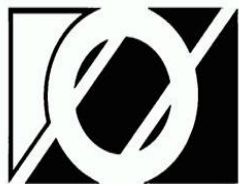


# SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

Serving the Greater Sacramento Valley including the counties of Sacramento, San Joaquin, Nevada, Placer, Amador, Solano, Yolo, Calaveras, Stanislaus\*, Sutter, Yuba, Colusa and El Dorado

\*not every meeting in this county listed



Sacramento Valley  
Intergroup

## VALLEY

## VOICE

Vol. 19, Issue 12

December 2019

*Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the OA 12-Step program.*

### Sacramento Valley Intergroup Overeaters Anonymous (SVIOA) Updates

The ballots have been counted! Our new Board members are: Nancy Mc, Chair; Jan H, Vice Chair; Robyn K, Secretary; Grace A, Treasurer; Rene, Webmaster; Laura S, Region 2 Rep; and Michelle K, World Service Delegate. Chandra and Luanne are continuing on as our Region 2 Reps, and Barbara M. will begin the second year of her 2 year term as World Service Delegate. The new Board officeholders will be installed at the December 10<sup>th</sup> SVIOA meeting. **The new Board and Committee Chairs** will begin their roles at the January 14th, 2020 SVIOA meeting.

**We need volunteers for the Committee Chair/Co-Chair positions.** Open Committee Chair/Co-Chair positions, that do not have volunteers continuing for January 1<sup>st</sup> on, are: Group Support (Speaker List and Meeting Support); Meeting News & Publicity (Answer Phone and Newsletter); and Sponsorship. Newsletter Chair/Co-Chair is a great form of service (more details on the last page). **For more info on all the positions, Board and Committee Chair**, please visit: [www.sacvalleyoa.org](http://www.sacvalleyoa.org). Click on "Intergroup" at the top of the page, then "Documents", then "SVIOA Policy & Procedures".

### OA MEETING AND EVENTS INFO

#### Sponsorship Bank

Are you available to sponsor? Are you willing to be a temporary sponsor? Are you looking for a sponsor? The Sacramento Valley OA Intergroup is developing a Sponsorship Bank to help people find sponsors. Please call or text (808) 250-1212 if you or someone you know is looking for a sponsor. ☺

- **NEW MEETING:** Yuba City now has a second OA meeting: the new one is Monday evening 7:00 pm, same location, and the contact is Angie (720) 675-4054.
- **WORLD WIDE 12<sup>th</sup> STEP WITHIN DAY:** Thurs, Dec. 12, 6-7:30 pm, 1275 Starboard Drive, West Sacramento, contact Jan H. (916) 616-1466.
- **NEW YEAR, NEW YOU III:** Wed, Jan. 1, 2020, 10am – 2pm, 3 speakers, brown bag, 925 N. Wilson Way, Stockton, contact Mary S. (209) 624-9622.
- **OA HAPPY 60<sup>TH</sup> BIRTHDAY:** Sat, Jan 25, 2020, 7 – 9pm, speaker with long term abstinence, Buhler Pavilion, 2800 L Street, Sacramento, \$5 suggested donation (no one turned away) contact Jan H. (916) 616-1466.

# WEEKLY MEETINGS\*

Day <sup>3</sup>	City	Address	Format	Contact	Phone #	WSO #
<b>Sunday</b>						
<b>3:30-3:55pm</b>	<b>Sacramento</b>	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	<b>NEWCOMER MTG</b>	Mimi	916-495-5104	56483
<b>4 pm</b>	<b>Sacramento</b>	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	Abstinence 2 <sup>nd</sup> Edition, 4 <sup>th</sup> Sunday BB speaker	Susan S	916-455-2180	54797
<b>7 pm<sup>1</sup></b>	<b>Elk Grove</b>	Keeping Pace Learning Center, 8819 Elk Grove Blvd. (parking in back)	Literature Study	Jeanne O.	916-479-0708	45445
<b>Monday</b>						
<b>Noon</b>	<b>Stockton</b>	St Anne's Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Big Book study	Karen W.	209-338-8879	50675
<b>12:30 pm</b>	<b>Nevada City</b>	Trinity Episcopal Church 201 Nevada St., corner of High Street	Brown Bag/Step Study (scent free)	Garnet H.	530-559-1618	53250
<b>5:30 pm</b>	<b>Jackson</b>	Sutter Amador Hospital Conference room next to cafeteria	Literature Study	Debra	209-274-6453	40370
<b>5:30 pm<sup>1</sup></b>	<b>Sacramento East</b>	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 <sup>st</sup> to E streets)	For Today Reading	Richard	916-962-0758	20105
<b>6:00 pm<sup>2</sup></b>	<b>Modesto</b>	Health Ed & Conference Center 1700 McHenry Ave. Suite 608	Literature & Occasional Speaker	Roger	209-232-6077	53717
<b>6:30 pm<sup>1</sup></b>	<b>Rancho Cordova</b>	Cordova Neighborhood Church 10600 Coloma Road	All Welcome OA HOW	Terry T.	916-601-4207	45680
<b>7 pm</b>	<b>Rocklin/Roseville</b>	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Speaker, Step Study, Traditions Study	Elizabeth G.	916-434-7188	49049
<b>7 pm</b>	<b>Yuba City</b>	St. Andrew United Presbyterian Church, 1390 Franklin Road	Varies	Angie	720-675-4054	57050
<b>Tuesday</b>						
<b>8 am (PST)</b>	<b>PHONE MTG</b>	605-468-8006; Code: 561536#	OA 12&12 study	Susan H	916-212-1461	55042
<b>Noon<sup>1,2</sup></b>	<b>Downtown Sacramento</b>	909-12 <sup>th</sup> St. (between I and J streets) Room 202, buzz outside door	Brown Bag/Speaker	Gerri S.	808-250-1212	36145
<b>5:30 pm</b>	<b>Davis</b>	Davis Lutheran Church, 317 E. 8 <sup>th</sup> St. (corner of 8 <sup>th</sup> St. and B St.)	Step & Tradition Focus	Gail	603-397-2339	56921
<b>6:30 pm</b>	<b>Stockton</b>	St Anne's Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Varies	Mary S.	209-624-9622	33185
<b>7 pm<sup>1,2</sup></b>	<b>Fairfield</b>	Comm. Utd. Methodist, 1875 Fairfield Ave (park in back, enter from parking)	Literature Study	Tina	323-696-2577	50691
<b>7 pm</b>	<b>Folsom</b>	Journey Church 450 Blue Ravine Road – Room K1	OA 12&12, Big Book	Rick Z.	916-870-1442	48460
<b>Wednesday</b>						
<b>10 am</b>	<b>Stockton</b>	925 North Wilson Way	SPANISH SPEAKING & LITERATURE	Rene Vero	209-808-4686 209-662-2529	56073
<b>Noon<sup>1,2</sup></b>	<b>Auburn</b>	Gold Country Church, 11641 Blocker Dr., 1 <sup>st</sup> Floor, rear left corner room	Brown Bag/ Speaker, AA 12&12, OA Steps	Wendy	760-271-6003	56983
<b>5:30 pm<sup>1</sup></b>	<b>Sacramento East</b>	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 <sup>st</sup> to E streets)	Big Book, Literature Study, Tools of Recovery	Joel	916-571-5922	31758
<b>6 pm<sup>1,2</sup></b>	<b>Murphys</b>	Faith Lutheran Church, 65 Mitchler Street (Corner of Highway 4)	Speaker, OA literature	Cathy	209-591-0074	45706
<b>6:30 pm</b>	<b>Carmichael</b>	Heritage Oaks Hospital Medical Bldg. 4300 Auburn Blvd., Room 101A	Speaker, Step Study	Michael	916-727-4361	30499

<sup>1</sup> Wheelchair accessible; <sup>2</sup> Closed on holidays; <sup>3</sup> All meetings 60 minutes unless otherwise noted; <sup>4</sup> Anorexics and bulimics welcome. (ALL SVIOA meetings are open to compulsive eaters, anorexics and bulimics. Those meetings with a special designation specifically asked to include this designation in their meeting format.)

**M-F 7:00 AM (PST)/10 AM (EST): "A Vision 4 You" phone at 712.432.5210 #876148**

**\*FOR WORLD WIDE "ON-LINE" & PHONE MEETINGS GO TO: <https://oa.org/find-a-meeting>**

**\*FOR PODCASTS GO TO: [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)**

\*\*\*Sacramento OA Answer Phone # (916) 786-0330 {Listing of area meetings, plus local area events}\*\*\*

## WEEKLY MEETINGS\*

	City	Address	Format	Contact	Phone #	WSO #
<b>Thursday</b>						
8am (PST)	<b>PHONE MTG</b>	(605) 468-8006; Code: 561536#	AA Big Book Study	Danielle	916-217-7867	55027
Noon <sup>2</sup>	<b>Downtown Sacramento</b>	Westminster Presbyterian Church 1300 N St. (room opposite office)	OA & AA 12&12 Study Okay to eat sack lunch	Joel	916-571-5922	20215
3 pm	<b>Stockton</b>	St. Anne's Episcopal Church, 1020 W. Lincoln Road (room next to office)	Recovery from Relapse	Mary S.	209-624-9622	30896
6 pm	<b>Galt</b>	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
6 pm	<b>Rocklin/ Roseville</b>	Origin Coffee & Tea 2168 Sunset Blvd. #105, Rocklin	Big Book Study	Bonnie	916-812-8686	53605
6 pm	<b>West Sacramento</b>	Center for Spiritual Awareness 1275 Starboard Drive	Brown Book; speaker 1 <sup>st</sup> Thurs	Chantell	916-837-9613	54298
7:30 pm	<b>Fairfield/ Cordelia</b>	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study and OA 12&12 Book	Katherine	707-446-1875	53903
<b>Friday</b>						
9:30 am	<b>Sacramento Northeast</b>	St. Andrews Methodist Church 6201 Spruce Ave. Old Foothill Farms	For Today and Voices of Recovery	Mary A.	916-489-3828	51643
5:00 pm	<b>Grass Valley</b>	BriarPatch Coop, in the Meeting Rm 290 Sierra College Drive	Varies	Debbie	916-847-0840	00842
5:30 pm	<b>Jackson</b>	Sutter Amador Hospital Conference room next to cafeteria	Literature Study	Cindy G.	209-274-2595	50244
5:30 pm <sup>4</sup>	<b>Sacramento Midtown</b>	Buhler Pavilion, 2800 L St. 1 <sup>st</sup> floor, room 1 or 2	Speaker and Step Study <sup>4</sup>	Ian	916-912-1450	34774
6 pm	<b>Woodland</b>	515 2 <sup>nd</sup> Street St Luke's Episcopal Church	Tools, Voices/For Today, Meditation and Writing	Cary	530-908-1230	54418
7 pm	<b>Yuba City</b>	St. Andrew United Presbyterian Church, 1390 Franklin Road	Back to Basics, Step Study	Debbie	530-635-5034	52984
<b>Saturday</b>						
7 am	<b>Stockton</b>	St. Anne's Episcopal Church 1020 West Lincoln Room #2	11 <sup>th</sup> Step, Prayer and Meditation	Mary S.	209-624-9622	54051
9 am	<b>Folsom</b>	Journey Church 450 Blue Ravine Road, Room K1	Literature, Step and Tradition Study, Speaker	Susan K.	916-983-1172	39494
9 - 10:30 am	<b>Rocklin/ Roseville</b>	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Steps and Traditions, and Speaker	Judy L.	916-799-5804	18446
9 am <sup>1</sup>	<b>Sacramento Midtown</b>	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 <sup>st</sup> floor, Rm 1or2	OA 12 & 12, Steps and Traditions	Barbara M. Jan H.	916-203-6025 916-616-1466	29079
10 am	<b>Nevada City</b>	Trinity Episcopal Church 201 Nevada St.	Varies	Tobi/ Dominique	530-272-3991	01305

<sup>1</sup> Wheelchair accessible; <sup>2</sup> Closed on holidays; <sup>3</sup> All meetings 60 minutes unless otherwise noted.

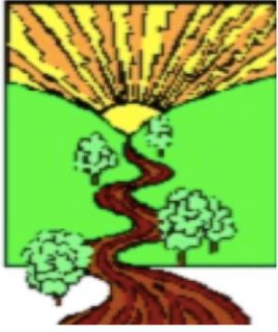
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**\*FOR PODCASTS GO TO: [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)**

Submit meeting changes to newsletter editor at: [LauraS.37285@gmail.com](mailto:LauraS.37285@gmail.com)



**Overeaters Anonymous (OA) is:** OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors & to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

### Q&A INFO ON VALLEY VOICE PROCESS

Does newsletter require special software? Current format is in MS Word. Editor can change of course!

How many newsletters do we order? 300 copies each month.

Where is the printing company located to pick up the printed copies each month? McClaskey Graphic Arts, 5241 J Street, Sacramento. Contact Kathy Harris (916)277-6625; email [graphicartsprint@gmail.com](mailto:graphicartsprint@gmail.com). Send it electronically to the printer in PDF. They close around 3pm each day. Call ahead!

How do we pay? The printer sends invoice to our Intergroup Treasurer.

How much lead time do you need for the printer so the newsletters will be ready by the 2<sup>nd</sup> Tuesday? About a week, but sometimes they can do in a couple days. They have set holidays where they are closed for a week—they will give you a schedule.

Where do you get info to include in each issue? Much of it is set, e.g. header on 1<sup>st</sup> page, the meeting format on pages 2/3, the last page right hand side contact info. Get info from the Intergroup meetings, OA website, WSO newsletters, or quote from OA literature. Twice a year the “7<sup>th</sup> tradition report” is inserted wherever there is space.

How do we distribute newsletter? Take to the monthly IG meeting (address on back of newsletter). Also send **PDF a copy** to our webmaster for posting. The SVIOA Webmaster and Group Growth reps like to know if there are meeting changes so highlight those in red. Make a PDF by going into “Save As” pull down option when saving the Word doc, and scroll down options for PDF. Click on it.

What if I can't get to the IG meeting or stay for all of it? Find a backup or request help from the board.

The Thankathon was wonderful! We are so grateful for this help, on possibly our most difficult day of the year.

### **Intergroup Board**

Chair	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Nancy Mc	(916) 698-0541 C
Vice Chair	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>	Jan H.	(916) 616-1466 C
Secretary	<a href="mailto:oasecretary@sacvalleyoa.org">oasecretary@sacvalleyoa.org</a>	Robyn K.	(530) 304-4591 C
Treasurer	<a href="mailto:oatreasurer@sacvalleyoa.org">oatreasurer@sacvalleyoa.org</a>	Grace	(916) 213-7481 C
Region 2	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Chandra Luanne	(707) 338-1496 C (714) 402-0687 C Vacant
WSBC	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>	Barbara M.	(916) 203-6025 C Vacant
Webmaster	<a href="mailto:webmaster@sacvalleyoa.org">webmaster@sacvalleyoa.org</a>	Rene	(209) 808-4686 C

### **Intergroup Committees**

Events	Events Events Media	Judy L. Verna Angela	(916) 799-5804 C (916) 949-6202 C (720) 675-4054 C
Group Support	Speaker List Meeting Support	Susan K.	(916) 983-1172 H Vacant
Meeting News & Publicity	Newsletter Answer Phone	Laura S. Cindy R.	<a href="mailto:LauraS.37285@gmail.com">LauraS.37285@gmail.com</a> (916) 599-3425 C
Public Outreach	Chair	Shonquinta	<a href="mailto:Shonquinta1@sbcglobal.net">Shonquinta1@sbcglobal.net</a>
Retreat	Chair	Rick Z.	(916) 870-1442 C
Special Population Focus	Chair Co-Chair	Mary S. Lori L.	<a href="mailto:Mapsamez@yahoo.com">Mapsamez@yahoo.com</a> (916) 475-3484 C
Sponsorship			Vacant

### **Some Additional OA Resources for You**

**OA World Service**  
PO Box 44727  
Rio Rancho, NM 87174-4727  
(505) 891-2664  
[www.oa.org](http://www.oa.org) & [podcasts:oa.org/oapodcasts](http://podcasts:oa.org/oapodcasts) & speakers: [oaoci.org](http://oaoci.org)

**OA Region 2**  
4733 Torrance Blvd., PMB 335  
Torrance, CA 90503-4100  
[www.oar2.org](http://www.oar2.org)

**Sacramento Valley Intergroup**  
Intergroup 09012  
PO Box 255085  
Sacramento, CA 95865  
(916) 786-0330  
[www.sacvalleyoa.org](http://www.sacvalleyoa.org)

**Monthly SVIOA Meetings**  
**7:00-8:00 pm**  
2<sup>ND</sup> Tuesday of every month  
Christ Temple Apostolic church  
9000 La Riviera Drive  
Sacramento, CA 95826