



Valley Voice

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

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STEP 2: SPIRITUAL PRINCIPLE: Hope
Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2: SPIRITUAL PRINCIPLE: Trust
For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

CONCEPT 2: SPIRITUAL PRINCIPLE: Conscience
The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.



Overheard at Meetings

An addict alone in his head is in a bad neighborhood.

I.S.M. – Incredibly short memory.

Compulsive overeating is a disease that tells me I don't have a disease.

Thinking is not a tool of the program.

The disease tells me if a little bit is good a whole lot is better. It is a disease of MORE !

H.O.P.E. Hold On Pain Ends

Your bottom is wherever you stop digging.

The Sacramento Valley Intergroup of OA presents

Unity Day

Personal recovery depends upon OA Unity

Saturday, February 27, 2021

1:00 – 2:30 pm PST



Speakers, Open Sharing, Fellowship

Meeting ID: 983 9803 7574
Passcode: 588589
By Phone: +1 669 900 6833

Hosted by Chico Overeaters Anonymous Meetings

**STEP
2
HOPE**

2

Came to believe that a Power greater than ourselves could restore us to sanity.

I Just Wanted to Eat Whatever I Wanted and Not Gain Weight

When I first showed up in OA, I wasn't looking to get abstinent. I just wanted to eat whatever I wanted and not gain weight. So when I saw the words "restored to sanity" in Step 2, I balked at it because I couldn't accept the fact of me being insane!!!! Then, I looked over to Step 3 and saw the word "God". And, I realized that I must be in the wrong place.... because I had already tried "God" and that just wasn't going to work for me.

I had even met some friends in OA who told me that they were compulsive overeaters and that they didn't need God... they just needed to go to OA meetings and not take the first bite. So, why couldn't I just do as they did? But doing that pretty much blew up in my face.

Finally, I became "willing to go to any lengths to stay abstinent," even if it meant taking the 12 Steps, calling my sponsor, going to meetings and finding a Higher Power.

I have come to realize that I do not have to believe the 12 Steps will work for me. But I must at least take the actions of the 12 Steps to find out if they will work for me. My mind says "it won't work." So that means I have to take actions that I don't believe in.

When I became willing to take those actions and apply them, something happened. I started to feel different. And I started to think in a different way.

In my early days in OA my "Higher Power" became the group. Other compulsive overeaters who were staying abstinent. I was hoping that if I did what they did, I might recover also.

Admitting that I was a compulsive overeater was probably the first sound thinking that I was able to achieve. Realizing I was screwed trying to deal with my food addiction on my own was also sound thinking. As I continued to take more action, my life began to change. My thoughts began to change. And I began to see the truth about my condition of "powerlessness" and to see the truth about the "insanity of the first bite."

Something was happening to me that I had previously been unable to make happen: I was staying abstinent... and I was discovering that I was able to be happy with my abstinence.

-anonymous

The 12 Principles





Upcoming EVENTS

- SUN FEB 7** Surrender and Step One **(OA Rise)**
1:00 - 4:00 p.m. PT
https://oarise.org/event/surrender-and-step-1/?instance_id=140
- MON FEB 8** I Love OA Night: Intimacy and Food **(Greater Seattle Intergroup)**
7:00 – 8:30 PT
<https://www.seattleoa.org/wp-content/uploads/2020/12/Final-I-Love-OA-Flyer-with-link-and-phone-info.pdf>
- SUN FEB 14** Developing a Relationship with My Higher Power **(Virtual Region)**
12:00 – 1:30 p.m. PT
<https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>
- SAT-SUN FEB 20-21** There is a Solution: Virtual Region Convention **(Virtual Region)**
<https://oavirtualregion.org/news-events/events/vr-conventions/>
- SAT FEB 20** Tool Time **(Orange County Intergroup)**
8:00 a.m. – 12:00 noon PT
http://www.oaoci.org/uploads/2/6/3/2/26321968/2021_tool_time_oa_workshop.jpg
- SUN FEB 21** Get A Sponsor and Follow Directions **(OA Rise)**
1:00 - 4:00 p.m. PT
https://www.oaregion1.org/uploads/1/4/0/4/14047174/rise_flyer_jan_and_feb.pdf
- SAT FEB 27** Unity Day **(Sacramento Intergroup)**
1:00 - 2:30 p.m. PT
<https://www.sacvalleyoa.org/feb-27-2021.html>
- SAT-SUN FEB 27-28** Big Book Virtual Retreat **(Southern Arizona)**
<https://oasouthernaz.org/wp-content/uploads/2DayBBWorkshop.pdf>
- SAT MAR 6** OA Young People's Retreat – Entire Psychic Change **(Metro West)**
10:00 a.m. – 10:00 p.m. PST
<https://www.metrowestoa.org/ypretreat-2/>
- FRI-SUN MAR 12-14** Serenity Virtual Retreat **(Oregon Intergroup)**
[https://www.oaregion1.org/uploads/1/4/0/4/14047174/twin_rocks_2021_virtual_retreat_flyer\[1945\].pdf](https://www.oaregion1.org/uploads/1/4/0/4/14047174/twin_rocks_2021_virtual_retreat_flyer[1945].pdf)
- SUN MAR 14** Courage to Change the Things I Can **(Virtual Region)**
12:00 – 1:30 p.m. PT
<https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>
- SAT-SUN FEB 20-21** There is a Solution: Virtual Region Convention **(Virtual Region)**
<https://oavirtualregion.org/news-events/events/vr-conventions/>
- FRI-SUN AUG 26-28** OA World Service Convention **(Orlando, FL)**
<https://oa.org/world-service-convention/>

Sacramento Valley OA Meetings (as of Feb 1 2021)

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SUN – 3:30 p.m. (Zoom) [WSO #56483]
(formerly Buhler/Sutter, Sacramento)
Newcomer Meeting
<https://us04web.zoom.us/j/554955050>
Meeting ID: 554 955 050
Password: 012668
By Phone: (1) (253) 215-8782

SUN – 4:00 p.m. (Zoom) [WSO #54797]
(formerly Buhler/Sutter, Sacramento)
Abstinence 2nd Edition, 4th Sunday BB Speaker
<https://us04web.zoom.us/j/554955050>
Meeting ID: 554 955 050
Password: 012668
By Phone: (1) (253) 215-8782

SUN 6:00 p.m. (Zoom) [WSO #45601]
(formerly at St. John Episcopal Church, Chico)
A Commitment to Abstinence
Meeting ID: 354 706 510
Password: 541336
By Phone: (1) (669) 900-9128

MON –12:00 noon (Zoom) [WSO #50675]
(formerly at St. Anne's Episcopal Church, Stockton)
Big Book Study
<https://us04web.zoom.us/j/6099261904>
Meeting ID: 609 926 1904
Password: 123456
By Phone: (1) 669 900 9128

MON – 12:30 p.m. (Zoom) [WSO #53250]
(formerly at Trinity Episcopal Church, Nevada City)
Step Study
<https://us04web.zoom.us/j/89702569640>
Meeting ID: 897 0256 9640
Password: 319201
If you have questions, call Garnet at 530-559-1618

MON – 5:30 p.m. (Zoom) [WSO #20105]
(formerly Friends Church), Sacramento)
Literature, Speaker
<https://us02web.zoom.us/j/88541526915>
Meeting ID: 885 4152 6915
Password: 210817
By Phone: (1) (669) 900-6833

MON – 6:00 p.m. (Zoom) [WSO #53717]
(formerly McHenry Village, Modesto)
Literature, Speaker
<https://us02web.zoom.us/j/83238587366>
Meeting ID: 832 3858 7366
Password: 725471
By Phone: (1) (669) 900-6833

MON – 6:30 p.m. (Zoom) [WSO #45680]
(formerly Swimstitute, Rancho Cordova)
OA H.O.W. Concept/Everyone welcome
<https://zoom.us/j/87338230592>
Meeting ID: 873 3823 0592
Password: 987577
By Phone: (1) 669 900 6833

MON 7:00 p.m. (Zoom) [WSO #49049]
(formerly Creekside Church, Rocklin)
Big Book, Speaker, Step Study, Traditions
<https://us02web.zoom.us/j/96003441708>
Meeting ID: 960 0344 1708
Password: 393429
By Phone: (1) (669) 900-6833

MON - 7:00 p.m. (Zoom) [WSO #57050]
(formerly at St. Andrews Presbyterian Church, Yuba City)
Mixed Literature Meeting
Meeting ID: 778 118 918
Password: serenity
By Phone: (1) 669-900-6833
Phone passcode: 746450

TUES – 12:00 noon (Zoom) [WSO #36145]
(formerly at Sierra Club, Sacramento)
Speaker Meeting
<https://us02web.zoom.us/j/321658347>
Meeting ID 321 658 347
Password 134461
By Phone: (1) (720) 707 2699

TUES – 5:30 p.m. (Zoom) [WSO #56921]
(formerly at Davis Lutheran Church, Davis)
Literature and Speaker Focus
<https://zoom.us/j/97932048758>
Meeting ID: 979 3204 8758
Passcode: 661309
(1) 669 900 6833

TUES 6:00 p.m. (Zoom) [WSO #33185]
(formerly at St. Anne's Episcopal Church, Stockton)
<https://us04web.zoom.us/j/6099261904>
Meeting ID: 609 926 1904
Password: 123456
By Phone: (1) 669 900 9128

TUES 6:00 p.m. (Zoom) [WSO #52849]
(formerly at St. John Episcopal Church, Chico)
<https://us02web.zoom.us/j/87893724954>
Meeting ID: 878 9372 4954
Password: 541336
By Phone: (1) 669 900-9128

Sacramento Valley OA Meetings (as of Feb 1 2021)

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TUES – 7:00 p.m. (Phone) [WSO #48460]
(formerly at Journey Church, Folsom)
OA 12x12, Big Book
Call: (1) 978-990-5198
Access Code: 7903029

TUES – 7:00 p.m. (Zoom) [WSO #50691]
(formerly at Comm United Methodist, Fairfield)
Literature Meeting
<https://us02web.zoom.us/j/81244120420>
Meeting ID: 812 4412 0420
Passcode: OAmeeeting
Phone: +1 669 900 9128 US
Passcode: 906404081

WED – 5:30 p.m. (Zoom) [WSO #31758]
(formerly at Friends Community Church, Sacramento)
Voices and Tools of Recovery Speaker Meeting
<https://us02web.zoom.us/j/85324607866>
Meeting ID: 853 2460 7866
Password: 163195
By Phone: (1) (669) 900-0128
To volunteer as a speaker, contact Joel (916) 397-8276

WED 6:00 p.m. (Zoom) [WSO #45706]
(formerly at Faith Lutheran Church, Murphys)
Speaker, OA Literature
<https://zoom.us/j/98300251945>
Meeting ID: 983 0025 1945
Passcode: 525656
By Phone: (1) 669 900 6833

THURS – 12:00 noon (Zoom) [WSO #20215]
(formerly at Westminster Church, Sacramento)
OA & AA 12&12 Study
<https://us02web.zoom.us/j/83393330292>
Meeting ID: 833 9333 0292
Password: 506910
By Phone: (1) (669) 900 9128

THURS - 3:00 p.m. (Zoom) [WSO #30896]
(formerly at St. Anne's Episcopal Church, Stockton)
Relapse and Recovery
<https://us04web.zoom.us/j/6099261904>
Meeting ID: 609 926 1904
Password: 123456
By Phone: (1) 669 900 9128

THURS – 5:30 p.m. (Zoom) [WSO #54397]
(formerly at St. John Episcopal Church, Chico)
OA Literature
<https://us02web.zoom.us/j/85354859380>
Meeting ID: 853 5485 9380
Password: 541336
By Phone: (1) (669) 900-9128

THURS - 6:00 p.m. (Zoom) [WSO #54298]
(formerly at CSA, West Sacramento)
Body Image Book, Speaker 1st Thursday
<https://us04web.zoom.us/j/9046937853>
Meeting ID: 904 693 7853
Password: freedom
By Phone: (1) (669) 900-6833

THURS – 7:00 p.m. (Zoom) [WSO #53903]
(formerly at Fairfield/Cordelia Library, Fairfield)
Literature Meeting, Speaker every other month
<https://zoom.us/j/93341504946>
Meeting ID: 933 4150 4946
Passcode: 193674
By Phone: (1) (669) 900-6833

FRI – 5:30 p.m. (Zoom) [WSO #34774]
(formerly at Buhler/Sutter - Sacramento)
OA Step Study
<https://us02web.zoom.us/j/88040217292>
Meeting ID: 880 4021 7292
Password: LOVEOA
By Phone: (1) (669) 900-9128

FRI - 7:00 p.m. (Zoom) [WSO #52984]
(formerly at St. Andrews Presbyterian Church, Yuba City)
Step and Literature Meeting
Meeting ID: 778 118 918
Password: serenity
By Phone: (1) 669-900-6833
Phone passcode: 746450

SAT – 9:00 a.m. (Zoom) [WSO #29079]
(formerly at Sutter/Buhler, Sacramento)
OA 12 & 12, Steps and Traditions
<https://us04web.zoom.us/j/796502742>
Meeting ID: 796 502 742
Password: 903154
By Phone: (1) (253) 215-8782

SAT – 9:00 a.m. (Zoom) [WSO #18446]
(formerly at Creekside Church, Rocklin)
Big Book, Steps, Traditions, Speaker
<https://us02web.zoom.us/j/82973879951>
Meeting ID: 829 7387 9951
Password: RECOVERY
By Phone: (1) (669) 900 9128
Password: 376702#

SAT – 9:00 a.m. (Zoom) [WSO #54051]
(formerly at St. Anne's Episcopal Church, Stockton)
Step 11, Prayer and Meditation
<https://us04web.zoom.us/j/6099261904>
Meeting ID: 609 926 1904
Password: 123456
By Phone: (1) 669 900 9128

SAT – 9:00 a.m. (Zoom) [WSO #39494]
(formerly at Journey Church, Folsom)
Big Book, Steps, Traditions, Speaker
<https://fugue.zoom.us/j/97507690062>
Meeting ID: 975 0769 0062
Passcode: 495667
By Phone: (1) (669) 900 6833

OVEREATERS ANONYMOUS
OF SOUTHERN ARIZONA
INVITES YOU TO ATTEND

**TWO DAY BIG BOOK
ZOOM RETREAT**
A Unity Day Project

Speaker: A male from
Winnipeg, Canada, with over 27
years of abstinence, who has done
many Big Book workshops in the
US, Canada, and overseas

Our speaker will apply the Big
Book of Alcoholics Anonymous
directions for working the Twelve
Steps to the OA experience.

DATES:

Saturday, February 27th & Sunday February 28th 2021

START TIMES:

11 am ET | 10 am CT | 9 am MT | 8 am PT

SATURDAY: 7 HOURS SUNDAY: 6.5 HOURS
HALF HOUR LUNCH BREAK EACH DAY

COST:
NO CHARGE

TO REGISTER:

[https://soaz.eventsmart.com/events/
/soaz-big-book-zoom-workshop/](https://soaz.eventsmart.com/events/soaz-big-book-zoom-workshop/)



Recovery is Many-Faceted and Takes Time

6

When I came into Overeaters Anonymous I wanted abstinence more than anything and of course I wanted it right now. I went to meetings those first few months and complained: why couldn't I achieve abstinence? I must be no good to anyone at all if I couldn't even quit eating compulsively. Why did it work for others and not me? Wasn't I good enough?

An OA friend explained that we are in the process of growing, of finding abstinence, of learning about ourselves. It is unrealistic to expect instant success. Recovery is many-faceted and takes time, lots of time. I learned that I had to be willing to be willing: willing to be abstinent, willing to admit my powerlessness, willing to hand my compulsions over to my Higher Power. I prayed, "Lord, give me a willing spirit."

After doing this daily for a week, I woke up one morning and it was like a light clicked on in my head. I knew that today was the day. Since that day, through the grace of God, I have been abstinent. It was a gift. All I had to do was receive it. God actually took the cravings, the uncontrolled compulsions away.

The next step for me was to realize that the first three steps of the twelve steps are actually tools for me. They are like a technical manual or a how-to instruction guide. Each day I admit I am powerless over food, my husband, my kids, the past, other people, my feelings, plus anything that is bothering me on any given day. I was even "addicted" to diet soda. One day I realized that I was powerless over it.

When I admitted that to God, the compulsion was removed. I was also compulsive about getting on the scale. When I admitted my powerlessness over that, God took it away. What an adventure step three is — giving it all to God!

-recovering compulsive overeater

The Changes You Can't See

My desire to see concrete results and to see them now fosters in me a certain resistance to working the program on all three levels. My weight loss was visible so I abstained; but many of the blessings I received were not that obvious, like an increasing belief in my own self-worth and a growing spiritual life.

No one gave me a special pin when I began to work the steps. No one published a notice in the newspaper when I refrained from having a temper tantrum. No one congratulated me when we I staved off an emotional binge. I feel the changes in myself and I know they are far more valuable to me than my weight loss.

Sometimes I wish they were more apparent to those who judge me by my physical appearance alone. I continue to work the steps and live the 12 Step program because I remember what my life was like without it. I work for it because I know at a gut level that returning to my old way of life would be slow death.

So I am willing to simply feel the countless benefits I have reaped from program in addition to weight loss. I know they're there. And that is enough.



Stockton Face-to-Face Meetings IN SPANISH

Contact René (209) 808-4686

| WED | THURS | SUN |
|-------------|-----------|-----------|
| (Miércoles) | (Jueves) | (Domingo) |
| 10:00 a.m. | 6:00 p.m. | 1:30 p.m. |

Abstinence is the Anchor



**Expect sadness, expect joy.
Expect pleasure, expect pain.
Expect acceptance, expect rejection.
Expect agreement, expect disagreement, etc. etc.**

**Such is life.
Abstinence is an anchor through it all.
Life free of the bondage of food.
-author unknown.**

It's Not About the Weight

I did not come to OA because I had a weight problem or because I liked food too much. I came to OA because I had problems with my feelings, my thoughts, my relationships and my pain.

By working the program I discovered that weight and compulsive overeating were only symptoms of a spiritual life that was in a state of utter chaos. I had spent my life grasping for each straw – each new weight loss plan or exercise program – just as quickly as the last one slipped away.

I knew lot of ways to lose weight, but I could never keep the weight off. And I never experienced any peace of mind, even when I reached my goal weight. What I didn't realize at the time was I needed to straighten out my insides so that my outsides could follow. Straighten out the jumbled mish-mash of my inner workings. Yes, there are lots of other ways to lose weight or control my desire for food, but what is that worth to me without a little peace of mind?

Take me - a big fat miserable, angry, discontented compulsive overeater, and remove my excess weight, and what do you have? A little skinny miserable, angry, discontented person.

So what does that have to do with food plans and abstinence? As long as I keep my face mashed down into the food, day after day, month after month, I will never have the clarity of mind I need for the self-searching, gut wrenching honesty to work this program.

So why then all this fuss about food plans and abstinence and all that stuff? This is the real twister.

OA is really NOT about the food or the weight. It's about me deciding to love myself enough to decide I'm worth just one day without overeating.

Progress, Not Perfection

7

I was recently cleaning out my old OA files and came across my first Fourth Step, much to my horror. (What if I had died and one of my family members had read it – ugh!)

My Fourth Step contained many pages of resentments and fears about family members, friends, coworkers and other unfortunate people who had crossed my path. I had been pretty thorough and had done it just like the Big Book suggested.

The work I had done in my Fourth Step amazed me – so many resentments! I laughed as I read some of them and felt sad reading others. I couldn't even remember some of the people I had listed, but they must have seemed important then.

As I read that inventory, I could see the progress I had made through the years. I could clearly see that I no longer held resentments or anger toward the people on that list. I had released many of the fears that had held me captive. I no longer feared people or felt ashamed of my actions. I saw how far I had come by building my self-esteem through working the Steps.

It amazed me that my “deepest, darkest secrets” no longer owned me and that I had freely told many people about them. Only through looking at my past could I see the progress I had made and that I hadn't done it perfectly. I had just done it.

-anonymous

HIGHER POWER WANTED

Must meet *all* of the following criteria:

- Be much more powerful than my disease.
- Be available 24 hours a day, 7 days a week.
- Have my best interests in mind, even when I do not.
- Love me unconditionally, even when I do not know what that means.
- Be my biggest cheerleader.
- Give me a shoulder to cry on.
- Have a great sense of humor.
- Be so accessible that I feel you as a part of me.
- Give me the courage and strength to show up **for** life on life's terms.

Abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery is the removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.



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

Upcoming Speaker Topics:

- JAN 3 "Body Image, Relationships and Sexuality"
 - JAN 17 "Not Work, Just Life"
 - FEB 7 "Surrender and Step One"
 - FEB 21 "Get a Sponsor and Follow Directions"
- 1-4 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

Morning Prayer



As I open my eyes in the morning
From out of the shadows of sleep,
The promise of day is a-borning,
And the promise I made to keep.

I've learned through frustration and sorrow
To give up my will and my way.
No more do I promise, "Tomorrow —."
I promise now, "Just for today —."

In the quiet of morning I hand Him
My stubbornness, ego, and pride,
To my Maker as I understand Him,
And I know I shall not be denied.

"One day at a time" I surrender
My willfulness, asking, in prayer,
An exchange for His comfort so tender,
And know that His comfort is there.

And so, for these twenty-four hours,
As morn's rosy light fills the sky,
I abandon my weak, self-willed powers
To the Power that's Greater than I.

-anonymous

Metrowest, Arizona Serenity in the Desert, and Foothills Intergroups of OA present:

OA Young People's Retreat: Entire Psychic Change



March 6, 2021

10 a.m.-10 p.m. PST (1 p.m.-1 a.m. EST)

\$10 USD

Zoom details provided upon registration.
Learn more and register at tinyurl.com/oayoungpeople



Monday, February 8. 7-8:30pm Pacific.
I Love OA Night: Intimacy and Food.
Greater Seattle Intergroup Zoom event.



Monday, February 8, 2021
7:00 - 8:30 PM (PST)

Topic: Intimacy and Food

3 Speakers sharing their journeys
followed by open sharing

Hosted by Monday Night Columbia City

ZOOM MEETING INFO

Meeting ID: 965 9300 0240
Passcode: 977021

Join Zoom meeting:

<https://zoom.us/j/96593000240?pwd=YjNoeFptM2NFZndWk2RRUmjWEntUT09>

Local Call-In: +1 253 215 8782 US (Tacoma)



Step 7 – Thy Will Be Done

9

Today I was reading over Step 7. I have worked the steps formally with a sponsor. Now I try to live them on a day to day basis. Every morning I read a paragraph or two from OA's 12 and 12 along with my morning meditation to remind myself of things I may have missed the first time.

I sincerely believe that I could continue this process for the rest of my life and keep learning and growing. It is amazing. One insight I had today was about my defects of character. I am constantly praying for the removal of them. Then new ones pop up too! I thought this meant I wasn't doing very well. Then I read, "*We express our desire to be more effective at serving and helping others as our shortcomings are transformed into assets.*"

Wow, I thought. It has been about seven months since I worked that step the first time. I sat back and reflected. What defects of character have been transformed into assets? I thought for a moment.

Wow, it was true. First my dishonesty had been transformed into honesty. I used to lie about not only what I was eating, but many other things. Because of my people-pleasing personality and ego, I would constantly tell lies. Lies I thought were harmless, but they were lies that kept me from honoring myself, others and God. Also I traded in my people pleasing personality for the ability to set boundaries.

Through God's and the group's love I have learned that I am still lovable even if someone else is unhappy with me. This has enabled me to discover on a deeper level who I really am. Plus, I am much less resentful.

I traded in the quest for perfection and control for progress and serenity. As the Big Book says, I can now give myself permission to take it easy. I do not have to struggle. I am not running the show.

I try to humbly remind myself to say "*Thy will be done.*" Yes I do have much more energy. I am much more efficient.

Do I screw up and revisit my defects of character? Of course, but with the help of God, a sponsor, the 12 steps and the group, I am taking the power from my defects and giving it to God. He can do so much more with it than I can.

-a gratefully recovering compulsive overeater

2021 TOPICS



Virtual Region WORKSHOP

"2nd Sunday of the Month"

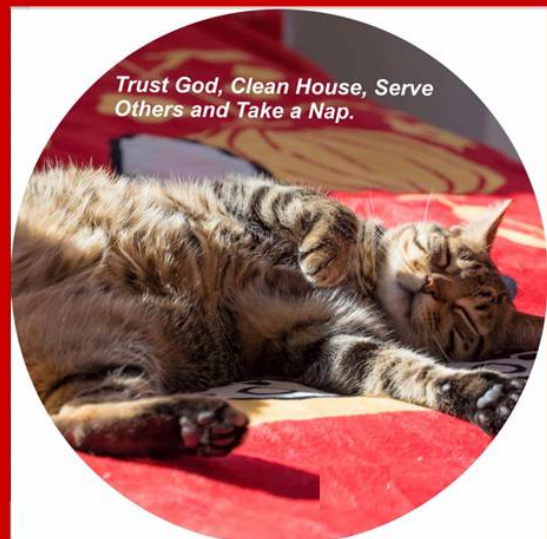
12:00—1:30 p.m. PST

- Jan 10 "And practice these principles in all our affairs"
~*The spiritual principles of the steps*
- Feb 14 "Sought thru prayer and meditation"
~*Developing a relationship and an ongoing connection with my Higher Power*
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"
~*Losing our ego and re-aligning our will*
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



891 6554 0024
Password: 120912

For more information: oavirtualregion.org
(Lisa) workshop@oavirtualregion.org (Lee) vicechair@oavirtualregion.org
Suggested workshop contribution \$5



YOU'RE INVITED!

<https://us04web.zoom.us/j/9961238124>

Meeting ID: **996 123 8124**

Password: **4KwK79**

INTERGROUP MEETING

10

Next Intergroup Meeting: TUES FEB 9
7:00 – 8:00 p.m.

7th Tradition



Suggested Online Donation
\$5.00

<https://www.sacvalleyoa.org/donations-from-individuals.html>

Intergroup Board

| | | | |
|------------|--|----------------------------------|--|
| Chair | oachair@sacvalleyoa.org | Jan H | (916) 616-1466 C |
| Vice Chair | oavicechair@sacvalleyoa.org | Grace A. | (916) 213-7481 C |
| Secretary | oasecretary@sacvalleyoa.org | Robyn K. | (530) 304-4591 C |
| Treasurer | oa treasurer@sacvalleyoa.org | Joel W | (916) 397-8276 |
| Region 2 | oar2rep@sacvalleyoa.org | Curt B. Kathryn K Nancy Mc | (510) 435-3246 C (209) 988-1173 C (916) 698-0651 C |
| WSBC | oa wsbc@sacvalleyoa.org | Barbara M. Michelle K. | (916) 203-6025 C (530) 304-1924 C |
| Webmaster | webmaster@sacvalleyoa.org | Marganne | (916)-927-5013 C |

Intergroup Committees

| | | | |
|--|-------------------------|--------------------|--|
| Events | Events Media | Tiffany | tsshultz@gmail.com |
| Meeting Support | Speaker List | Dawn S | dawn.strickler@gmail.com |
| Meeting News & Publicity | Newsletter Answer Phone | Gerri S Diane B | alohagerri@aol.com iamdiane@outlook.com |
| Group Support & Video Conference Support | Chair | Phil K | phil@pkemp.com |
| Public Outreach | Chair | Vacant | |
| Retreat | Chair | Rick Z | rick@directdigitalcontrols.com |
| Special Population Focus | Chair | Chandra | Seechandra2@gmail.com |
| Sponsorship | Chair | Cary H | caryyh2002@yahoo.com |

Additional OA Resources

OA World Service

PO Box 44727
Rio Rancho, NM 87174-4727
(505) 891-2664
www.oa.org

Sacramento Valley Intergroup

Intergroup 09012
PO Box 255085
Sacramento, CA 95865
(916) 786-0330
www.sacvalleyoa.org

OA Region 2

4733 Torrance Blvd., PMB 335
Torrance, CA 90503-4100
www.oar2.org

INTERGROUP MEETINGS

7:00-8:00 pm
2ND Tuesday of every month
<https://us04web.zoom.us/j/9961238124>
Meeting ID: **996 123 8124**
Password: **4KwK79**
By Phone: (1) (660) 900-6833



FEBRUARY 20-21, 2021

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UNTIL SUNDAY,
FEBRUARY 21,
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- ▶ INTERACTIVE SESSIONS
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To register go to: www.oavirtualconvention.org
ZOOM LINK & CALL-IN INFORMATION WILL BE EMAILED TO REGISTRANTS