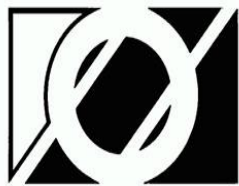


SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

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



Sacramento Valley
Intergroup

VALLEY

VOICE

Vol. 19, Issue 1

January 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

SVIOA has a new Chair! Nancy, who served as our Secretary for all of 2018 Intergroup, has been promoted! This happened because Val, our outgoing Vice Chair, will be moving out of the area. Her family needs her. We are sad to lose Val, but wish her joy in her life journey. Val had been elected Chair, and Nancy Vice Chair, at the end of the November Intergroup meeting. Nancy was asked if she would consider moving up to Chair, at the end of the December IG meeting. She said yes, and was immediately voted in! We will need a new Vice Chair, who should be voted in at the January meeting.

For years I thought of myself as abnormal. My compulsive overeating had brought me down to the dust. I felt ashamed, isolated, and unlovable.

Only when I finally admitted my powerlessness over food and came to believe deep in my heart that I was not sane around food did I find relief. Only when I surrendered my self-will did God free me of my compulsion to binge and purge.

Incredibly, when I recognized my abnormal reaction to food, my life improved. Not only did God free me of the compulsion to binge and purge, but I also became more open to the people and activities around me. I turned outward toward others instead of inward away from them.

With food in its proper place, I can enjoy life and be a part of it. I will never be a "normal" eater, but with God's help and OA's support I can be an abstinent one. Thank you, God. Thank you, OA.

(The preceding mini article, "Not Normal, But Free", is from official OA literature. It is from the 2015 OA book, Taste of Lifeline, from its "Chapter Two: Steps One to Three". It is about Step One, appropriate for the First Month of the Year.)

OA MEETINGS & EVENTS INFO

OA 59th Birthday Celebration, Sat., January 26, 2019, 7-9 PM, 2800 L Street, Conference Rm 2&4, Buhler Building, Sutter Cancer Center, Sacramento, CA

New "Spanish Speaking & Literature" mtgs. in Stockton, 10 am on Wed. and Thurs., 925 No. Wilson Way. (Wed. 7:30 pm Spanish Speaking mtg. in Stockton cancelled.)

WEEKLY MEETINGS*

Day ³	City	Address	Format	Contact	Phone #	WSO #
Sunday						
<u>Newcomer</u> 3:30-3:55pm!!	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	NEWCOMER MTG!!	Mimi	916.495.5104	
4 pm	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	Abstinence 2 nd Edition, 4 th Sunday BB speaker	Susan S	916.455.2180	54797
7 pm	Elk Grove	Reflect Church – Mercantile Bldg. 9075 Elk Grove Blvd., 2 nd Floor	Literature Study	Jeanne O.	916-479-0708	45445
Monday						
Noon	Stockton	St Anne’s Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Big Book study	Karen W.	209-338-8879	50675
12:30 pm	Nevada City	Trinity Episcopal Church 201 Nevada St., corner of High Street	Brown Bag/Step Study (scent free)	Debbie	916-847-0840	53250
5:30 pm ¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st to E streets)	“For Today” Reading			20105
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Literature Study	Colleen	408-531-5104	40370
6:30 pm ¹	Rancho Cordova	Cordova Neighborhood Church 10600 Coloma Road	All Welcome OA HOW	Robin	916-529-1587	45680
6:30 pm	Arnold	Chapel of the Pines 2286 Cedar Lane (downstairs)		Joan	209-795-7149	52872
7 pm	Rocklin/ Roseville	Creekside Church, 290 Technology Way-#300, Room 208, Rocklin	Big Book, Speaker, Step Study, Traditions Study	Susan K.	916-834-3878	49049
7 pm (PST)	<u>PHONE MTG</u>	415-938-9021	AA Step Study	Rick	916-870-1442	55463
Tuesday						
8 AM	<u>PHONE MTG</u>	(605) 468-8006; Code: 561536#	OA 12 & 12 study	Susan H	916-212-1461	55042
Noon ^{1,2}	Downtown Sacramento	909-12 th St. (between I and J streets) Room 202, buzz outside door	Brown Bag/Speaker	Gerri S.	808-250-1212	36145
6:30 pm	Stockton	St Anne’s Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Varies	Mary S.	209-624-9622	33185
7 pm	Folsom	Journey Church 450 Blue Ravine Road – Room K1	OA 12&12, Big Book	Rick	916-870-1442	48460
7 pm	Placerville	First Lutheran Church, 1200 Pinecrest Circle	Literature Meeting	Amber	530-903-0444	53787
7 pm ¹	Fairfield	Community United Methodist Church 1875 Fairfield Ave, “Middle Bldg”	Literature Study	Tina	323-696-2577	50691
Wednesday						
NEW!! 10 am	STOCKTON	925 North Wilson Way	SPANISH SPEAKING & LITERATURE	Rene Vero	209.808.4686 209.662.2529	56073
5:30 pm ¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st to E streets)	Big Book, Literature Study, Tools of Recovery	Joel	916-571-5922	31758
6:30 pm	Murphys	Faith Lutheran Church, 65 Mitchler St., Corner of Highway 4	Speaker/OA literature	Cathy	209-591-0074	45706
6:30 pm	Carmichael	Heritage Oaks Hospital Medical Bldg. 4300 Auburn Blvd., Room 101A	Speaker, Step Study	Michael	916-727-4361	30499
7:30pm CANCEL	STOCKTON CANCELLED	ST. GEORGE CHURCH 120 W. 5th, Room San Lorenzo	Spanish Speaking and Literature	Rene	209-808-4686	56073

¹ Wheelchair accessible; ² Closed on holidays; ³ All meetings 60 minutes unless otherwise noted; ⁴ 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

WEEKLY MEETINGS*

	City	Address	Format	Contact	Phone #	WSO #
Thursday						
8 am (PST)	PHONE MTG New phone #	(605) 468-8006; Code: 561536#	AA Big Book Study	Danielle	916-217-7867	55027
NEW!! 10 am	STOCKTON	925 North Wilson Way	SPANISH SPEAKING & LITERATURE	Rene Vero	209-808-4686 209-662-2529	56073
Noon²	Downtown Sacramento	Westminster Presbyterian Church 1300 N St. (room opposite office)	OA & AA 12&12 Study Okay to eat sack lunch	Joel	916-571-5922	20215
6 pm	Rocklin/ Roseville	Origin Coffee & Tea 2168 Sunset Blvd. - #105, Rocklin	Big Book Study	Bonnie	916-812-8686	53605
6 pm	West Sacramento	Center for Spiritual Awareness 1275 Starboard Drive	Brown Book; speaker 1 st Thurs	Chantell	916-837-9613	54298
6 pm	Galt	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
7 pm	Stockton	St Anne's Episcopal Church, 1020 W. Lincoln Road (room next to office)	OA 12 & 12	Maryann G.	209-951-2737	30896
7:30 pm	Fairfield/ Cordelia	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study & 12&12 OA Book	Katherine	707-446-1875	53903
Friday						
9:30 am	Sacramento Northeast	St. Andrews Methodist Church 6201 Spruce Ave. Old Foothill Farms	"For Today" and "Voices of Recovery"	Mary A.	916-505-8714	51643
5:00 pm	Grass Valley	Briar Patch Coop, in the Meeting Rm 290 Sierra College Drive	Varies	Debbie	916-847-0840	00842
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Topic Discussion	Klaus	209-295-4424	50244
5:30 pm⁴	Sacramento Midtown	Buhler Pavilion, 2800 L St. 1 st floor, room 1 or 2	Speaker and Step Study ⁴	Ian	916-912-1450	34774
6 pm	Woodland	515 2 nd Street St Luke's Episcopal "Guild Hall"	Tools, Voices of Recovery, Meditation & Writing	Gail	603-397-2339	54418
7 pm	Yuba City	St. Andrew Presbyterian Church 1390 Franklin Road	Back to Basics, Step Study	Debbie	530-635-5034	52984
Saturday						
7 am	Stockton	St. Anne's Episcopal Church 1020 West Lincoln Room #2	11 th Step, Prayer and Meditation	Mary S.	209- 624-9622	54051
9 am	Folsom	Journey Church 450 Blue Ravine Road – Room 209	Literature, Step and Tradition Study, Speaker	Rick	916-870-1442	39494
9 - 10:30 am	Rocklin/ Roseville	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Steps and Traditions, & Speaker	Judy L.	916-799-5804	18446
9 am¹	Sacramento Midtown	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 st floor- Rm 1or2	OA 12 & 12, Steps and Traditions	Cathy Ann	916-396-5049	29079
10 am	Nevada City	Trinity Episcopal Church 201 Nevada St.	Varies	Tobi / Dominique	530-272-3991	01305

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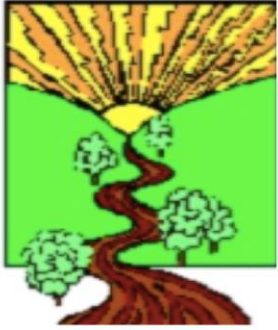
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***FOR PODCASTS GO TO: www.oa.org/oapodcasts**

Submit meeting changes to webmaster@sacvalleyoa.org. Webmaster will forward to newsletter editor.



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.

Changes with the Intergroup Committees

There was a discussion at the October Intergroup meeting, and a unanimous vote at the November Intergroup meeting, that approved the changes with the committees. We have some long-standing vacancies within the committees. Also, committees seem to be a committee of "one". We hope to have Co-Chairs for all the committees, whether combined, or one of the three that remained separate.

Grace, Gail H., and Mary S. are meeting before the January Intergroup meeting to draft the new duty statements for the combined committees.

It is hoped that those attending the January Intergroup meeting will help us find Co-Chairs for the new, combined committees, and the three that stayed separate.

Retreat, Sponsorship, and Bylaws stayed separate.

The Retreat committee already has Rick as Chair. He signed on shortly after our August 2018 Tahoe Retreat.

Sponsorship will now be appearing on the Newsletter roster. It is a new committee that was created in 2018.

The Bylaws committee is in operation every other year, for a few months. It likely will stay out of the Newsletter, as it does not need a constant Committee Chair.

Message from the Twelfth Step Within
(TSW)

**KEEP COMING BACK...
IT WORKS!!!**

Intergroup Board for 2019 (so far)

Chair	oachair@sacvalleyoa.org	Nancy	(916) 698-0541
Vice Chair	oavicechair@sacvalleyoa.org		
Secretary	oasecretary@sacvalleyoa.org	Jan H.	(916) 616-1466
Treasurer	oatreasurer@sacvalleyoa.org	Grace	(916) 213-7481
Region 2	oar2rep@sacvalleyoa.org	Adrienne Chandra Luanne	(310) 625-2715 (530) 268-1092 (714) 402-0687
WSBC	oawsbc@sacvalleyoa.org	Barbara M. Debbie	(916) 203-6025 (916) 847-0840
Webmaster	webmaster@sacvalleyoa.org	Rene	(209) 808-4686

Updated Intergroup Committees

(to contact a committee, send email request to Webmaster above)

"Events"	Previously	"Events" & "Media"	
"Group Support"	Previously	"Group Growth," "Literature," & "Speaker List"	
"Meeting News & Publicity"	Previously	"Answer Phone" & "Newsletter"	Laura S., as Co-Chair
"Public Outreach"	Previously	"Professional Outreach" & "Public Information"	
"Special Population Focus"	Previously	"12 th Step Within" & "Young People"	
Retreat			Rick, as Chair
Sponsorship			

Some Additional OA Resources for You

<u>OA World Service</u> PO Box 44020 Rio Rancho, NM 87174-4020 (505) 891-2664 www.oa.org & podcasts: oa.org/oapodcasts & speakers: oaoci.org	<u>OA Region 2</u> 4733 Torrance Blvd., PMB 335 Torrance, CA 90503-4100 www.oar2.org
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<u>Sacramento Valley Intergroup</u> Intergroup 09012 PO Box 255085 Sacramento, CA 95865 (916) 786-0330 www.sacvalleyoa.org	<u>Monthly SVIOA Meetings</u> 7:00-8:00 pm 2 ND Tuesday of every month Christ Temple Apostolic church 9000 La Riviera Drive Sacramento, CA 95826
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