



Valley Voice

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.

“Always to extend the hand and heart of OA to all who share my compulsion: for this, I am responsible.”

**Vol 23 Issue 12
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STEP 12: SPIRITUAL PRINCIPLE: Service
Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

TRADITION 12: SPIRITUAL PRINCIPLE: Anonymity
Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

CONCEPT 12: SPIRITUAL PRINCIPLES:
Selflessness, Realism, Representation, Dialogue, Compassion, Respect.

Overheard at Meetings



Oh my God, who knew you didn't have to overeat?

I am the prisoner of my own resentments. Forgiveness unlocks the door and sets me free.

My primary purpose is to help another OA by example, rather than by instruction.

Self-discipline: the ability to make yourself do what you should do whether you feel like it or not.

When I want to *eat between meals*, something is going on; and it is not hunger

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

I had to put down the fork to pick up my life.



Twelfth Step Within

Reaching Those Within the Fellowship
Who Still Suffer

Sat Dec 9

11:00 – 1:00 p.m. PT

**Speakers
Recovery from Relapse
Open Sharing**

Meeting ID: 811 8911 4120
Passcode: 007091
Phone: (408) 638-0968

Suggested 7th Tradition \$5

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

Info: Janet (716) 418-9465

JOIN US AS WE VENTURE

Beyond the 12th Step

DATE Sunday, December 10, 2023
TIME 1 - 3 pm PT | 4 - 7 pm ET

“Go beyond what you think you can do and grasp onto your Higher Power!”

**SEE
YOU
THERE!**

Room ID: 854 2974 9682
(no passcode)

QUESTIONS? EMAIL: TSW@OASANDIEGO.ORG

WORKSHOP PRESENTED BY OA SAN DIEGO 12TH STEP WITHIN COMMITTEE

**STEP
12
SERVICE**

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Each day, somewhere in the world, recovery begins when one compulsive overeater talks with another compulsive overeater, sharing experience, strength and hope.

Working With Others Saves the Day

Bill W was not trying to save Dr. Bob's ass when he picked up the phone in the hotel lobby. He was trying to save his own. The disease was clawing at him. The demons were going nonstop in his head about what a loser he was. He needed relief or else he would drink again. Boy can I identify!

I was three years abstinent and I had just lost my job. The committee in my head was yelling at me. Then the chairman called for a vote. They went around the table: guilty, guilty, guilty! It was unanimous. I was a worthless piece of crap. I had no right to a good life. It was as close as I have ever come to picking up the food.

And the same thing that saved Bill saved me. I picked up the phone rather than taking that first bite. I certainly wasn't thinking about how many OA's I could save. I was only thinking about making the pain go away. I called my sponsor. He instructed me to go to the noon meeting and share about my job loss. I really didn't want to do that. But I trusted my sponsor with my life and I reluctantly went and shared.

Then he said I should call three other OA's and talk about what was going on with them. I was not to mention my job loss. I did that too. Finally, after working Steps 1 through 9 on the job loss issue, the fear dissolved completely. And I was lifted up onto a pink cloud.

This powerful experience is at the very foundation of my faith in our program. Working with another fellow always saves the day!

-anonymous

OVEREATERS
ANONYMOUS
VIRTUAL REGION



Do My Credits Transfer?

Three OA members, with recovery in OA and other 12 Step programs, share how they work the OA Steps, Tools and Traditions.

Sun Dec 3
10:00 am – 12:00 noon PT

Meeting ID: 856 2461 4913
Passcode: 101112

Suggested Workshop Contribution \$5
<http://oavirtualregion.org/region/seventh-tradition/>

Simultaneous interpretation in French, Greek and Spanish.



Step Twelve Promise

*“Practical experience shows that nothing will so much insure immunity from drinking (compulsive overeating) as intensive work with other alcoholics (compulsive overeaters).”
BB p.89*

I have yet to meet a compulsive overeater who consistently makes helping newcomers their priority who has relapsed.

Members who consistently assist newcomers by helping them stay abstinent using the program usually stay abstinent. Doing this was presented to me by old timers as being mandatory right from the beginning. And I started when I was very very new. I was less than two months abstinent! And it has helped me !!!!! Tremendously!

So I always mention it to people who are concerned they might pick up the food or are having food thoughts. I almost feel guilty saying it, but I literally never think about eating. But then I help newcomers a LOT. Always have.

And I'm sure that's why I really enjoy it now. But I wouldn't say it is ever easy. It's a very demanding workout. But it feels great once you get into the swing of it.

All I'm saying is it's extraordinarily rewarding when you throw yourself into it unconditionally. Plus you don't have to worry about eating. That's been my experience.

-anonymous

THE PROMISES in reverse

If we are *NOT* painstaking about this phase of our development....

We will binge before we leave the parking lot.
We are going to know a new pain and a new misery.
We will regret our deeds and repeat them over and over.
We will comprehend the word chaos, and we will know calamity.
No matter how far down the road we stagger, we will still wonder where we are going.
That feeling of uselessness and self-pity will intensify.
We will lose interest in things and gain relations with strange fellows.
Self-seeking will be constant.
Our whole attitude will be on the lookout for more food.
Fear of people and economic insecurity will leave us stuck at home with junk food for comfort.
We will intuitively know how to stay overweight.
We will suddenly begin to think God does not exist.

Are these extravagant promises?

Probably not.

They are being practiced daily,
sometimes insanely, sometimes deadly.

They will continue to happen if we keep bingeing.

-anonymous

Lies Our Disease Tells Us 3

LIES

- * You don't need to weigh and measure, You can eyeball it.
- * You just need something to take the edge off.
- * It's just one bite. You'll walk it off.
- * Just this one time.
- * You haven't had it in a long time.
- * You deserve this treat, you've had a hard day (week, month, year, life).
- * You've already screwed up, what's another day?
- * You're alone now, no one will know.
- * You'll hurt your mom, sister's, hostess' feelings.
- * It's healthy food!
- * It's no big deal. It won't kill you.
- * You've been exercising.
- * You already paid for the buffet.
- * It was on sale.
- * It's free food.
- * It's sugar free and gluten free.
- * Just a little bit won't hurt.
- * *It's a holiday!*

-anonymous

You Are Not Alone

Relapse Prevention Workshop

Sat Dec 16

11:00am — 12:30 PT

Hear speakers share their experiences with relapse/relapse prevention

ZOOM ID: 963 218 9907

Password: Recovery

Questions? Email

r3tswregister@oaregion3.org

Sponsored by Region 3



Sponsorship Held Two Surprises For Me

Practical experience shows that nothing will so much insure immunity from (compulsive overeating) as intensive work with other (compulsive overeaters).

BB p.89

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to be happy, to grow and remain abstinent. Knowing how they felt kept me from overeating more than once.

Second, I discovered that I was able to love someone else responsibly, with respectful and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use.

To learn that I can love, without greed or anxiety, has been one of the deepest gifts the program has given. Gratitude for that gift has kept me abstinent many times.

-anonymous



Are you a new sponsor?
Nervous about getting started?

The SVIOA Sponsorship Resources pamphlet will show you where to find some great tools to help you.

FREE DOWNLOAD

https://www.sacvalleyoa.org/uploads/1/2/2/0/1/22064306/sponsorship_resources_2023.pdf

Sponsorship Resources



Sponsorship Bank



Are you an available sponsor?

Are you willing to be a temporary sponsor?

Are you looking for a sponsor?

Call or text the SVIOA Sponsorship Bank
Katherine G - (707) 974-7649

Sponsorship A Getting Started Guide



Free Download

https://www.sacvalleyoa.org/uploads/1/2/2/0/1/22064306/sponsorship_guide.pdf

Sponsorship Guide Reviews

"Thank you, thank you, thank you! This material is the best thing I have ever read. It has given me the courage to sponsor. I feel I now am equipped to handle this important service. The resources that are included are excellent. I really appreciated the sponsor stories. I really feel empowered Thank you again for all the hard work."

"Much thanks to you and your team. I have been a sponsor for 2-4 people over the last 10 years in both OA & Alanon.

Becoming a sponsor was terrifying.

This guide would have helped me so much. Relying on the experience of both my sponsors in my programs was and continues to be vital. This document gave me lots of new perspectives and information. I very much appreciate the experiences of quite a number of sponsors. Thank you!!"



Surviving the Eating Season

It never seems to fail that when November rolls around I start to panic: *How am I to get through the holidays?* And my sponsor told me that a holiday is like any other day. That I don't need to cope with it until it arrives. And when it does, it only lasts 24 hours. And I remember how last October when I started to panic at having to face the "eating season" ahead, that 24 hour concept was the most immediately effective tool I was given.

But I had to break that concept down to periods of 30, 20 and even 10 minutes at a time. I could only hope to handle that next moment. The desire to escape too many people and activities and the desire to blot out loneliness and boredom can quickly lead me to the food.

It was not until the evening of January 1st that I felt a full surge of thankfulness to my OA friends and to my Higher Power who sustained me a few hours, a few minutes at a time. I had discovered that the program works, and I was far stronger within myself than I had been in mid-November.

So what happened was I hung on, I stuck close to my OA friends, I lived for each moment, I didn't let my knee-jerk reactions of the past sneak up on me, and most importantly, I got through without taking that first bite. Having an abstinent holiday is beyond compare. And I got to start my New Year with joy and gratitude.

-anonymous



"Have low expectations of yourself." I was completely confused when I heard my sponsor say this the first time. Wasn't I supposed to have high expectations? To shoot for excellence? Well, as she pointed out, that hadn't worked for me.

When I started trying low expectations, a lot changed. It took the pressure off so I could relax. I could do enough and then stop. I could breathe. And you know what? Everything that needed to get done got done.

"OK, you had a slip." My sponsor said this when I called tearfully after overeating. I expected her to be horrified. Or upset. Or sympathetic. Or punitive. But she was none of these things. Instead she told me to take action right away.

"What's going on?" she asked. *"Write about it. Pray about it. Commit your food for today. If you overeat again today, you're in relapse; if you don't, it was just a slip."* From this I learned not to wallow in self-pity but just to pick up the Steps and Tools as fast as possible and get back to work.

"Breathe. Relax. Remember you are loved." She used to make me crazy by saying this when I felt like I was in a crisis. Couldn't she see that I needed to do a million things at once? But now I know that she was right.

Recovery starts when I center myself. Relax my crazy mind. And remember that my Higher Power is loving me and taking charge. It works. Now I say these things to my sponsees, grateful to my sponsor who helped me so much to get my head screwed back on.

-anonymous



My sponsor says I shouldn't make any major changes in my first year in program.



**TUESDAY NIGHT MEETING
LITERATURE/SPEAKER**

**NEW MEETING TIME STARTING ON
DECEMBER 5TH**

5:30 PM PST (FORMERLY 7 PM)

**IN PERSON AT THE FRIENDS COMMUNITY CHURCH
(FIRESIDE ROOM)
4001 E ST. SACRAMENTO, CA 95819**

FOR INFO: (559) 392-7550

Save the Date !!!

July 12-14, 2024

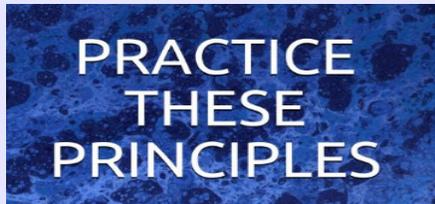
**OA Region 2 Convention
In Sacramento**



Stay tuned for more info.....

I ABSTAIN FROM

TRYING TO BE PERFECT
STARTING OVER
BEATING MYSELF UP
NEGATIVE THINKING
LEAVING OA



"When we talk about the Twelfth Step, usually it's in terms of Twelfth-Stepping — that is, helping newcomers in OA. I don't usually focus my attention on practicing the principles in all my affairs.

It is easy to practice principles at an OA meeting. But once out the door, it's another matter. Even during quiet times, early in the morning, I sometimes catch myself reflecting on someone else's defects and shortcomings.

As my abstinence gets stronger and as I attend more meetings, I am getting better at it. As long as I don't take that first bite. Each morning now I ask for help in my efforts to make the quiet meditation times a basis for practicing OA's principles in all my affairs that day.

Simply asking for help seems to be a help in itself. Others may not realize that I'm trying to practice OA's principles in all my affairs, but I know I'm trying. Most important, I realize I need help to do so.

As I am gifted with that help, when I go out the door, I find people much easier to deal with.

anonymous

When I live my day
based on spiritual principles,
I turn that day
into a spiritual experience.

If I do this consistently,
it results in

A Spiritual Awakening!

OASFVIG PRESENTS:

The Candlelight

PROMISES MEETING

SATURDAY DECEMBER 16, 2023
5-7 PM PST

ZOOM MEETING ID: 886 2861 5597
PASSCODE: 545450



Light some candles and join us!
Speakers will share how the 12 promises
are coming true through abstinence and
the 12 steps.

"Are these extravagant promises? We think
not...They will always materialize if we work
for them."



When I first joined OA, I wasn't willing to go to any lengths. After slipping and sliding for several years, I decided to get serious about my program.

Currently what works best for me is a structured routine. While neither the routine nor I are perfect every single day, I try to stay as close to it as possible. It was hard in the beginning, but today it provides me with a real sense of relief.

I get up. pray and meditate. I weigh and measure my food. I text it to my food sponsor. I read pp. 84-88 in the Big Book. I attend two to three meetings a week. I talk to my Step sponsor once a week. I make at least one outreach call a day. And I serve as a food sponsor and do other service.

For me, doing all this keeps my recovery first. When I focus on my recovery, I lose the weight. When I focus on my weight, I lose my recovery. And that has been my experience.

-anonymous

MEETING LIST

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

NEXT INTERGROUP MEETING

7

Tues Dec 12
7:00 — 8:00 p.m.

<https://zoom.us/j/98477821659>

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

EVENTS

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

12 Step Holiday Tips

LIVE AND LET LIVE

KEEP IT SIMPLE

ONE DAY AT A TIME

THIS TOO SHALL PASS

EASY DOES IT

FIRST THINGS FIRST

Intergroup Board

Chair	oachair@sacvalleyoa.org	Scarlet H	(916) 505-0360
Vice Chair	oavicechair@sacvalleyoa.org	VACANT	
Secretary	oasecretary@sacvalleyoa.org	Raven Y	(530) 917-4979
Treasurer	oa2rep@sacvalleyoa.org	Barbara E	(916) 799-9557
Region 2	oa2rep@sacvalleyoa.org	VACANT	
Region 2	curteousb@gmail.com	Curt B	(510) 435-3246
Region 2	caryhh2002@yahoo.com	Cary H	(530) 908-1230
WSBC	judylynch@surewest.net	Judy L	(916) 799-5804
WSBC	sdallama@mac.com	Les F	(775) 813-4076
WSBC	oawsbc@sacvalleyoa.org	VACANT	
Webmaster	webmaster@sacvalleyoa.org	Phil K	(916) 768-4549

Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws/Policy & Procedures Review/Update	---	oavicechair@sacvalleyoa.org
Events	Events Support	Janet Mc	shortred55@hotmail.com
Group Support	Meetings/Zoom Support	Andrea A	athorup@pacbell.net
	Speaker List Maintenance	Kristen	flightdoc35@yahoo.com
Answer Phone	Answer Phone	Kathy K	kappybook@yahoo.com
Newsletter	Newsletter Editor	Gerri S	alohagerri@aol.com
Meeting List	Meeting List Coordinator	Dawn S	dawn.strickler@gmail.com
Public Outreach	Public Outreach Support	Nancy Mc	nancynandalion@gmail.com
Retreat	Retreat Coordination	Jan H	ron-ianholm@sbcglobal.net
Special Population Focus	Special Population Support	---	
Sponsorship	Sponsorship Resources Maintenance	Katherine G	KATEJOE@msn.com

December

Zoom Classes

Hosting Basics

Wed Dec 6

5:00-6:00 pm PDT

Zoom Security

Wed Dec 13

5:00-6:00 pm PDT

<https://oasandiego.org/zoom/>

Members in Relapse:

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but for who we are. This is especially true of OA members who are still suffering.

They have been in program for some time, perhaps for months, maybe even years, but either they have not yet attained abstinence, or they are in relapse.

When asked what helped them most, people who have gone through this painful experience agree on one thing: **being loved and accepted—even when they were compulsively overeating, even when they were falling apart emotionally, even when they themselves felt hopeless and unlovable—was the key to their eventually loving and accepting themselves.**

WORKING THE PROGRAM

Welcome Back

*Suggestions for Members in Relapse
and for Those Who Care*



*May the Valley Voice
serve as a lighted lamp,
shining rays of hope
and experience to
illuminate any dark corners
in your life.*