

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."

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Step, Tradition, Concept

Spiritual Principles:
Spiritual Service, Anonymity, and Guidelines

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 PRINCIPLE: Guidelines

Selflessness, Realism, Representation, Dialogue, Compassion, Respect.

Overheard at Meetings

I'm an alcoholic with a fork.

Food addict: someone who finds something that works to keep them abstinent, then stops doing it.

I never believed in miracles until I got here.

I will go to bed abstinent tonight but when I wake up, I will be a food addict.

I thought I could figure it out...wrong.

Self-will is when I desperately struggle to slam a square peg into a round hole.

I knew I had really hit my bottom when I finally stopped digging.

I came to OA looking for an external answer for an internal problem".

The symptom is physical, the problem is emotional, the solution is spiritual.

SAN FRANCISCO INTERGROUP OF overeaters anonymous

Twelfth Step Within

Mon Dec 12
6:30 — 8:00 p.m. PT

December 12 is OA's International Twelfth Step Within Day. It's purpose is to encourage OA members to reach out to those in our fellowship who are still suffering from compulsive eating behaviors.

Speakers, Recovery from Relapse, Open Sharing

Meeting ID: 861 1855 0516
Password: 112244
Phone: (669) 900 6833

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? My sponsor told me that a holiday is like any other day and I don't need to cope with it until it arrives. 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.

- anonymous

Acceptance in Advance

Problems defined my life before I stumbled through the doors of Overeaters Anonymous. As my eating increased, my problems multiplied. I had only one problem-solving tool, a rusty old hammer of self-will. I pounded on my problems with that hammer day and night.

My life was like Whack-a-Mole. I'd beat down one problem and another one would pop up. It was exhausting work and it made me very hungry. Food gave me temporary relief, but real peace of mind was impossible.

In OA I learned that until I was able to accept my food addiction, I couldn't get abstinent. In the same way, until I can accept the problems in my life as gifts from God, I can't hope to live with peace and joy.

Today I know that problems are in my life not to punish me, but to help me grow. There is a lesson especially designed for me in the center of every problem I encounter.

The problem keeps reappearing in my life until I learn the lesson. Usually that lesson is about letting go of someone or something.

Recently, I've been practicing acceptance in advance. Whenever I sense I have an expectation of a specific outcome, I remind myself up front that God may have another plan. I accept in advance whatever the outcome is without even knowing what it is. I have the faith that if it doesn't go my way, there's something better in store for me.

This has worked beautifully during my recent travels in my RV camper. During every trip some mechanical challenge pops up that I can't handle. In the beginning I was frustrated when something did not work properly. Today when I experience a problem, I have a Plan B. Instead of gnashing my teeth and pointing my finger, I accept I have a problem and rely on intuition for a solution. Usually the solution is to ask for help. I'm totally amazed how easy life is when I live in the solution instead of the problem.

- anonymous

VIRTUAL REGION WORKSHOP
2ND SUNDAY OF THE MONTH

Sponsorship

DECEMBER 11TH 2022
12:00 p.m. PT

Zoom ID: 891 6554 0024
Passcode: 120912

For more information go to oavirtualregion.org

Working With Others Saves the Day

STEP 12

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 a job. The committee in my head were all yelling at me at the same time. 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 by then I trusted my sponsor with my life and 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. Work with another fellow always saves the day!

- anonymous

THE HOUR PLAN



OA taught me how not to binge. And it taught me how to live on the 24 hour plan. I learned I do not have to be "queen of everything" to soothe my frightened ego.

- through going to meetings and listening
- through sharing my experience, strength and hope
- through practicing Step 12, where I am both teacher and student as I help others
- by making many wonderful OA friends.



A few months ago I received a free gym membership as a benefit of new health insurance. Since then I've been to the club a grand total of three times including the first visit when I signed up. My muscles are flabbier and my joints are tighter, but I can't seem to find the motivation to take the action. I know from past experience I feel better when I work my body, but ego keeps saying "You're fine. Take it easy." It's very much the same with my spiritual fitness program.

OA provides me with a spiritual fitness program, but like a physical fitness program, I have to get off the couch and take the actions. Along with meetings and sharing with other OA's, I find Steps 10, 11 and 12 to be an effective daily exercise program. It's easy and takes very little time.

Step 10 simply asks me to recognize when I'm feeling disconnected from life and to inquire about the cause. Have I been resentful, fearful, dishonest, selfish?

In Step 11, I ask God for help. Step 12 reminds me my purpose is to be of service. Not only to other OA's, but to others in my life.

When I take these Steps every morning as part of my quiet time, living in the present moment is no problem. It boils down to willingness. When I am willing to take these simple actions, life is unbelievably good. When I'm not willing to go to the gym and sweat, it gets harder to bend over and tie my shoes.

- anonymous



Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

Upcoming Speaker Topics:

DEC **4** "Favorite OA Tools and Abstinence Through the Holidays"

DEC **18** "Experience, Strength and Hope Through Service"

1-3:30 p.m. PDT

Overeaters Anonymous
Registered Meeting #88993

Meetings held regularly on the first & third Sundays of each month
Zoom ID: 947 2125 9974 Password: 810562



FREEDOM

A New Freedom
A New Happiness

I never realized I was locked in a prison of self-centered fear until I got my first taste of freedom in Overeaters Anonymous. I ran as fast as I could through life, trying to outrun the fear that followed me everywhere. It was like trying to outrun my shadow. As soon as I stopped and rested the fear was there.

I went through life in a state of disease, but I thought this was just the way life was. I saw struggle and suffering everywhere I looked. I never thought to question it. The food made life bearable for me, even "happy" sometimes. But always the fear would return.

I had my first taste of freedom in OA when I shared some painful truths about myself with my sponsor during my fifth step. I came in out of the cold that day and began to connect with you, life and my HP.

Through the years, thanks to meetings, Steps and service, HP has continued to remove old, false ideas that keep me in prison, separate from life.

Today I enjoy many freedoms. I am free from needing to change the way I feel, to self-medicate (unless of course you count caffeine).

I am free from loneliness -- that feeling of a hole in my gut that the wind whistles through. I am free from guilt and shame that kept me chained to yesterday. I am free from the war of self-hate I waged against myself for more than forty years.

I'm learning the 12 Step promise of "a new freedom and a new happiness" is not only about freedom "from", but also freedom "to". Today I am free to make mistakes, free to not have to do every single thing perfectly. I am free to experience a whole range of emotions, not just fear-driven rage. I am free to care about others, to be of service, and to share my ESH without expecting anything in return. I am free to live my life anyway I choose. I am free to just be.

Certainly my journey to freedom from bondage of self is far from over. But I've let go of enough old ideas to feel comfortable in my own skin most of the time.

- anonymous

Service Keeps Me in Program

Giving service keeps me out of my own head. Doing service for others enables me to be useful. That gives me a positive feeling. When I do service, I feel like I am part of the group rather than an observer looking in from the outside.

When I first came into program, doing service was a way for me to connect to people. I have a disease which makes me want to isolate and I'm usually very shy. But people who hear me now don't believe it.

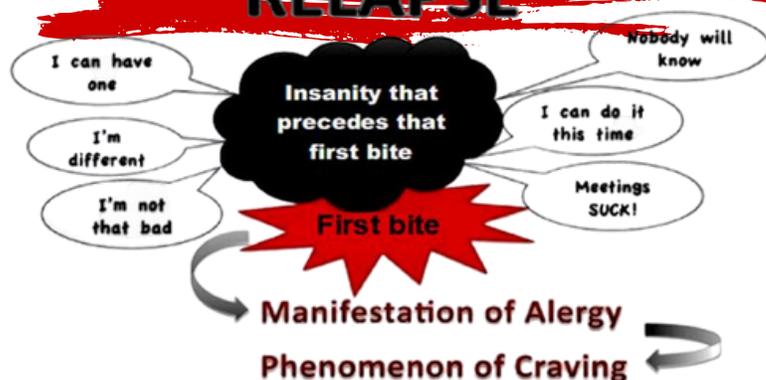
I also used to weigh over 250 pounds. I am now half that. Being the secretary at the meeting, talking to newcomers, being an Intergroup rep for my meeting — all of these are opportunities for me to connect with other people.

I leave the meeting knowing I am among friends. If I weren't giving service, I wouldn't still be here.

- anonymous



Resources to Help Prevent a RELAPSE



Slips, relapses, and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal is to learn from it and move forward with a renewed commitment to ourselves, our abstinence, the OA program, and our Higher Power.

1. Relapse Prevention Worksheet

The purpose of this worksheet is to help OA members prevent possible relapses.

<https://oavirtualregion.org/relapsehandout/>

2. From Slip to Relapse to Recovery

An action plan for reclaiming and retaining your abstinence. If you are struggling or have had a slip or relapse, you may need to take different actions than before to renew your commitment to abstinence and recovery. The food is the last to go when a compulsive eater slips, relapses, or struggles.

<https://oavirtualregion.org/wp-content/uploads/2020/09/From-Slip-or-Relapse-to-Recovery-for-panel.pdf>

3. Been Slippin' and Slidin'

Thirty questions for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding." The questions are also recommended for those in relapse who want to recommit to their OA program.

<https://oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf>

4. Recovery Insurance Policy

A pledge between two OA members to support and to be accountable to one another. No member is immune to relapse or to quitting OA. This agreement is an "insurance policy" against both possibilities.

<https://oa.org/app/uploads/2021/08/recovery-insurance-policy.pdf>

Practice These Principles

"Every morning my Higher Power gifts me with help"

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 OA meetings, 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.

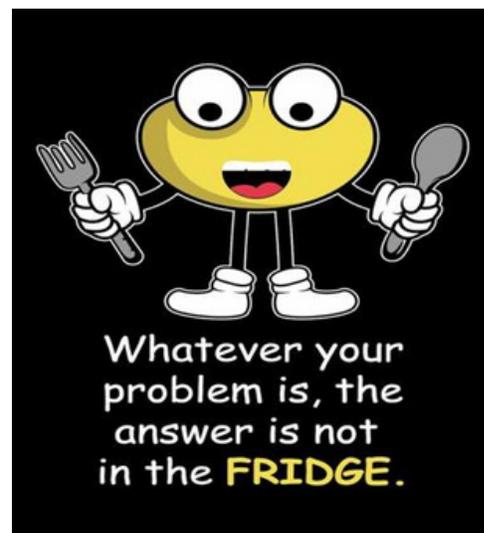
Each morning now I ask for help in my efforts to make the quiet meditation times a basis for practicing OA's principles in all my affairs that day.

Simply asking for help seems to be a help in itself. Others may not realize yet that I am trying to practice OA's principles in all my affairs. Most important, I realize I need help to do so. Each morning my Higher Power gifts me with that help so when I go out the door, I find people much easier to deal with.

- anonymous



It's always the same.....I'm good for 364 straight days, then in **ONE NIGHT** I binge on a hundred million servings of cookies and milk....



SVIOA News & Information



A Reflection of Service

As I write this final chapter as your Sac Valley Intergroup's Chairperson, I reflect on the many accomplishments WE have achieved in the last couple of years.

- We have hosted numerous events that have brought together compulsive eaters from places far and wide to share the message of hope and recovery found in our shared solution.
- We have provided countless individuals with contact information of people willing to be sponsors.
- We have assisted groups by providing numerous resources so they can, in turn, support members on their journey of abstinence.
- We have been conscientious stewards of member monetary contributions.
- We maintain a phone number that people can call to learn more about OA and find local meeting information.
- We diligently maintain a listing of all of our meetings.
- We have a treasure trove of information by way of our website where anyone interested in our program may learn and find ways to connect to begin or deepen their recovery path.
- We offer a resource for group Speaker Seekers to find other SVIOA members willing to share their experience, strength and hope.
- We have invaluable conduits, via our Region 2 Representatives and World Service Delegates, to stay connected to OA beyond our service area, and support both of these service bodies not only by representation, but by generous 7th Tradition contributions to ensure that OA will be here for the next suffering compulsive eater, wherever they may be.

Upon further reflection, it dawns on me that these achievements have been the backbone of Sac Valley Intergroup for many, many years. I am blessed to have been given the opportunity to play a small part in SVIOA's rich legacy.

It is, therefore, with a full heart and tremendous gratitude that I say THANK YOU for allowing me to be of service, and may your Higher Power bless and keep you abstinent as you trudge the road of happy destiny.

In loving service,

Jan H.
Sac Valley Intergroup Chair

INTERGROUP * MEETINGS * EVENTS

**SVIOA
MEETING LIST
CLICK HERE**

**SVIOA
EVENT LIST
CLICK HERE**

INTERGROUP MEETINGS

7 - 8 p.m. (Pacific Time)

Every 2nd Tuesday of each month

Zoom Meeting ID: : 984 7782 1659

Passcode: 860953

INTERGROUP BOARD

Chair	Jan H.	(916) 616-1466	oachair@sacvalleyoa.org
Vice Chair	Scarlet H.	(916) 505-0360	oavicechair@sacvalleyoa.org
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Population Focus	Retreat Coordination	Rick Z.	rick@directdigitalcontrols.com
Sponsorship	Special Population Support	VACANT	caryhh2002@yahoo.com
	Sponsorship Resources	Cary H.	
	Maintenance		

