



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 3
March 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 3, Tradition 3 Concept 3..... 1
- Step 3 Appears To Me... .. 2
- A New Employer..... 2
- Changing My Thoughts..... 3
- Giving Away Love..... 3
- Turning Point..... 4
- Relief versus Recovery 5
- The 500 Pound Phone 5
- The Addict Who Fell Into the Hole 6
- 3 Essential Tools for Recovery 6
- Meetings and Events..... 7
- Intergroup Information 7

STEP 3: SPIRITUAL PRINCIPLE: Faith
Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION 3: SPIRITUAL PRINCIPLE: Identity
The only requirement for OA membership is a desire to stop eating compulsively.

CONCEPT 3: SPIRITUAL PRINCIPLE: Trust
The right of decision, based on trust, makes effective leadership possible.



Overheard at Meetings

Listening is spiritual generosity.

My food addiction took away my freedom.
The Steps gave it back.

An amend always includes a change in my behavior.

You can live in spite of your addiction, or you can die because of it.

My sponsor suggested I start my day with curiosity instead of dread.

My disease is out to kill me, except it needs me for transportation.

The secret to my success here...
I didn't do what I wanted to do.

What you know got you where you are now.
So sit down, shut up and listen.

STAYING IN THE MOMENT

MARCH 18th

A Design For Living - Big Book OA proudly presents:
STAYING IN THE MOMENT

Sat Mar 18
12:30 — 5:30 PT

OA Big Book Marathon Meetings
12:30 / 1:30 / 2:30 / 3:30 / 4:30pm
Speakers focusing on recovering from compulsive overeating & food behaviors

ZOOM ID: 200 540 624
(no passcode required)

For more information: www.ad4l.info
email: admin@ad4l.info

STEP 3

Step Three appears to me to work like this. God is the Director. He fulfills all of the roles other than actor, which is my role. I cannot play anyone else's role. I can play only mine. And no one can play mine for me.

I am no longer in charge of the overall plan (director) or detailed execution (producer). I am no longer in charge of other people's moves (choreographer and stage manager). I am not there to prompt anyone if they forget their lines. I am no longer in charge of writing the script. I *ASK the Director* for my lines.

I am not the audience, nor the critic, nor the theatre owner worried about profit or loss. My role is to remain in communication with the Director. The Director's voice is quiet, so I need to be quiet, too. I have to turn down the volume on all "worldly clamors."

Worldly clamors consist of resentments (*my disturbance at the way I think things have been*), fear (*my disturbance at the way I think things will be*), or shame/guilt (*disturbance at what I think I have done*).

I need to work Steps 4-9 to silence these worldly clamors. And I need to continue to work Steps 10 and 11 to stop the clamors from returning.

I do not need to work out how to get God in my life. All I need to do is to make the decision that I WANT God in my life. And take the rest of the Steps.

I think carefully before this decision, because Step Three tends to set in motion a process where things that are hidden within me will start to surface. Step Three, without a follow-through, will give me awareness, but no power. And that's hell!

Then...when I am ready, I say the prayer on page 63 of the Big Book.... and I seal the deal.

-anonymous



Step 3

Made a decision to turn our will and our lives over the care of our higher power as we understood our higher power

The principle is FAITH

A New Employer



We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well.
BB p.63

If I want money, I can work for it. All I have to do is get a job, show up, do as I'm told, and not make a complete fool of myself by interfering with other people's work or arguing. Magically, at the end of the month, money shows up in my bank account. I do not need to put the money into my own bank account. It's an automatic consequence of my doing the work.

My job is to perform the work and my money problem is solved. The money doesn't appear until the end of the month. That means it has to be earned. And while it's being earned, it's not yet visible. But it is *accruing*.

With Step Three, the commodity is happiness not money. God is offering me a job. All I have to do is show up, do as I'm told, and not make a complete fool of myself by interfering with other people's lives or arguing. Magically, at the end of the month, happiness shows up. Not instantly. But it's on its way. My happiness problem is solved. It is no longer of any concern. The only thing that is of concern is my doing the footwork.

When I go to the office, I ask my manager what to do. With Step Three, my security pass doesn't yet allow me onto the floor where my Director works. However, my fellows who have completed Step 9 were rewarded with a security pass for the management floor. Until then I have to rely on a few selected fellows (my God Squad) for advice on what my Director wants me to do. I still need others to provide their experience to fill in the gaps for me.

To be safe, between taking Step Three and completing Step Nine, it's a good idea for me to have a bunch of people around me who have plenty of experience communicating with the Director to help me formulate safe and sound plans for the day and to not make any big ad hoc decisions until my relationship with the Director, (my Higher Power), is fully established.

-anonymous

OA FOOT STEPS PRESENTS:
Practicing Step 11

Workshop

Featuring 2-Way Prayer

Speakers

Breakout Rooms

Writing

Sun Mar 26

12:00—1:30 p.m. PT

Zoom ID 914 9995 6265

Password 1212



Giving Away Love



The miracle of AA was handed down to OA. And it occurred because one man was lonely, afraid and sick in a strange city and reached out to help heal a physician in order to heal his own incurable disease. And because he chose to share his spiritual awakening with other sufferers, I now have a life to live and to share with others.

The miracle is that this one beautiful man - without funds or financial aid - quietly and anonymously spread a message from one person to others who suffered from the disease of alcohol/SM in its many forms – including food addiction.

One man in one room in one city came to reach millions of people in thousands of rooms around the world. And today, those of us who suffer from this disease found not only the ability to survive, but a joyful way of living.

As we gain sobriety and serenity by caring for and sharing with our fellow sufferers what has been freely given to us, we experience the true joy of love. And we learn the truth: that the more we give away, the more we have.

And the miracle is that I won all this by admitting defeat. The miracle is that the whole world became mine when I had nowhere else to go. The miracle is God's greatest gift - people who care, love to share, and have honest and open hearts.

-anonymous

Changing My Thoughts



In a flash of insight, I saw that if I were to wait for all the other people in my life to shape up, I was going to overeat and continue to overeat for a long, long time.

In that instant I saw that all the things I had considered facts were not facts at all, but my own thoughts. And that this was very fortunate because I could do something about changing my thoughts. But nothing about changing the people around me.

So the fault was mine after all. I felt humiliated. But there was a sense of relief, too. While I felt totally inadequate to deal with the faults of the world and its people, I did not feel quite so inadequate to deal with my own mind.

So I think that the most important factor in eliminating my resentments is to know I have them. I can't fix something if I don't know what's wrong.

-anonymous





Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

BB p. 59

Every day I stand at turning points. My thoughts and actions can propel me toward growth or send me down the road to old habits and to overeat.

Sometimes turning points are beginnings, as when I decide to start praising, instead of condemning someone. Or when I begin to ask for help instead of going it alone. At other times turning points are endings, such as when I see clearly the need to stop festering resentments or crippling self-seeking.

Many shortcomings tempt me daily; therefore, I also have daily opportunities to become aware of them. In one form or another, many of my character defects appear daily:

- self-condemnation
- anger
- running away
- being prideful
- wanting to get even
- or acting out of grandiosity.

When I attempt half measures to eliminate these defects I paralyze my efforts to change. It is only when I ask God for help, with complete abandon, that I become willing - and am able - to change.

-anonymous

zoom CLASSES

Hosting Basics -	Wednesday, March 1
Zoom Security -	Wednesday, March 8
Zoom Tips & Tricks -	Monday, March 13
Screen Sharing Basics -	Wednesday, March 15
Advanced Screen Sharing -	Wednesday, March 22
Breakout Rooms -	Monday, March 6
BlueSky Timer -	Monday, March 27
Settings for Admins, Account Holders	Wednesday, March 29
Tech Support Drop-In -	Tuesday, March 28

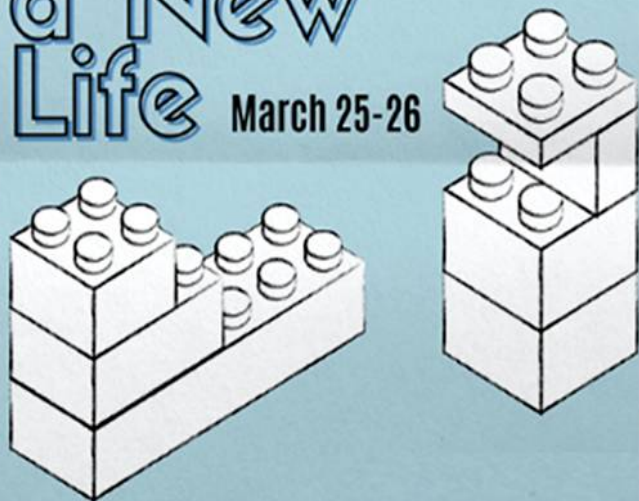
Register for Zoom Classes

<https://oasandiego.org/>



Building a New Life

March 25-26



Overeaters Anonymous Young People's Virtual Intergroup 2023 Zoom Retreat

Sat Mar 25 1pm—7 pm
Sun Mar 26 7am—1pm

<https://oaypretreat.ticketspice.com/oa-yp-retreat>



www.oarise.org

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 - Mar 5

Sun - Mar 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



When I came to OA, I was in bad shape. The relief I found was wonderful. OA seemed terribly easy. You feel bad. You go to a meeting. You get relief. Other people propped me up, reassured me and told me everything would be fine. It worked. It really did.

But... on the way home from the meeting, or sometimes the next day... I would be in bad shape again. Over the same problem. And off I'd go to my meeting carrying my fear, my low self-worth, whatever my 10 ton anchor of the day was. Hoping to leave it there. Not realizing it was tied to my ankle.

I spent long periods in OA seeking relief... but not recovery. And I'm lucky that I never slipped from God's grace. Because so many friends who fell into that same trap relapsed. And today I meet a lot of people who cannot or will not take the actions set out in the Big Book which are suggested as a program of recovery from addiction.

I spent so much time *NOT* recovering while attending OA meetings regularly that I can now share with you what I *FINALLY* found out was blocking me:

- * Not believing that overeating was that dangerous (*ignorance & self-delusion*);
- * Believing that because I remember how bad it used to be, that makes me immune from the first bite (*not understanding the mental obsession*);
- * Not believing that I need to maintain and grow my spiritual fitness. (*ignorance & self-delusion*);
- * Believing I can rely on warning signs to prompt me to take vigorous action if/when the mental obsession returns — not realizing that it can show up suddenly (*ignorance & self-delusion*);
- * Believing that studying the principles is sufficient, without taking vigorous action to get rid of what is blocking me from God (*ignorance & self-delusion*);
- * Believing that even though God gifted other fellows with abstinence, He is not powerful enough to keep me abstinent (*delusions of grandeur*);
- * Believing that God can take care of my food addiction, but can't possibly solve the gargantuan and super-complex problems in my life (*ignorance & self-delusion*);
- * Believing that working all 12 Steps will involve so much pain, I will be blown apart (*plain old fear*).

Relief and recovery are not the same. Relief is a temporary lift. Recovery involves a permanent change

(BB p. 27) Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them."

I was only able to acquire the faith and courage to work the program when I became willing to set aside my ignorance, my self-delusion, my delusions of grandeur and my fear... which were blocking me from recovery.

-anonymous

The 500 Pound Phone



I was in program a short time when the pain became so unbearable that I wanted to die. I had been to meetings. And I had gotten a copy of the phone list. But I still thought I had to work the program alone. I thought calling for help was admitting I was weak and could not handle my own life. I also thought that I would be bothering the other person.

I was hurting so much that I finally became willing to pick up that 500 pound phone. I went down the list, secretly hoping no one would answer, while praying that they would.

My Higher Power answered my prayer. I reached a woman who worked as a receptionist at a dentist office. We did not know each other. Yet she was willing to stay on the phone with me for nearly an hour (while answering business calls). That day I experienced such kindness and caring that I regained hope. And I made it through another day. I no longer wanted to die.

Today, I do not remember that woman's name, what was said, or the tragedy that got me to my knees to make that call. I do know that I have followed her example.

Since then, I have been on the other end of that 500 pound phone. Speaking to people on their knees, looking for hope. Today, I give away what I was so generously given.

-anonymous

I ABSTAIN FROM
TRYING TO BE PERFECT
STARTING OVER
BEATING MYSELF UP
NEGATIVE THINKING
LEAVING OA

The Addict Who Fell into the Hole



But the ex-problem (addict) who has found this solution, who is properly armed with facts about (herself), can generally win the entire confidence of another (addict) in a few hours.

BB p.18

A hopeless, chronic, relapsing food addict fell into a hole and could not find a way out.

Friends and family

heard the addict crying out for help in a sincere and despairing appeal, *"I cannot go on like this! I have everything to live for! I must stop, but I cannot! You must help me!"* So they **offered the addict "frothy emotional appeals,"** bailed the addict out of trouble and gave the addict a ladder to climb out of the hole. But the chronic relapser sold the ladder to finance her next binge, only to realize afterwards that the hole was now deeper than ever!

A doctor

who was walking by heard the addict crying out for help. The doctor stopped and said, **"Here, take these pills, it will relieve your pain."** The doctor offered the addict some anti-depressants. The addict took the pills and said thanks. But when the pills ran out and the pain came back, the addict realized that she was still stuck in the hole.

A religious person

happened to be strolling by. And hearing the addict calling out for help stopped and **gave the addict scripture**, replying, *"Read this scripture while I say a prayer for you."* The addict read the scripture while the religious person prayed. But it was all faith and no works. And the addict realized she was still stuck in the hole.

A renowned psychiatrist

walked by and heard the addict pleading for help. He stopped and said, *"How did you find yourself in that hole? Were you born there? Are your parents to blame? Tell me about yourself and your life in that hole, it will alleviate your sense of loneliness."* So the addict **talked with the psychiatrist** for approximately an hour. Then the psychiatrist said he had to leave, but he would come back next week. The addict thanked the psychiatrist for his time, even though she was still stuck in the hole.

Finally a "recovered" addict happened to be passing by and heard the poor woman's cries for help. Right away, **the recovered addict jumped into the hole with her.** The suffering addict said, *"Why did you do that? Now we're both stuck here in this god forsaken hole!"* But the recovered addict said with a twinkle in her eye, **"It's okay, I've been here before; and I know the way out!"**

-anonymous

3 Essential Tools for Recovery



When I first came to OA, I was full of denial, accusations, blame, resentment, close-mindedness and a complete unwillingness to take someone's input and suggestions. I took little to no responsibility for my actions. My life sucked.

I was hurting. And I kept picking up the food to stop the hurt. All I wanted was for the hurt, shame, guilt and disappointment to go away. I was so busy trying to act like I had all the answers that I had a hard time listening.

One thing that did jump out at me at those early meetings was the suggestion that honesty, open-mindedness, and willingness would be **indispensable** to me in my recovery.

Honesty

As I worked Step 1, I had to get honest with myself. That I was powerless over my disease. And my life was unmanageable. Soon I realized that honesty meant I needed to listen to other's stories and look for the similarities and not the differences. It meant I needed to come out of denial on all of the ways my disease affected my past behaviors. It was time to get real with myself. That this disease was going to kill me if I didn't put my full effort into my recovery.

Open Mindedness

I had a hard time staying open-minded to the idea of having a Higher Power. I was raised that you pull yourself up by your bootstraps. My sponsor asked me to practice open-mindedness. She asked me if I was **willing to be open to the possibility** that there might be a power greater than myself. And I realized that I needed to at least try to "act as if" there might be something out there that could work for me. The gift that practicing this spiritual principle brought to my life has been priceless.

Willingness

Early recovery was quite a challenge. Sometimes, when I couldn't find my way out of a paper bag, these three principles were the only thing I could remember about the program. They were what saved me from taking that first bite. And today they are guiding spiritual principles that keep me reliant on my Higher Power, keep me grounded in the Steps, and keep me working with my sponsor, my sponsees, and newcomers.

-anonymous



MEETING LIST

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

EVENTS

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

Next Intergroup Meeting

Tues Mar 14

7:00 — 8:00 p.m.

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

Meeting ID: **984 7782 1659**

Passcode: **860953**



Intergroup Board

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

Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws/Policy & Procedures Review/Update	Cary H	oa2rep@sacvalleyoa.org
Events	Events Support	Janet Mc	shortred55@hotmail.com
Group Support	Meetings/Zoom Support	Andrea A	athorup@pacbell.net
	Speaker List Maintenance	Dee	deetio@charter.net
Answer Phone	Answer Phone	Kathy K	kappybook@yahoo.com
Newsletter	Newsletter Editor	Gerri S	alohagerri@aol.com
Meeting List	Meeting List Coordinator	Dawn S	dawn.strickler@gmail.com
Public Outreach	Public Outreach Support	Nancy Mc	nancynandalion@gmail.com
Retreat	Retreat Coordination	Jan H	ron-janholm@sbcglobal.net
Special Population Focus	Special Population Support	---	
Sponsorship	Sponsorship Resources Maintenance	Katherine G	KATEJOE@msn.com



The 6 R's

1. Reluctance
2. Resistance
3. Rebellious
4. Resentful
5. Remorseful
6. **Relapse**

Would Your Meeting Like to Sponsor an Event?



SOME IDEAS: Attitude of Gratitude, Tools in Action, The Traditions in Daily Life, Sober Eating, Relapse to Recovery, No God, No Problem (Atheists & Agnostics), Cleaning House (Step 6 & 7), Newcomers, Sponsorship, **Other? Contact Janet Mc (716) 418-9465 or shortred55@hotmail.com**



May the Valley Voice serve as a lighted lamp, shining rays of hope and experience to illuminate any dark corners in your life.