incredible joy to share that **six** of the stories in this edition were submitted by our readers. Indeed, the Valley Voice truly becomes the voice of our members. I thank those contributors for sharing their experience, strength and hope with the OA members attending meetings in the Sacramento Valley Intergroup area.

Sponsors—thank you for encouraging your sponsees to share their stories of recovery. Whether new to the program or a longtime member, abstinent or in relapse, or sharing a story with you of their journey in recovery—it is incredible service to share it anonymously with our Valley Voice members.

Stories can be from 50-450 words. Note: please 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. If you need help with editing, we are available to assist.

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

Overheard at Meetings

OA works and my way doesn't. It's as simple as that!

An amend always includes a change in my behavior.

The most important thing we do here (besides the steps) is to listen to each other.

I need to be connected to the love of giving back and the joy of helping others.

The good news is you get your emotions back.
The bad news is you get your emotions back.

If you only want to feel good, just go to meetings.
If you want to RECOVER, work the 12 Steps.

This is a "one day at a time" program. If you are abstinent today, you are tied for first place in OA.

OVEREATERS ANONYMOUS®
Sacramento Valley Intergroup, California - Region 2

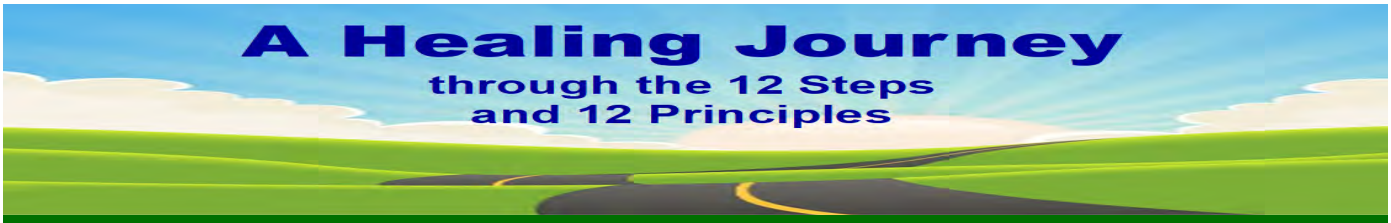
Don't Fall in the Fall!

Sharpen your tools with this virtual event including speakers, questions, sharing, and discussion.

Sat - Oct 24 9am - 12 noon PST
Meeting ID: 842 7746 8978
Passcode: 135037

Suggested donation of $5, no one will be turned away
Hosted by the Chico Fellowship-DONATE ONLINE:

https://www.sacvalleyoa.org/donations-for-events.html



Love

Principle of Step 9

From Our Literature

"Made direct amends to such people wherever possible,
except when to do so would injure them or others."

"To amend something means to change it. We complete our amends for our wrongful actions of the past by changing our actions in the future. This is especially important when making amends to ourselves and those people close to us whom we have repeatedly harmed by our patterns of behavior. We owe such people "living amends." The words we say to them are not nearly so important as how we act toward them from now on."[1]

"I am becoming increasingly aware of a lesson I am learning from working Step Nine. I used to feel disappointed if I didn't gain a major insight, feeling of relief, or change in my life soon after completing a Step-Nine amend. Now I see that the miracle of the work is often of a different nature. Sometimes it is right in front of me, operating daily in my life. I simply do not recognize it because I am so busy searching the heavens for a blinding revelation or, at the very least, fireworks."[2]

"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]

"We also need to exercise common sense as we set about this process. The Ninth Step specifically warns us of the danger of doing more harm than good as we face people directly and talk with them about hurtful situations of the past. For this reason, many of us have found it advisable to discuss the actions we are about to take with another person who has already taken the Step, an adviser who has personal experience with the Twelve Step way of life or preferably our sponsors."[1]

"It also helps us to remember that we make direct amends for our *actions* (or inaction when action was called for) rather than for our *feelings*."[1]

"Since I completed Step Nine twenty-six years ago, sanity has become my way of life—not always easy, but always worth it."[4]

"Now that we have completed the first nine Steps, we can face the future with a new confidence. We no longer need the crutch of excess food because we have discovered a way of life that nourishes us physically, emotionally, and spiritually. Our challenge from here on will be to continue following this path daily as we are guided by the last three Steps of our Twelve Step program."[1]

"The last twenty years have been amazing. I turned my will and life over to a God I didn't fully understand; I told someone my deepest, darkest secrets; I looked at my character defects; and I made amends. The most amazing part has been developing a relationship with a God of my understanding. Quiet times of prayer and meditation are absolutely a relationship with a God of my understanding. Quiet times of prayer and meditation are also time with God each day are absolutely necessary to my continued recovery. By spending time with God each day, I become more the person God wants me to be--loving, tolerant, patient, and kind. The Twelve Steps have brought me to God in a way I never could have imagined.[5]

[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] Overeaters Anonymous, Abstinence, 'Seventy-Five and Fully Alive.' ©1980, 2001, 2014 by Overeaters,

Paso a Paso

Reparaciones

La primera vez que hice el noveno paso, mi madrina me explicó que no tenía que preocuparme de hacer reparaciones a mí misma porque me hago las reparaciones al trabajar el programa.

Con el tiempo, voy comprendiendo mejor el daño que me hacía al comer compulsivamente. Físicamente, tenía mucho sobrepeso. Me ponía metas muy altas para compensar mi baja autoestima por estar gorda y no poder seguir una dieta. Luego me odiaba a mí misma por mis fracasos. Creo que lo peor era el auto-odio, mi propio abuso físico y emocional.

Ahora intento cambiar de actitud y no maltratarme. Me pongo metas razonables. Este verano hice senderismo y comencé a subir una montaña. No me propuse llegar a la cima. Me propuse caminar hasta donde pudiera. Había bastante gente y todos caminaban más rápido que yo. Me sentí muy triste por ir tan despacio; me daba vergüenza. Me dije a mí misma que no era necesario llegar a la cima y seguí caminando. Recé la Oración de la Serenidad para poder aceptar mi propio ritmo y, después de mucho rezar y mucho caminar, llegué a la cima.

También tengo cuidado con el perfeccionismo. Antes de llegar al programa, solía darme atracones por la tarde, después de volver del trabajo. Me parecía que lo hacía peor que todos mis compañeros. Me sentía un fracaso y me compensaba dándome atracones durante la cena. Ahora, cuando noto que me estoy maltratando, paro y rezo la Oración de la Serenidad. Intento aceptar que soy un ser humano y que no necesito ser perfecta. Mi PS me quiere como soy.

Al poco tiempo de empezar el programa, dejé de vomitar y también dejé de autoagredirme físicamente. Creo que tuvieron algo que ver el amor del grupo y la incongruencia entre trabajar los pasos y mantener mis comportamientos destructivos.

En general, creo que las reuniones, trabajar el programa con mis compañeros de grupo y con mi madrina, junto con el amor del grupo, me ayudan a hacer las reparaciones conmigo misma. Un libro de OA que encuentro particularmente útil en este sentido es *Body Image, Relationships, and Sexuality. Este libro me recuerda cómo era mi vida antes de llegar al programa; me ayuda a recordar dónde estaba y a no volver atrás.*

Aunque siempre voy a ser adicta a la comida y al auto-odio, puedo vivir una vida más o menos normal si sigo trabajando el programa y tengo cuidado de no dejarme llevar por mis antiguos comportamientos.

anónimo

Amends

The first time I worked the Ninth Step, my sponsor explained to me that I didn't need to worry about making amends to myself because I make amends to myself by working the program.

Over time, I have come to understand better the damage I was doing to myself by compulsively eating. Physically, I was very overweight. I set very high goals for myself to compensate for my low self-esteem because I was overweight and unable to stick to a diet. Then I hated myself for my failures. I think the worst part was the self-hatred, my own physical and emotional abuse.

Now I try to change my attitude and not mistreat myself. I set reasonable goals for myself. This summer, I went hiking and started climbing a mountain. I didn't set out to reach the top. I just planned to walk as far as I could. There were quite a few people, and everyone was walking faster than I was. I felt very sad about going so slowly; I was embarrassed. I told myself that I didn't have to reach the top and kept walking. I prayed the Serenity Prayer so I could accept my own pace, and after a lot of praying and walking, I reached the top.

I also try to be careful with perfectionism. Before I came to the program, I used to binge in the afternoon, after coming home from work. I felt that I did everything worse than all my coworkers. I felt like a failure and would compensate by bingeing during dinner. Now, when I notice that I am mistreating myself, I stop and pray the Serenity Prayer. I try to accept that I am a human being and that I don't need to be perfect. My Higher Power loves me as I am. Soon after I started the program, I stopped vomiting and also stopped physically harming myself. I think the group's love had something to do with it, as did the inconsistency between working the Steps and continuing my destructive behaviors.

In general, I think that the meetings, working the program with my group members and my sponsor, and the love of the group help me make amends to myself. An OA book that I find particularly useful in this regard is *Body Image, Relationships, and Sexuality. This book reminds me of what my life was like before I came to the program; it helps me remember where I was and not go back.*

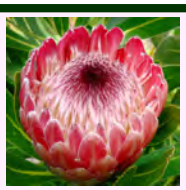
Although I will always be addicted to food and self-hatred, I can live a more or less normal life if I continue working the program and am careful not to let myself be carried away by my old behaviors.

anonymous

"Como hemos tratado con amor a cada persona en nuestras vidas, nuestro despertar espiritual se ha convertido en una realidad"

"As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality" OA 12&12 pg 67

Upcoming Events



Stories from
DIVERSE VOICES
A Common Solution©

Trans, Nonbinary and Queer in OA

In sixth grade I sat in a movie theater next to my father and had the vague thought that I was transgender. I pushed it aside, telling myself, "I can filter all of my feelings through my thoughts from here on out and no one will ever know I'm trans." This was the beginning of relying on myself instead of an infinite God. In eighth grade, I stood outside the classroom door during morning recess and felt devastated that I had already eaten all my food for the day. I couldn't bear the thought of going through the day without more food. As soon as I got home after school, I binged. I was doing poorly in school, felt self-conscious about how to relate to boys, and was intent on figuring out how to fit in.

I drove myself into hyper-femininity to prove to myself and others that I was not transgender. One Superbowl Sunday (the final football competition of the season in the United States), my friend's parents graciously made a Superbowl party buffet. I ate and ate; at some point, my friend asked, "Do you know how to make yourself throw up?" and I sad, "No, how do you do that?" My friend replied, "You stick your finger deep into your throat. Then we can eat more." That was my first experience purging, and while my friend likely never did it again, I continued purging for the next fifteen years.

The next thing I knew, I was working to exhaustion at cheerleading practice after school and then racing to fast food restaurants on my drive home. I gulped down food in the car, and whatever was left, I ate in my bedroom. I hid the fast-food trash in my nightstand. To drown out the noise of my purges, I would turn on the shower, which ran for hours during the night in high school. I was powerless. I continued bingeing and purging, and the effects took their toll on my body. I had long blonde hair that was falling out in clumps. I was devastated and saved the hair in a purse in my closet. I was hiding my compulsive eating illness, I was suicidal, and I didn't know what to do.

> *"I am hopeful that this message will continue to reach those suffering with compulsive eating within the trans and non-binary community."*

I binged and purged until I bled. I knew I was killing myself and didn't know how to stop. I called a therapist, saying, "I am having a problem with bulimia, and I am also questioning my gender." I started therapy but had no greater connection to my intuition/higher power, and therefore didn't feel any closer to discovering my gender identify. And the compulsive eating continued.

I went to graduate school, became a therapist, and thought I had enough knowledge to recover from compulsive eating. However, self-knowledge avails us nothing, and I was back to the toilet, my head hanging over it. My teeth began rotting from the abuses of the previous decade. By now, I knew of the Twelve Steps for alcoholism, and I went to a few of those meetings, but I sat in the back and cried that I wasn't able to stop purging. I didn't want to give up my compulsive eating life raft even though it was killing me. However, one day I was desperate and willing enough that I typed "OA" into an internet search engine and found a phone meeting. I heard a recovered sponsor share her story. She was also in the LGBTQ+ community. I had a sliver of hope: Here was someone who had gone as far as I had to destroy herself with compulsive eating, yet she was free of it. I called her, and she asked if I was willing to go to any lengths to recover from compulsive eating. I resisted briefly—I still wanted an easier, softer way—but one more purge and I was willing to do anything. So, I called her back, and she guided me through the Steps.

I worked the Steps quickly and my heart began to soften. After beginning to make amends to people I'd harmed, I was looking for other compulsive eaters who I could help. Before I thought I could, I was carrying a message of recovery. With the help of a recovered sponsor's guidance, I became familiar with the intuitive God voice within. Now, in addition to my purpose to help the compulsive eater who still suffers, I dedicate my work to transgender health. I am hopeful that this message will continue to reach those suffering with compulsive eating within the trans and nonbinary community, and my arms are wide open if I can help.

-anonymous

Changing Our Actions

"We complete out amends for our wrongful actions of the past by changing our actions in the future." Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 78

Though it can be humbling to apologize for something I've done wrong, it's easy to feel remorse when the pain of a recent mistake is still with me. The test of my commitment to the Ninth Step is if I continue to improve my behavior after the initial feelings of regret have passed. To amend something means to alter it. To be free of the wreckage of my past, I have to do more than just say I'm sorry when I harm another person. I have to change my behavior. This can be hard and sometimes even disconcerting, particularly when my old behavior patterns and beliefs are stronger than I thought. But continuing to work the Steps moves me through the difficult spots to new experiences of freedom and joy.

The fruits of recovery are great motivators to change, but alongside the hope of a brighter future is the equally powerful consequence of not changing—compulsive eating. If I don't change my thoughts and actions to reduce the harm I do in the future, I will overeat. For me, to overeat is to die. A life well-lived requires that I continue to change, grow and clean up the wreckage of my past—and my present. If I do that, my life is better than I could have ever imagined. I thank my Higher Power for OA!

March 8, Voices of Recovery, ©2002 my Overeaters Anonymous, Inc.

Fully Relying on God

I did a lot of food hiding and eating in secret in my life. When I was 26 (1990) I weighed 150 lbs. after having my first child. By 2007, I had ballooned to 200 lbs. I continued to eat for all kinds of reasons. I tried a number of diets which had some success but the weight always found its way back to my hips. Eventually I weighed 289 lbs. I wanted to change but I didn't know how. Dieting was my only solution. I cleaned out our pantry and donated all the packaged foods to a family in need. I learned to take it One Day At A Time. I asked myself a lot of times would it matter in the morning if I just snuck a little treat. My intuition was screaming, *"Yes, it will matter in the morning!"*

I prayed to ask God for help becoming and staying abstinent. At first I was abstinent for 4 months. Then I got cocky and quit asking God for the strength to carry on. This led to a break in abstinence for about a week. I realized what I was doing and quickly got back to my food plan. As long as I lean on the strength of my Higher Power, whom I choose to call God, I remain abstinent. Emotions were running high one day and I willfully chose to break my abstinence. Was it worth the SHAME (**S**elf **H**atred **A**t **M**y **E**xpense) that I felt for doing so? No! was the resounding answer. I also felt a lot of GUILT (**G**od **U**nderstands **I** **L**ack **T**rust) for willfully choosing to go against everything I had learned.

The conclusion was I needed to TRUST (**T**ry **R**eally **U**sing **S**tep **T**hree), God and the process. I learned that the elevator was broken and I needed to take the hand of my sponsor and use the Steps. I also came to the conclusion that I needed to make amends to my current self and my past self. Only my God could redeem this situation and I needed to crawl up into his lap, take his hand, and relax into his loving care.

I'm learning to love myself and to accept love from others. I started using the tools of the program by using the telephone to talk to fellow OA members, reading literature, journaling, attending meetings, following my action plan/food plan, meeting with my sponsor and doing service at my online meetings. I've learned to keep the faith that as long as I fully rely on God (**FROG**) to follow these plans I'm more than capable of staying abstinent. I look forward to declaring daily that I am abstinent today.

-anonymous

Row by Row: How a Knitting Lesson Saved My Recovery

In 2021, I hit rock bottom. The heavy isolation, tight restrictions, and constant anxiety of the pandemic completely overwhelmed me. My compulsive overeating raged out of control. Desperate for help, I finally reached out and found Overeaters Anonymous. What followed was truly miraculous. I discovered a worldwide network of people who understood my deepest pain. I found a fantastic sponsor, began working the Steps, and, most importantly, found a renewed relationship with my Higher Power.

Yet, the path was not a straight line. There were dark, agonizing days in those early months. I cried bitter tears of despair. Sometimes, in moments of weakness, I still turned to the food cupboard instead of my Higher Power. But even in the dark, a fierce spark remained: I absolutely refused to give up, no matter what. Still, looking ahead brought a familiar panic. When I reached the amends step, fear gripped me. *How in the world am I going to do this? How will I ever contact folks from my past?* I didn't know the answers, but I knew that my Holy Other knew, and would help and support me.

During those heavy moments of doubt, a memory of my aunt came flooding back.
Years ago, at our home in Northern Canada, she taught me how to knit. As a beginner, I would look ahead at the pattern and panic. I would worry about how I would ever manage to turn the heel of a sock or shape the cuff.

My aunt would gently stop me, look me in the eye, and say, "Just keep going row by row. Don't look too far ahead, and don't worry about the rest of the pattern. It will all become clear when you get there." That memory was a profound gift. I realized that "row by row" is exactly how we face the steps and the resulting amends. Armed with that wisdom, I made a long, long list of amends. I didn't try to finish it all at once; I just chipped away at it—one line at a time, one amend at a time.

As I worked down that list, the most profound realization of all came to light: I needed to make amends to myself. I needed to learn to be gentle with myself, rather than continuously beating myself up over the mistakes of my past.
Even now, I still have more amends to make, and that is okay. I don't have to be perfect. I don't have to try to fix everyone, and I don't have to eat over it. I just need to persevere, keep trusting in Another, and treat myself with kindness along the way.

Is it easy? No. But the rewards are completely out of this world. Today, I have peace of mind, physical abstinence, and the constant accompaniment of a Holy Other to guide me. I hold a deep, eternal appreciation for my fantastic sponsor and for the incredible network of OA fellowship wrapped around the entire world. Accompanied by Another, I tread the precious ground of recovery—one stitch, one line, and one day at a time.

-Anonymous, Canada

Series of Stories about 'the Binge'

To the Care of God

When I am in the turmoil of a dilemma, I need to rely on God, for God is all truth, all power, and all the answers. What would God have me say or do? I can't hear God's answer unless I get quiet, get centered, and listen to that still, small voice inside.

Sometimes my stress is so great that the roar of my emotions drowns God out. So I need to access my family: get to a meeting, call my sponsor, call another OA member, and talk about it. I need to use my OA tools, because I come from using food to cope. The truth is that, at times of disturbance, to remain in recovery I must seek help from a power greater than myself.

Thirteen years' experience in OA has also taught me that God works through people. And we—God and I, therefore you and I—can do what I cannot.

Of course, I don't always remember to do this perfectly. But the solution is always there. It's up to me to take the appropriate action of considering my options and, in so doing seeking God's help.

One thing I do know from many years of practicing this disease before OA and yo-yoing between relapse and recovery in OA: *food never makes any situation better; it doesn't work for me anymore.* It hasn't for four and a half years of abstinence. And God's grace allows me to maintain a 168-pound weight loss! Good is still an option, but not a viable one, just for today.

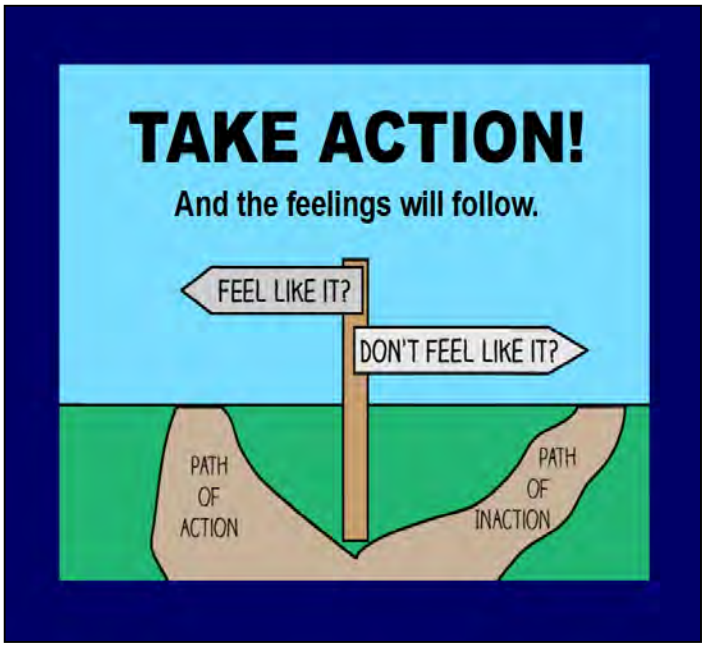
I must rely on this Power greater than myself because my very life depends on it. I need God's strength, help, and truth. I need to believe I'm God's child, and God will be there no matter what. I don't have to be good or behave or be perfect to deserve love, guidance, care, and abundance. All I have to do is be.

I'm feeling confused and overwhelmed facing a major decision in my life. And I'm willing to go to any length to respect myself by abstaining and doing whatever God would have me do to live my life in recovery. Certainly the footwork is up to me, but the results and the miracles are God's job.

- California USA
A New Beginning
© 1998 Overeaters Anonymous

"I will keep my exercise routine as a living amends I make to myself."

[4]Abstinence, 2nd ed. ©1994, 2013 Overeaters Anonymous



Abstinence is

For years, no matter what I achieved—whether in my career or family life—I could never fully enjoy it because I was constantly battling my weight. The highest weight I ever reached was 180 pounds. However, over the course of those 50+ years, until I discovered the fellowship, I had lost and regained more than 600 pounds in a constant cycle of dieting.

Eighteen months ago, when I had reached the limits of my despair, I started to accept that there was nothing more I could do, that I was destined to grow old and overweight. Then joined OA and learned, for the first time in my life, that my weight was not my fault—it wasn't due to weakness or lack of will power. I was suffering from the disease of compulsive overeating.

That realization was my first step towards a new life. My hope was restored, and my faith in the program and the fellowship became my higher power. I then encountered my my greatest challenge: Abstinence.

Abstinence entered my life as a spiritual practice, and it gave me freedom, dignity, and self-respect. Removing my "red-light" foods was like taking aspirin for my illness. Meetings became an essential part of my daily life. Every day I join at least one meeting. I see my new friends who never judge me and truly understand me. I listen to the shares with reverence, and I resonate with most of them.

The miracle didn't stop there. By working the Steps, feelings of love, understanding, and acceptance replaced my harshness and judgmental attitude toward others. Today, more than 2½ years later, I have lost 55 pounds. I wake up every morning feeling grateful because I am abstinent and can enjoy the beauty of each day without over thinking food.

Now, I know that I will always have an obsessive and compulsive nature - but today abstinence and the program's tools have become my new obsessions, and I am deeply grateful for that.

-anonymous

Anger is a short madness

(Horace)

I have to be careful about my attitude towards anger. I know that it is healthy to "own" my feelings—to admit to myself that I'm angry as a first step in dealing with that powerful and destructive emotion. It takes time to find balance, however, and sometimes I swing wildly between extremes. When I explode at someone, I feel out of control; but the program gives me a path to follow: I can made **amends**. When I lack the courage to express my anger, I can write about it or talk it over with someone, and then forgive myself.

The amazing thing is that, as I grow in this program, I find less and less to be angry about.

For today: Sanity is not how well I can hide my anger; it is having *no need* to react to people, places and things by becoming angry.

March 30, For Today
© 1982 Overeaters Anonymous®, Inc.

The Many Glories of Step 9

This is my Step 9 story. It starts with me on the dance floor.

….There's an impending crash amongst the dancers and I could be going down

….I scream out for my safety

….Another dancer (H) yells at me for screaming too loud

….I respond with anger - how dare she criticize anything about my scream for safety!

….I mull it over for days. Do I say anything? Do I quit dancing with this club?

….I decide to return instead of running away. And to return without any shame about how I had screamed out for my safety.

….I was unclear if I belonged anymore. My primary purpose now is to do my Step 9 amends to myself and H for my angry response to her comment about my scream. The amends is my primary purpose tonight, not the dancing or whether I belonged or not.

….When I walked in the door, I was immediately welcomed back VERBALLY by the entire floor of dancers with cheers and giant smiles. This has never happened to anyone before in the 40 years that I have danced with this club!! I'm so glad I came back to do my amends and receive this very unexpected gift. So glad I didn't sit home, feeling like I didn't belong.

….Soon I was ready to do my Step 9 amends with H in spite of the fact that I don't like her, I don't like dancing with her, and I really wish she were not in the club.

….But - instead - we are all called to listen to a 20 min talk on SAFETY! This has never happened before either! I am delighted. Safety matters.

….After the safety talk, I make my amends We both tell the other about what was going on inside. It was short, clear, and meaningful.

….I melted. I felt love and compassion in my heart for both of us. That's rare as I'm usually an "in my head" type. I was stunned and blessed to receive this heart gift.

….Then I asked her if she'd like to dance with me. And I meant it. I shocked myself. My heart melted again with my new-found attitude. She said Yes. We danced and had a lovely time dancing together. I found a new friend. I found a new part of myself thru Step 9.

Crazy how doing a Step 9 amends healed so much of me!!!

-anonymous

Today I Made Amends To my Dad

After a lifetime of resentment toward him for his alcoholism and drug use. After decades of dad-centered gossip, whining, and the some of the meanest things I've ever uttered. After refusing to dance with him at my wedding.

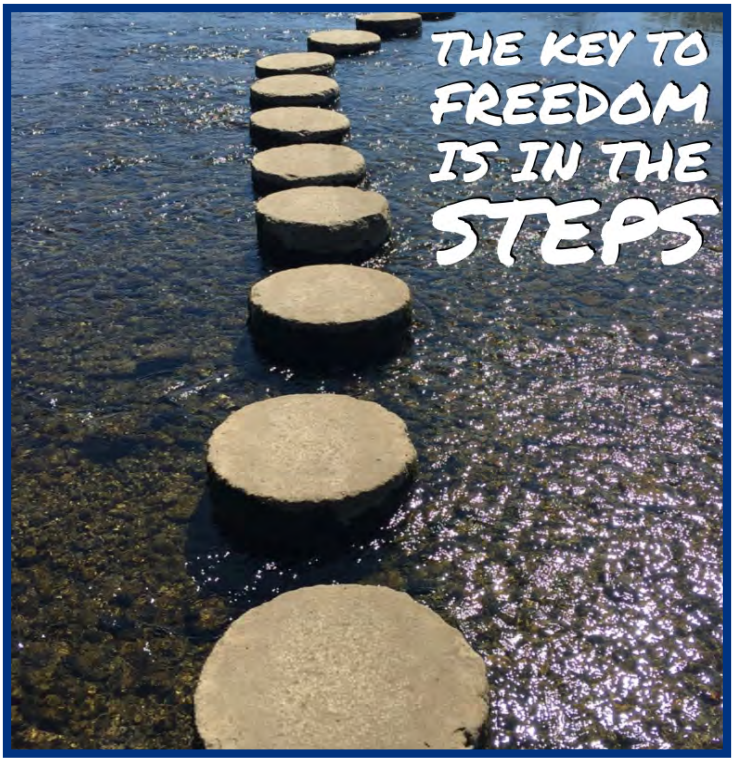
After reaching out to reconnect after my first child was born. After being rebuffed and never answering another phone call again. After writing his obituary through gritted teeth and hatred in my heart.

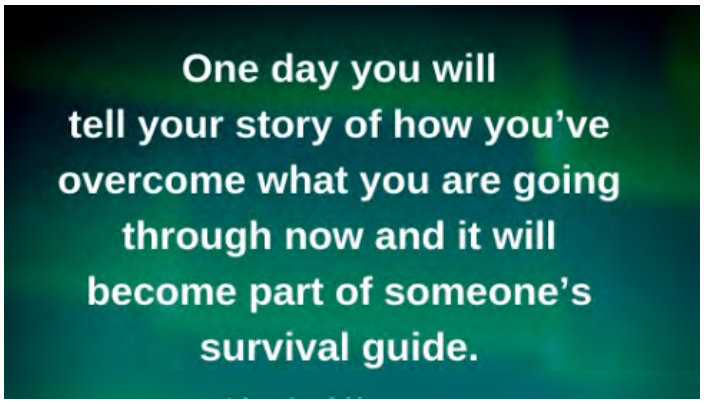
After 2 years of sinking deeper and deeper into my disease. After stumbling upon OA and sudden reprieve from my constant self-harm. And after reading Chapter 3 of the Big Book a few months later, I made amends to my dad.

He was suffering my whole life. He wasn't making choices to harm me. He was living a diseased life while all those around him wanted him to think and decide his way out of it. It was unfair. And now it's too late. So as I brushed off his grave, clipped back a few weeds, and set down some flowers. I wept and apologized, then reminisced and laughed.

Now, I go back out into the world and try to counteract some of the harm I did. What's the opposite of punishing someone for their disease? Maybe it's helping others to see people in a truer light. Maybe this helped?

-anonymous





Good for Something

Pain. The work sounds like it feels: unpleasant, unwelcome, doomy and gloomy. I react by wanting to hide, run, eat—anything but feel it.

In following the steps on this program, however, I have come to see that many of my most valuable insights are born from the feelings I am having at the moment, if I am willing to be with them fully. When I meet pain head-on, I am often led to a light-filled experience that at times borders on joy.

This week (today, especially) has been like that for me. I knew it was useless to run, so I continually asked God to give me the courage to face the pain, to show me the lessons to be learned, to open my heart more. It wasn't until a couple of hours ago that I detached from the pain and it spoke to me.

"Slow down!" it said. "Feel me completely."

I began to see things I usually miss in my hurried, busy, though generally happy life. I listened more intently to people at work. In touch with my own vulnerable feelings, I was more compassionate and patient with my co-workers. I returned kindness to me. It was as if each of us knew it was more important to treat one another with care than to get the sale over with quickly because his parking meter was running out or because I wanted to beat the rush-hour traffic.

These responses were born out of pain. I did not try to be different; I did not think about what would be the best way to act.

What I learned through twelve-step recovery is that there are few experiences and feelings, honestly faced, that are not good for *something*. May I remember the next time pain touches my life that it always leaves me richer than I was.

December, 1983 , Lifeline Sampler
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Intergroup Board

Chair	oachair@sacvalleyoa.org	Katy H	(559) 392-7550
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Webmaster	webmaster@oasacvalley.org	Gerri S	(808) 250-1212
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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

1/1/2026-6/30/2026 7th Tradition Contributions to Intergroup

Day	Time	City	WSO#	Group	Individual	Total	Total 2025
Sun	3:30 p.m.	Sacramento	56483		119.70	119.70	277.27
Sun	4:00 p.m.	Sacramento	54797	72.46	174.56	247.02	717.77
Sun	4:00 p.m.	Sacramento	802107	-	-	-	-
Sun	6:00 p.m.	Chico	45601	227.50	58.02	285.52	1,305.36
Mon	10:00 a.m.	Stockton	57338	26.43	-	26.43	174.71
Mon	12:30 p.m.	Nevada City	53250	-	558.56	558.56	1,111.62
Mon	1:00 p.m.	Stockton	89663	-	60.00	60.00	74.52
Mon	5:30 p.m.	Carson City, NV	801956	77.20	-	77.20	141.39
Mon	5:30 p.m.	Modesto	53717	468.93	11.93	480.86	420.30
Mon	5:30 p.m.	North Reno, NV	41148	215.50	-	215.50	335.50
Mon	6:30 p.m.	Rancho Cordova	45680	232.01	-	232.01	-
Mon	7:00 p.m.	Yuba City	57050	-	130.85	130.85	268.93
Tues	12:00 p.m.	Sacramento	36145	305.47	885.20	1,190.67	2,214.03
Tues	5:30 p.m.	Davis	56921		269.28	269.28	906.45
Tues	5:30 p.m.	Sacramento	57914	307.88	18.86	326.74	757.16
Tues	6:00 p.m.	Chico	52849		94.54	94.54	313.41
Wed	9:00 a.m.	Stockton	89493		100.02	100.02	328.96
Wed	10:00 a.m.	Auburn	58049	255.12		255.12	602.70
Wed	10:00 a.m.	Lodi	802226	-	-	-	-
Wed	10:30 a.m.	Sparks, NV	800674		275.00	275.00	395.02
Wed	1:30 p.m.	Stockton, CA	58082	-	-	-	-
Wed	5:30 p.m.	Gardnerville, NV	89947	174.76	-	174.76	146.30
Wed	6:30 p.m.	Sacramento	57929	612.51	163.16	775.67	938.07
Thu	12:00 p.m.	Sacramento	20215	104.91	-	104.91	530.54
Thu	3:00 p.m.	Stockton	30896	-	113.76	113.76	207.60
Thu	5:00 p.m.	Stockton	57235	-	-	-	-
Thu	6:00 p.m.	Chico	54397	-	233.57	233.57	389.55
Thu	7:00 p.m.	Auburn	58473	-	-	-	-
Fri	12:00 p.m.	Carson City, NV	50936	110.91	-	110.91	168.78
Fri	5:00 p.m.	Grass Valley	57918	-	-	-	89.99
Fri	2:00 p.m.	Placerville	58513	-	-	-	-
Fri	5:30 p.m.	Yuba City	57644	-	-	-	-
Fri	7:00 p.m.	Yuba City	52984	-	134.83	134.83	283.68
Sat	9:00 a.m.	Folsom	39494	56.70	119.28	175.98	1,654.99
Sat	9:00 a.m.	Rocklin	18446	566.30	-	566.30	1,114.45
Sat	9:00 a.m.	Sacamento	29079	500.00	549.30	1,049.30	2,598.08
Sat	9:00 a.m.	Sacamento(zoom)	801435	100.00	581.46	681.46	1,546.59
Sat	9:00 a.m.	Stockton	54051	-	65.01	65.01	187.97
Sat	9:30 a.m.	Sparks, NV	50938	-	275.00	275.00	425.04
Sat	6:00 p.m.	Sacramento	89410	-	20.00	20.00	19.98
Individuals $ to Intergroup Gen Fund					498.70	498.70	1,240.35
Closed Meetings						-	182.99
Total				4,414.59	5,510.59	9,925.18	22,070.05

Meeting List Link

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

Intergroup Meeting

TUES SEPT 8

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 OCTOBER

Step 10: Continued to take personal inventory, and when we were wrong, promptly admitted it.

Spiritual Principle: PERSEVERANCE.

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