



# 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.

**Vol 23 Issue 2**  
**February 2023**

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

## Table of Contents

Step 2, Tradition 2, Concept 2.....	1
12 Steps to Relapse.....	2
The Joy of Being Abstinent.....	2
HOPE Was the Diamond.....	3
The Four Paradoxes.....	3
Carrying the Message.....	4
I Put My Hand in Yours.....	4
How To Avoid Playing God.....	5
Changing One “teeny” Thing.....	5
Self-Discipline.....	6
Today I Choose Calm Over Chaos.....	6
Meetings & Events.....	7
Intergroup Information.....	7

**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,



## Overheard at Meetings

Food addiction is an equal opportunity illness. It does not discriminate.

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

Recovery is doing what I don't want to do and not doing what I want to do.

If I'm invested in the outcome, I've kept God out of it.

Experience is what you get when you don't get what you want.

I obsessively pursue feeling good, no matter how bad it makes me feel.

Feed your faith  
And starve your doubt.

God, help me to want  
what I already have

Triangle OA Intergroup 12<sup>th</sup> Step Within Committee invites you to join us for some serenity & self-love.



**Loving Yourself**

*OA has given me a newfound freedom, the freedom that comes as a result of practicing unconditional love and acceptance of the person I am today.*

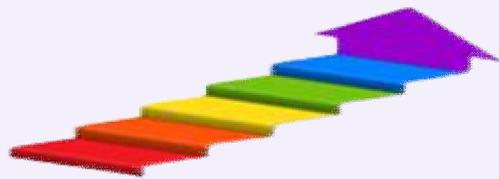
(source: Voices of Recovery, January 15, page 15)

**Workshop details...**  
**Saturday, February 4, 2023**  
**10-12 PST**  
**Zoom details:**  
**Meeting ID: 830 1987 1646**  
The meeting host will admit fellows to the workshop!  
Suggested 7<sup>th</sup> Tradition donation of \$5 to support Triangle Intergroup, SOAR, and OA.

- Activities include:**
- Three speakers sharing their experience, strength, and hope
  - Reflection time (we invite you to bring a journal )
  - Movement
  - Music
  - Question/answer and sharing time

For questions, please email: [12stepwithin@triangleoa.org](mailto:12stepwithin@triangleoa.org)

OA Responsibility Pledge. Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.



## 12 Steps to a Relapse

1. I decided I could control my thinking, that my life was manageable after all.
2. Came to believe that since my troubles were of my own making, I would have to solve them without outside help.
3. Made a decision to keep my will and my life totally in my own control.
4. Quickly cast a weak flashlight over my moral inventory and decided it was more fun to take yours.
5. Denied to myself, to God and to everybody else that I had ever done anything harmful.
6. Decided my defects of character were too small or too much fun to give up.
7. Sang "*I've Gotta Be Me*" or "*This Is How I've Always Been*"
8. Made a game of rationalizing the harm I had done to others.
9. Reasoned that no one had been hurt by me more than I had been hurt by them, so I called it even.
10. Slacked off on personal inventory, and when I was wrong, denied or hid it.
11. Let my conscious contact with God as I understood Him lapse, praying only in emergencies for my will to be carried out.
12. Having detached myself spiritually as a result of ignoring these Steps, I let my fellows fend for themselves and practiced these principles sporadically.

## Step 2

**I came to believe that a power greater than myself could restore me to sanity**

**The Principle is Hope**



## The Joy of Being Abstinent

The joy of being abstinent  
compared to being high,  
Is bound in every breath I take  
In my desire to live-instead of die.

It's measured in the Steps I climb  
All Twelve to be exact,  
That stretch beyond burned bridges  
And helps me keep my life intact.

It's sheltered in the smile I wear  
In the fact that I can care,  
In the love that I share.

It's tucked inside a template  
Designed to harness hope,  
It over-rides the need for food  
Or any other kind of dope.

The joy of being abstinent  
Compared to being high,  
Is the weightlessness that grew me wings  
Allowing me to fly.

Learning to live life on life's terms without a crutch isn't always easy. Life gets all *lifey*, whether I'm present for it or not. Abstinence allows me to have input. It gives me a choice on how I respond... both to the good and to the bad. Instead of following the pack into oblivion, I discover I can take another path. The choice is mine.

It always has been.

-anonymous

*There is a Solution*

**OA Virtual Region  
2023 Convention**

***There is a Solution***

**Mar 3 - 5  
On Zoom**

**Registration & Information**

<https://www.eventbrite.com/e/there-is-a-solution-2023-oa-virtual-region-convention-registration-515698918347>

Food Never  
Made Me Happy



**But it made me think  
I was going to BE happy  
in about 15 minutes.**

**HOPE  
Was the Diamond**



At my first meeting, I was confused by all the terminology: abstinence, food plan, Higher Power, unmanageability. What did that have to do with stopping my uncontrollable urge to overeat?

Then people began to share. Describing their journey. The obsession. The physical need for their binge foods. The fear and self-doubt. The lonely secrets of their food behaviors.

And finally they shared that their compulsive eating had been arrested. That they had achieved some physical recovery. And I began to imagine myself in their place. If they were like me before, and they got better, then maybe I could too. I heard hope. And I left that meeting with lightness in my heart.

The hope I heard was like a diamond. And each recovery story was like a facet of that diamond.

And over time, I came to believe that my Higher Power was the light that had sparkled through that diamond.

-anonymous

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

# ? The Four ? Paradoxes

Nearly thirty years ago I found my heroes. My recovery coaches, sponsors and abstinent fellows. They were the ones who taught me about the Four Paradoxes of recovery.

- 1. We surrender to win.**
- 2. We give away to keep.**
- 3. We suffer to get well.**
- 4. We die to live.**

Armed with these truths, my sponsor set out to teach me what they meant and how to apply them in my life. She said *We can't win against addiction. We must surrender instead. This doesn't mean we give up. It means we stop fighting. As soon as we surrender, the battle is over. We win by choosing not to fight.*

But how could I do that? My addiction never gives up. It just keeps coming back for more. So I finally had to hit bottom - the moment I yelled "uncle!" I couldn't take it any more. And I cried out "help me!" And my cries were heard, and answered by God.

I knew there would be pain in recovery. But facing the pain made me stronger.

And finally, my ego had Edged God Out and replaced Him with the Liar who constantly filled me with self-judgment and judgment of others. The Liar had to die so I could live.

And when I finally fired the Liar... I was able to hear the voice of God coming from my heart.

-anonymous

**Cunning,  
Baffling,  
Powerful,  
and  
Patient.**





## Carrying the Message

Unless I go to meetings, read, share and help others, I might be inviting danger into my life and my sanity. Sometimes people come up to me after a meeting and say, "Good share!" because that's carrying the message too. And when other members share, I often hear just what I need to hear.

- If the people in my home group hadn't supported me with love and hugs when I took my chips, I wouldn't have felt as welcomed.
- If my sponsor hadn't lovingly guided me through the Steps, especially my amends, I wouldn't have been able to clean house and find a way out of my pain.
- Because of what my sponsor did for me - so unselfishly - by spending hours and hours on the phone, while never once making me feel "less than," it helped me grow up and take responsibility for my life.
- And because of what I learned in my home group - to be on time, sit in the front row, thank the speaker, take commitments, pray and meditate - I am able to carry the message to the compulsive overeater who still suffers.

It's important for me to be connected to the love of giving back and the joy of helping others. And no matter how long I've been abstinent, I still need to call other OA's. Tonight, I asked for someone's number, even though I sponsor three women.

I need to always know that when someone reaches out, the hand of OA will be there to pick up the phone and carry the message.

-anonymous



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 Meetings

Sun - Feb 5

Sun - Feb 19

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



2023 OA Region 2 Convention

July 7-9, 2023

Save the Date!

Recovery:  
Putting the Pieces Together



OA Region 2 Convention  
Orange County, CA July 7-9, 2023

- \* In Person or Hybrid (en español tambien)
- \* Fun, Fellowship, Recovery
- \* Invite your friends
- \* Website & Registration Coming Soon

## Recovery Acronyms

**ACTION** = Any Change To Improve Our Nature

**ANGER** = A Negative Grudge Endangers Recovery

**EGO** = Edging God Out

**FAITH** = Finding Answers In The Heart

**FINE** = F#%ed-Up, Insecure, Neurotic, Eating

**FEAR** = Face Everything And Recover / F#%ed Everything And Run

**GIFTS** = Getting It From The Steps

**HALT** = Hungry, Angry, Lonely, Tired

**MYOB** = Mind Your Own Business



## I Put My Hand in Yours

Thanks to the unconditional support of my OA fellows,

- I am a better version of myself today.
- I know my limits but do not try to fix myself.
- I understand I'm part of something greater than myself
- I know my strengths
- I can share my love with others without fear.

I love OA.

*In gratitude, I extend my hand and my heart  
to all who still live as I lived before.*

anonymous

If you're  
looking for a sign  
not to overeat today,  
here it is.

## How To Avoid Playing God

1. Offer no advice unless it is asked.
2. Listen to other people's dreams and help them in the way they wish to be helped.
3. Encourage them to find their own strength.
4. Reserve judgment – **AT ALL TIMES.**
5. Admit that you don't know all the answers.
6. Build confidence in the other person until their own judgment becomes clear.
7. Have faith in the overall rightness of God's purpose in this world.
8. Dwell on what is right instead of what is wrong.
9. Realize the core of Divine Being in each person. Respect it
10. Never discount the other person's good intentions.

## 12 Steps

Steps 1-3: Give Up

Steps 4-6: Clean Up

Steps 7-9: Make Up

Steps 10-12: Grow Up

## Changing One "teeny" Thing



As of today, God has gifted me with 30 days of abstinence....contingent upon my continuing to surrender my will each morning.

Now, had you asked me in December, when I was up to my eyeballs in binge food, depressed and spiritually broken, I would have said I could never imagine the freedom I am experiencing today.

In late December, I was given the gift of desperation when I attended a noon meeting, got a sponsor and started working the Steps. Two days later I experienced my first day of abstinence... after a 20 year relapse!

Needless to say, I've been on a pink cloud ever since. But I must be careful not to forget what that relapse cost me emotionally, spiritually and also financially. As I am also coming off a \$75/day Taco Bell/Door Dash habit! I need to keep that suffering fresh in my mind or I will get suckered in by my *LIAR'S* voice that tells me "*It won't be so bad this time.*"

I am finally coming to understand in my heart that I am a compulsive overeater, and therefore different bodily and mentally from normal eaters. Thankfully, I no longer feel the shame and guilt I might have felt had God not restored me to sanity around food.

Each day God gifts me with clarity. Depending upon my spiritual fitness. One day at a time I ask God to take control of my life so that I can be freed up to be useful... to be of service to others.

I'm willing to do the work and to abstain from my alcoholic foods, *NO MATTER WHAT.* And I'm so grateful to be able to say that with sincere conviction for the first time in my 20+ years of coming to the rooms of OA.

If the miracle can happen for me, it can happen for you, too. And I only had to change one teeny, tiny little thing about myself... and my life: **EVERYTHING!**

-anonymous

today I choose  
 CALM OVER CHAOS  
 SERENITY over stress  
 PEACE over  
 PERFECTION · GRACE  
 over GRIT  
 FAITH OVER FEAR

Step 1 I came  
 Step 2 I came to  
 Step 3 I came to believe



## Sponsorship Bank



Are you an available sponsor?

Are you looking for a sponsor?

Call or text the SVIOA Sponsorship Bank

**(707) 974-7649**

# SELF DISCIPLINE



Before program, I thought self-discipline was about reining in my food and forcing myself to exercise. I could do them for brief periods. But I couldn't sustain either.

Now... for me... self-discipline is about lovingly and respectfully setting boundaries with myself and for myself. Gently. And firmly.

These boundaries include what I eat and what I will not eat. These food limits are not to punish myself for past excesses. They are part of my amends to my body for the damage I caused.

I used to exercise like I was going to whip myself into shape in a single hour. If I just went hard enough, maybe I could undo the damage done by my excess weight and sedentary lifestyle, all in one day. It was like I was at war with my body.

Now movement is fun. It includes dancing. Swimming in mountain lakes. Backpacking. Hiking. And I am profoundly humbled by what my body *can* do. I also get to respect what my body cannot do. And I lovingly accept those limitations as part of my amends to my body.

Self-discipline gets me to meetings. It helps me call my sponsor regularly. It means I plan and prepare my food.

Self-discipline means my life is manageable now. Thank you, God.

-anonymous

Service: Carry the message.

Gratitude In Action

Unselfishness: Think more about others and less about myself.

Keep my hand in the hand of God, so that I can have peace, serenity and tranquility.

Practice these principles in all my affairs.

# MEETING LIST

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

# EVENTS

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

## Next Intergroup Meeting

Tues Feb 14

7:00 — 8:00 p.m.



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

Meeting ID: **984 7782 1659**

Passcode: **860953**

### 2022 Year End 7th Tradition Contributions to Intergroup

Day	Time	City	WSO #	Group	Individual*	Total	Total in 2021
Sun	1:30	Stockton	57235		9.33	9.33	5.00
Sun	3:30	Sacto	56483		60.00	60.00	140.00
Sun	4pm	Sacto	54797	209.00	275.00	484.00	844.15
Sun	6pm	Chico	45601	844.61		844.61	794.59
Mon	10am	Stockton	57338	36.61		36.61	
Mon	12:30	Nev.City	53250	356.11	409.74	765.85	771.20
Mon	1pm	Stockton	89663		143.71	143.71	(56995) 160.00
Mon	5:30	N. Reno	41148	322.80		322.80	na
Mon	5:30	Sacto	20105	78.00	170.00	248.00	204.35
Mon	5:30	Jackson	46328	125.00		125.00	
Mon	5:30	Bishop	56295	180.00		180.00	
Mon	5:30	Modesto	53717	472.80		472.80	678.05
Mon	6:30	Rancho C	45680	230.40		230.40	250.50
Mon	7pm	Yuba C	57050	175.91		175.91	25.99
Tue	12pm	Sacto	36145	858.60	512.18	1,370.78	1,083.06
Tue	5:30	Davis	56921		126.00	126.00	232.41
Tue	6pm	Chico	52849	170.40		170.40	528.45
Tue	7pm	Fairfield	50692	129.45	185.71	315.16	237.60
Tue	7pm	Folsom	46466	57.00		57.00	244.24
Wed	9am	Stockton	89493	6.93	198.67	205.60	30.00
Wed	10am	Stockton	56023		10.00	10.00	10.00
Wed	10:30	Sparks		504.15		504.15	na
Wed	5:30	Grdn'ville	89947	252.76		252.76	na
Wed	5:30	Sacto	31758	64.36	416.87	481.23	248.56
Wed	6pm	Murphys	800039	154.58		154.58	(45996) 268.81
Thu	12pm	Sacto	20215	582.00		582.00	332.44
Thu	3pm	Stockton	30896		131.89	131.89	114.06
Thu	6pm	Chico	54397	120.04		120.04	258.00
Thu	6pm	WestSac	54298	370.18		370.18	357.79
Thu	7pm	Fairfield	53903	57.48	361.22	418.70	293.11
Thu	7pm	Shingle	57629			new	
Fri	12pm	Carson C	50936	267.92	17.70	285.62	na
Fri	5:30	Sacto	34774		158.00	158.00	125.00
Fri	7pm	Yuba C	52984	315.07		315.07	57.48
Sat	9am	Folsom	39494	411.15	289.85	701.00	382.67
Sat	9am	Rocklin	18446	1,354.64	50.00	1,404.64	2,794.25
Sat	9am	Sacto	29079	1,294.80	966.12	2,260.92	3,082.95
Sat	9am	Stockton	54051		73.77	73.77	10.00
Sat	9:30	Sparks	50938	504.15	10.00	514.15	na
Sat	6pm	Sacto	89410		42.01	42.01	72.86
Individual \$ to Intergroup Gen Fund					+1,634.46		
Plus Individual \$ to Days in OA					+1,077.75		
2022 Year End TOTAL					<b>10,506.90</b>	<b>7,329.98</b>	<b>\$17,836.88</b>

\* Individual \$ in behalf of their group / group = meeting closed / WSO# changed

## Intergroup Board

Chair	<a href="mailto:oa2rep@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Scarlet H	(916) 505-0360
Vice Chair	<a href="mailto:oa2rep@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>	Cary H	(530) 908-1230
Secretary	<a href="mailto:oa2rep@sacvalleyoa.org">oasecretary@sacvalleyoa.org</a>	Raven Y	(530) 917-4979
Treasurer	<a href="mailto:oa2rep@sacvalleyoa.org">oatreasurer@sacvalleyoa.org</a>	Barbara E	(916) 799-9557
Region 2	<a href="mailto:oa2rep@sacvalleyoa.org">oa2rep@sacvalleyoa.org</a>	VACANT	
Region 2	<a href="mailto:curteousb@gmail.com">curteousb@gmail.com</a>	Curt B	(510) 435-3246
Region 2	<a href="mailto:knightsby@att.net">knightsby@att.net</a>	Kathryn K	(209) 988-1172
WSBC	<a href="mailto:judylynch@surewest.net">judylynch@surewest.net</a>	Judy L	(916) 799-5804
WSBC	<a href="mailto:sdallama@mac.com">sdallama@mac.com</a>	Les F	(775) 813-4076
WSBC	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>	VACANT	
Webmaster	<a href="mailto:webmaster@sacvalleyoa.org">webmaster@sacvalleyoa.org</a>	Phil K	(916) 768-4549

**There is a solution to every problem.  
The solution is always spiritual;  
and probably has nothing to do  
with the problem."**

# 12 Principles

- HONESTY
- HOPE
- ACTION
- COURAGE
- INTEGRITY
- WILLINGNESS
- HUMILITY
- BROTHERLY LOVE
- DISCIPLINE
- PERSEVERANCE
- SPIRITUAL AWARENESS
- SERVICE

## Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws/Policy & Procedures Review/Update	Cary H	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>
Events	Events Support	Janet Mc	<a href="mailto:shortred55@hotmail.com">shortred55@hotmail.com</a>
Group Support	Meetings/Zoom Support	Andrea A	<a href="mailto:athorup@pacbell.net">athorup@pacbell.net</a>
	Speaker List Maintenance	Dee	<a href="mailto:deetio@charter.net">deetio@charter.net</a>
Answer Phone	Answer Phone	Kathy K	<a href="mailto:kappybook@yahoo.com">kappybook@yahoo.com</a>
Newsletter	Newsletter Editor	Geri S	<a href="mailto:alohagerr@aol.com">alohagerr@aol.com</a>
Meeting List	Meeting List Coordinator	Dawn S	<a href="mailto:dawn.strickler@gmail.com">dawn.strickler@gmail.com</a>
Public Outreach	Public Outreach Support	Nancy Mc	<a href="mailto:nancynandalion@gmail.com">nancynandalion@gmail.com</a>
Retreat	Retreat Coordination	Jan H	<a href="mailto:ron-janholm@sbcglobal.net">ron-janholm@sbcglobal.net</a>
Special Population Focus	Special Population Support	---	
Sponsorship	Sponsorship Resources Maintenance	Katherine G	<a href="mailto:KATEJOE@msn.com">KATEJOE@msn.com</a>

