



Valley Voice

April 2025

Volume 25

Issue 4

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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 4:

SPIRITUAL PRINCIPLE: Courage
Made a searching and fearless moral inventory of ourselves.

TRADITION 4:

SPIRITUAL PRINCIPLE: Autonomy
Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT 4:

SPIRITUAL PRINCIPLE: Equality
The right of participation ensures equality of opportunity for all in the decision-making process.

Letter From The Editor

Dear Friends,

Thanks to all contributing stories, thoughts and ideas for the Valley Voice. Your contributions transform 'a newsletter' to **Our Newsletter** as it shares our collective Voices of Recovery.

All stories of recovery are welcomed. July will be the next special edition with a focus on anorexia and other diseases of restriction. Suggestions for other special topics or population focus you would like to see in future editions are welcome.

Send your stories and suggestions to me at marylush@comcast.net by the 22nd of each month for inclusion in the next newsletter.

-Mary L

Overheard at Meetings

In Step 4 I looked at the abomination and desolation of my past when I tried to be in control. Thank goodness my HP leads the team reconstructing my future using the blueprints of the Twelve Steps and the Principles of the Program.

The reward for our work is not what we get, but what we become.

It's easier to say no once in the store than many times at home.

Don't tell God how big your problems are, tell your problems how big God is.

My body can't tolerate my binge foods and my mind can't leave them alone.

OA and my HP transformed me from a complex person living in her head to a simple person living from her heart.

B.I.N.G.E = Because I'm Not Good Enough

OVEREATERS ANONYMOUS
 ORANGE COUNTY INTERGROUP

OCI ORANGE COUNTY INTERGROUP OF OVEREATERS ANONYMOUS

join us as we have speakers and open sharing on emotions such as fear, joy, anxiety, grief.

RIGHT SIDE OUT

**SATURDAY
 APRIL 5, 2025
 10AM - 12PM PST**

MTG ID 873-8582-7733

7th tradition contribution \$7
 register at oaoci.org.
 zoom password will be emailed to participants.
 Questions? 12thstepwithin@oaoci.org

COURAGE AUTONOMY EQUALITY

PRINCIPLES OF Step 4, Tradition 4, Concept 4

I never thought of myself as a bulimic because I did not use vomiting to control the excess food that supported feeding a 400+ pound body. After hearing many shares about bulimia relating to vomiting, exercise, fasting, laxatives, diuretics and enemas, I realized I also had a form of bulimia where I used injectable insulin to rid my system of excessive blood sugars. Because of shame, I avoided medical care so my A1Cs were already in the 9's when first tested (normal < 6.0). I was immediately put on both oral medication and injectable insulin. Compulsive eating is a sneaky and progressive disease of body, mind and spirit. When I started my 4th Step six years ago, I was gifted with the *Courage* to face my dishonesty with my medical team. As a nurse, I knew how to manage my blood sugars by injecting additional regular insulin. I was on the maximum dose of oral medication and injected up to 100 units of regular insulin each day to maintain normal A1Cs. It takes *Courage* to face my faults and even more *Courage* to be honest with myself, my fellows and my medical team. Thanks to this program I am 200+ pounds less than my highest weight, am off all oral and injectable diabetic medications and have had A1Cs < 6.0 for over four years now. The Program does indeed work when you work it!

- Anonymous



There are many miracles in Overeaters Anonymous. It is a miracle that I am abstinent today, that I have the *Courage* and faith to turn over the running of my life to God. It is a miracle that others who suffer from my illness have provided a place for me to go where I am accepted just as I am. And it is a miracle to have a path to follow that restores me to sanity.

For Today, May 25

Tradition Four begins by saying "There are no musts in this program." Each person has the *Autonomy* to work (or not work) their program as they wish. We ask for and receive a higher power that meets our needs and evolve that relationship as we grow in the program. Using guidance from our sponsor, professionals and other OA'ers we define both our plan of eating and abstinence. Living the Fourth Tradition we learn to be *autonomous* while living harmoniously with others. We respect the autonomy of others while accepting responsibility for ourselves, our actions and consequences and our own recovery. We accept help but don't expect them to do for us what we need to do ourselves.

Autonomy is not necessarily easy as we accept responsibility for ourselves, our actions, their consequences. Being responsible for our own recovery as we also learn to accept help without expecting others to do for us what we should do for ourselves.

The 12 Steps and 12 Traditions, 2nd Ed., pgs 113, 117

My life was one where my self worth was always measured against another—sometimes superior and sometimes inferior to the person I measured myself against. The idea of being both unique and special was a foreign concept until I found a home in OA and worked the Steps. Now my focus is to *equally* value myself and others just as we are. With the help of my HP I am able to listen with an open heart and mind and accept myself and others as we are, valuing insights and opinions. My spirit is set free as HP frees me from making comparisons and judgments. Instead I value each person *equally* for who they are.

Adapted from Voices of Recovery, April 13

Vivo Una Vida Mejor

Es abril y hemos empezado a leer el cuarto paso en mi grupo. He hecho el cuarto paso varias veces y siempre aprendo algo nuevo. La primera vez contesté todas las preguntas del cuarto paso del libro *Doce pasos y doce tradiciones de OA*. Todavía estaba comiendo compulsivamente y tenía la mente un poco nublada, pero quería recuperarme. Después de leer todas mis respuestas a mi padrino de aquella época, me preguntó que le dijera lo que no había escrito en mi inventario. Quizás fue un inventario superficial, pero era mejor que nada y abrió un poco la puerta a mis verdaderos problemas y a discutirlos con mi padrino. Perdí el contacto con mi primer padrino y mis amigos me contaron años después que él no pudo dejar de comer compulsivamente y que había muerto de un ataque al corazón. Él tuvo mucha paciencia escuchándome, y por eso le estoy muy agradecida.

Un año después hice el cuarto paso como se describe más o menos en el *Libro Grande de AA*. Esta vez estaba abstinento y creo que profundicé más en el conocimiento de mí misma. Me impresionó que yo tuviera parte en mis miedos y resentimientos. Cuando acabé de leer mi cuarto paso a una compañera de programa, sentí que llevaba una máscara para quedar bien con todo el mundo. He hecho después más inventarios, pero creo que este segundo cuarto paso fue el que más me afectó.

Al empezar el programa yo pensaba que con hacer los pasos, todos mis problemas iban desaparecer, pero un cuarto paso que hice sobre mi jefa y mi trabajo me enseñó que eso no era cierto. Le leí a mi compañera de OA los resentimientos que tenía con mi jefa y cuando acabé me dijo que además de nosotras había mucha otra gente que también estaba enferma. Eso me hizo pensar mucho. Aunque yo viera mi parte en cada situación, había algunas personas que no iban a cambiar y que me producirían reacciones negativas. Mi antigua jefa también era comedora compulsiva.

Un día mi jefa estaba leyendo mis anotaciones mientras comía semillas de girasol y escupía las cascara por el escritorio. Recé mucho por ella, tal como dice el *Libro Grande de AA*. Pedí por ella las cosas que quería para mí, amor, felicidad y prosperidad. Años más tarde estaba paseando por un parque público y entablé conversación con el equipo de personas que estudiaban los árboles del parque y que yo no conocía. Ocurrió que teníamos muchas cosas en común y me di cuenta de que conocían a mi antigua jefa. Les pregunté por ella y me dijeron que hacía ya años que se había muerto de cáncer. Pensé en los cuatro años que trabajé con ella, todos los resentimientos y todas las oraciones.

Trabajar el programa me ayuda a mejorar como persona y mis experiencias de la vida me confirman que estoy en el buen camino, pero no me evita tener resentimientos y tener que bajarlos y rendirlos. Me alegra tener un programa y unas herramientas de recuperación para disminuir el efecto que los miedos y los resentimientos ejercen sobre mí. Escribir, rezar y hablar con mis compañeras de grupo, me ayuda mucho a desprenderme de mis resentimientos, a recuperarme, a tener menos excusas para comer compulsivamente y a tener una vida mejor.
-anónimo

I Live A Better Life

It's April, and we've started reading Step 4 in my group. I've done Step 4 several times and I always learn something new. The first time, I answered all the Step 4 questions the OA book *Twelve Steps and Twelve Traditions*. I was still binge eating and a little foggy-headed, but I wanted to recover. After reading all my answers to my sponsor at that time, he asked me to tell him what I hadn't written in my inventory. Maybe it was a superficial inventory, but it was better than nothing, and it opened the door a little to my real problems and to discussing them with my sponsor. I lost touch with my first sponsor, and my friends told me years later that he couldn't stop binge eating and had died of a heart attack. He was very patient in listening to me, and for that I am very grateful.

A year later, I took the 4th Step more or less as described in the AA Big Book. This time I was abstinent, and I think I went deeper into my self-understanding. I was struck by the fact that I had a part in my fears and resentments. When I finished reading my 4th Step to my sponsor I felt like I was wearing a mask to make myself look good to everyone. I've taken more inventories since then, but I think this second 4th Step was the one that affected me the most.

When I started the program, I thought that by following the Steps, all my problems would disappear, but a 4th Step I took about my boss and my job showed me that wasn't true. I read to my sponsor about the resentments I had toward my boss, and when I finished, she told me that besides us, there were many other people who were also sick. That made me think a lot. Even though I saw my part in every situation, there were some people who wouldn't change and who would provoke negative reactions in me. My former boss was also a compulsive eater.

One day, my boss was reading my notes while eating sunflower seeds and spitting the shells out onto her desk. I prayed a lot for her, just as the AA Big Book says. I asked for the things I wanted for myself: love, happiness, and prosperity. Years later, I was walking through a public park and struck up a conversation with the team of people studying the park's trees, whom I had never met. It turned out we had a lot in common, and I realized they knew my former boss. I asked them about her, and they told me she'd died of cancer years ago. I thought about the four years I'd worked with her, all the resentments, and all the prayers.

Working with the program helps me improve as a person, and my life experiences confirm that I'm on the right path, but it doesn't prevent me from harboring resentments and having to work through and let them go. I'm glad to have a program and recovery tools to lessen the effect that fears and resentments have on me. Writing, praying, and talking with my group members helps me a lot to let go of my resentments, recover, have fewer excuses for compulsive eating, and live a better life.

-anonymous

Paso 4

Hemos hecho un inventario moral minucioso y valiente de nosotros mismos.

"Por hoy: La verdadera fuente de serenidad, de buenos sentimientos, no es conseguir lo que quiero, sino querer lo que tengo."

"For Today: The true source of serenity, of good feelings, is not getting what I want, but wanting what I've got."

-For Today - April 3

COURAGE

Step 4 is called an inventory: “a *searching and fearless moral inventory*.” To tell you the truth, I was really scared to work this Step. It meant taking an honest look at all my character traits, both good and bad. Peeling back the curtain and exposing it all.

Little by little, I began to get a glimpse of childhood wounds and traits I had picked up along the way. I started to feel things I had been numbing with food for decades. And I tackled the internal programming that had kept me in bondage for so long.

I had to dig deep. I shed layer after layer of pain, lies, shame and anger. I had to allow courage to rise and I had to be completely honest with myself.

When I finally completed my first 4th Step I felt a huge relief. I realized I had squared my shoulders and faced a lot. And I slowly began to heal.

I began to look at myself with a new perspective - a more loving and compassionate perspective. And I finally got to the guts of who I am: a beautiful and courageous soul!
- anonymous

“They want to learn all they can, and they never know whom their Higher Power might choose to teach them”

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 203

How often have I prayed to my Higher Power, asking for the solution to a problem or for deeper insight into my innermost self, yet ignored the answer when it was given? So many times I have sat in a meeting and discarded the useful suggestions of other members because they were still fat, were bulimic/anorexic, were of the opposite sex or were too adamant. I had a multitude of reasons for ignoring others' ideas.

If I am to reach a level of recovery that frees me to live a life of sane and happy usefulness, I must be willing to listen with an open mind and an open heart to all who share my compulsion. When I discard a suggestion because I find fault with the messenger, it is I who will suffer.

-Voices of Recovery, April 12

I am a beautiful, loving person who happens to suffer from bulimia

As a bulimic I knew I had a disease that was slowly killing me. When I first came to OA I also learned that I have the disease of addiction. Thanks to the Twelve Steps, my sponsor and my fellow OA'ers, I now know that this disease does not define me as a person.

I am a beautiful, loving person who happens to suffer from bulimia, compulsive eating and addiction. In OA I can be proud of who I truly am and live the gifts of life available to me through this program. Thanks OA, for a life beyond my wildest dreams!

-anonymous

How I Keep My Abstinence

I used to think abstinence was a permanent condition, but it's not, so I work very hard to maintain mine, which is no sugar, no fast food, and no red-light foods. I eat three meals and two snacks daily.

On Sundays:

- I make a shopping list, go shopping, and do most or all of my cooking for the week.
- Then, I pre-portion everything and put some in the fridge and some in the freezer.
- I plan out all my meals and snacks for the week including plans for that week's events, meetings, and times I will be dining out. All my *thinking* about food is done for the week!

I take these actions in the evening:

- I look at my food plan for the next day, prepare my snack, and put pre-portioned foods and my snack in the fridge.
- I take a sponsee call.
- I write five gratitudes in my journal.
- I read and write on my Stepwork assignment
- I listen to OA podcasts instead of watching TV.
- I pray a personal prayer when my head hits the pillow.
- I pray to bless anyone I resent with all the items I want for myself.

I take these actions in the morning:

- I direct my first thoughts to God, pray and meditate.
- I text an OA buddy and commit to no sugar or fast food.
- I read *Voices of Recovery* and *For Today*.
- I read aloud three affirmations.
- I text program people as outreach.
- I listen to OA podcasts while getting ready for work.
- I take a sponsee's call.
- I pack my lunch and eat an abstinent breakfast.
- Sometimes, I make an outreach call on the way to work, at lunch, or on the way home.
- If possible, I take outreach calls and texts during the work day.

I do all these things day in and day out. And it really pays off! I'm happier, healthier, and more peaceful and serene than I have ever been in my life.

- anonymous

it works
WORKS
if you
WORK IT

Upcoming Events

OVEREATERS ANONYMOUS
GREATER NEW YORK METRO AREA REGIONAL
12th Step Within Committee

OA Longtimers
The Interview episode #5

Join us in hearing long timers in OA share their gems of recovery.

Sun April 27 10am-12pm PT

Zoom ID: 840 8195 8572
Passcode: 803054

twelfthstepwithin@oanyc.org

Embracing The Skin We're In:
Diverse Voices On Body Acceptance



Featuring Speaker Shares On:

- Body Acceptance in Aging
- Body Acceptance in a Larger Body
- Body Acceptance with Anorexia/Bulimia
- A Male Perspective on Body Acceptance

With time for open shares and a creative breakout session

Please bring something to write with and something to write on

SAT - APRIL 26 11am-1pm PT
Zoom ID: 852 3486 3646
Password: 936664

Presented By **Louisville Metro Intergroup**

OVEREATERS ANONYMOUS

For more information contact Candice.OA12@hotmail.com

Your OA90 Virtual Intergroup Presents
A Workshop on:

Action is the Magic Word

Sun April 6
10:00am - 12:30pm PT

ID 837 1100 7258
Passcode 202590

WHAT'S HAPPENING?

- ▲ Hear how our speakers rev into action
- ▲ Ask your questions of our speakers during Q&A
- ▲ Join us in a workshop writing exercise - sharing is optional
- ▲ Share your experience, strength and hope

ALL ARE WELCOME!

Visit OA90.org for more info

SPRING INTO RECOVERY

WORKSHOP

Sunday April 27th
2:00- 3:30 PST

Meeting ID: 840 1147 7734
Passcode: 990330

OVEREATERS ANONYMOUS
SAN FERNANDO VALLEY

www.oasfvalley.org

Beyond My Wildest Dreams

For thirty years I was bulimic, but I have not purged in almost eight years. When my weight reached an all-time high of 293 at 5'11" two years ago, I decided I'd had enough and was going to get weight-loss surgery. But the hospital didn't want to operate on me because of my history of bulimia. Instead, they suggested I try OA. I had tried OA. I'd tried it a few times, but I wasn't ready.

They told me I had to see a diet doctor for three months before they would evaluate whether I was a good candidate for surgery. I started going to OA meetings and I really listened this time. My plan was to have the surgery and use OA to keep the weight off because I knew surgery was not a cure for compulsive eating. I "hired" a sponsor right away and told her I had to follow the diet given by my doctor. I followed the diet and started losing weight. After attending enough meetings, I decided if I could lose the weight but I still needed OA to keep the weight off, then why mutilate my body by getting surgery?

I called the hospital and told them I no longer wanted the surgery. On that day, I declared my abstinence!

After a few weeks, my sponsor asked me to start sending her my food plan each day. I told her that wouldn't work, but I'd give it a shot. I am still doing it every day. I also started working the Steps. Now I sponsor several people and do service. I also helped open a new meeting in an area that had none.

Tomorrow, I will have one year of continuous abstinence. My food plan is never perfect. It was, and still is, very flexible. But it is getting tighter all the time. I learned which foods to avoid and I don't eat them anymore. I now weigh 191 pounds that's a loss of 102 pounds. I've gone from wearing a size 26W to a size 14.

I have terrible arthritis. Before OA, I could hardly walk and was thinking about getting a wheelchair. The weight loss has not cured my arthritis, but now I can walk fairly long distances. I can wash the dishes, go down to the basement to do the laundry, get up and down from the ground when I garden, and I can clean the house. I feel like a useful human being again. The best parts of recovery in OA are these: how much I have grown spiritually and how much help I am able to give others. My sponsor told me in the beginning, *"If you do the work, your recovery will be beyond your wildest dreams."* I didn't believe her then, but I sure believe her now!

Adapted from Lifeline, January 2018



Writing the Dreaded Step 4 Inventory



I spent my first year in Overeaters Anonymous stonewalling the suggestion that a written inventory would aid my recovery. During this rebellious period I took mental inventories in all kinds of places — for example, standing over the kitchen sink washing dishes. Then I conveyed them to my sponsor on a share-as-you-go basis. It seemed a fine system. I kept hearing "written" is best, but I clung to my own ideas.

Then I heard an OA speaker sum up the underlying attitude of people who procrastinate in taking a written inventory: *"Fear says I dare not; pride says I need not."*

Wrong, my head screamed! Sure, I had defects; but fear wasn't a biggie for me. Maybe a little pride, but certainly not the inventory-blocking kind. I laugh now at the con job involved in this thinking. The deception, of course, affected no one but me. The "fear and pride" quote haunted me until I finally decided to actually write a fourth-step inventory and be done with it.

Still, excuse after excuse delayed my acting on this half-hearted decision. I thought, "I'll never finish ... Who'll have time to listen? ... It'll be too long ... Where should I start? ... What's the right way so I don't have to do it twice? ... Where shall I keep it? ... What if someone reads it?" A small, quiet voice inside said, "It doesn't matter how. Just do it." So I took out my notebook and began writing.

And I discovered that writing slowed down my thought processes and increased my self-awareness far beyond what was possible over the kitchen sink. As I wrote, I could see threads weaving through my life, all connected to certain key defects. Defects which were causing me a great deal of pain.

Since that first experience, much of my inventory writing has been a God-given accident. Often a letter to an OA friend turns into an inventory. I haven't lost a friend yet. On the contrary, it is through my friends' love and acceptance of me in spite of my "craziness" that I am able to love myself even when I'm feeling squirrely.

So today I can recognize so many blessings in my life. My relationships with family, friends and co-workers keep improving. And I am now willing to use everything OA offers me to make my life better.

-anonymous

My disease is a thief!

It steals my capacity to show up in life, for myself or others.



Gateway to Freedom

My therapist is the one who first told me about OA. I was 28, weighed 107 pounds and had just attempted suicide after gaining 3 pounds following a bulimic episode. I was nuts; being unable to dig out from the mental illness of food preoccupation and self-obsession. The next day I began OA and never left the rooms, our OA community and my life of recovery.

It was strange to not be offered strict diets, can/cannot-eat foods, or anything that sounded like dieting. My sponsor told me early on that if I did not take abstinence seriously, taking OA recovery one meal and one day at a time, she would not be able to sponsor me because my relapses created a trigger for her. I wanted what she had, so I did what it took to combat the disease of compulsive overeating daily and began my lifelong journey of OA recovery. I thank God for her.

I have the gift of life through OA. I found freedom from food, self, and the havoc I created for others. I found the Higher Power of my understanding with whom I live each moment. Incredibly, this relationship grows and evolves over time.

I love HP! I have friends and a family that believe in me again. I have gained steady work, security in managing my life, self-esteem, courage—the benefits I have gained through OA are endless and eternal. Whoever you are, keep coming back! OA is the gateway to freedom.

Adapted from Lifeline, April 2018

Classic Bulimia

My disease takes a form I call “classic bulimia.” I binged until it hurt, threw up, and then binged again. Sometimes it took as long as a month for me to feel the need to binge and purge again, but that day always came. I am so grateful that I reached a bottom, because now I understand deep within that I will never, ever be a normal eater. I just won't.

Surrender is a wonderful thing. It has allowed me to stay in OA for the past sixteen years and maintain a weight loss of 30 pounds. It does take time to recover. At first, my abstinence was as wide as this: just don't purge, no matter what. It is a miracle not to have to binge and throw up!

My first sponsor, who was also **bulimic**, asked me to make a list of my binge foods (never alluding to the fact that I would at some point be asked to refrain from eating these), and said, “We don't purge—no matter what!”

Now I do service. I must give away what I've been given so freely if I want any hope of keeping it. I sponsor and I have a sponsor. That is one requirement: I must not do this alone. I have made all my amends. I get on my knees every morning and ask for help. I meditate. At night, I get on my knees again and thank the god of my understanding for another day of abstinence.

As years go by, I continue to become more honest about my ability to handle certain foods. I follow a 3-0-1 plan: I eat three meals a day with zero calories in between, one day at a time. That works for me. It is what I must do to abstain from compulsive eating and compulsive food behaviors.

This recovery is for everyone who wants it. If you are a hard-core compulsive eater like me, if you have simply despaired of ever losing weight, keep coming back. Never give up, don't do it alone, and take the Steps—they will change your life! This miracle is here for you, because it was here for me.

- Adapted from *Don't Do It Alone*
from Lifeline, October, 2017

NASSAU INTERGROUP
WORKSHOP COMMITTEE
PRESENTS:

ZOOM MON – April 7
4:00 pm PT

**SECURITY
TRAINING**

STARTS
AT
4:00 pm PT

*This training will help you
develop your ZOOM skills
and keep your meetings
safe and secure.*

TRAINING WILL
BE ON THE
FIRST MONDAY
OF
EACH MONTH

IMPORTANT: UPDATE ZOOM SOFTWARE
TRAINING FOR PCS & MACS

Basic and Advanced Zoom Security
Q & A at the end of the Presentation

JOIN ZOOM MEETING:
MEETING ID: 774-646-690
PASSWORD: 535356

[HTTPS://US04WEB.ZOOM.US/J/774646690](https://us04web.zoom.us/j/774646690)

Save the Date



2025 OA
WORLD
SERVICE
CONVENTION

21 - 23 AUGUST
9AM - 5PM

Renaissance Orlando
at Seaward

Sign up to receive updates at:
conventioninfo@oaorg

OA—The Gateway to Recovery

Intergroup Board

Chair	oachair@sacvalleyoa.org	Katy H	(559) 392-7550
Vice Chair	raven.shasta@gmail.com	Raven Y	(530) 917-4979
Secretary	sarainrecovery@gmail.com	Sara N	(916) 769-4266
Treasurer	otreasurer@sacvalleyoa.org	Sharon E	(916) 813-4101
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WSBC	judylynch@surewest.net	Judy L	(916) 799-5804
WSBC	oawsbc@sacvalleyoa.org	Cara D	(209) 329-9927
WSBC	curteousb@gmail.com	Curt B	(510) 435-3246
Webmaster	alohagerri@aol.com	Gerri S	(808) 250-1212

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
Answer Phone	Speaker List Maintenance	Carla S	carla_s@mac.com
Newsletter	Answer Phone	Janet Mc	shortred55@hotmail.com
	Newsletter Editor	Mary L	marylush@comcast.net
	Contributing Editor	Rosa N	rosa.roseville@gmail.com
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	=====	
Sponsorship	Sponsorship Resource Management	Katherine G	KATEJOE@msn.com

Meeting List Link

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

Intergroup Meeting

Tues April 8

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 your personal recovery. The spiritual principles for the **MAY** issue include **INTEGRITY, PURPOSE** and **CONSIDERATION**.

Submit stories via email to marylush@comcast.net by the 22nd of the month for inclusion in the next month's newsletter.

STEP 5: SPIRITUAL PRINCIPLE: INTEGRITY

TRADITION 5: SPIRITUAL PRINCIPLE: PURPOSE

CONCEPT 5: SPIRITUAL PRINCIPLE: CONSIDERATION

