



Valley Voice

March 2025

Volume 25, Issue 3

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The Sacramento Valley Intergroup of Overeaters Anonymous (SVIOA) Serves:

The greater Sacramento Valley, Sierra Foothills and Northern Nevada Sierra, including the counties of:

- Amador
- Butte
- Calaveras
- Colusa
- El Dorado
- Nevada
- Placer
- Carson, Douglas, Inyo, and Washoe (NV)
- San Joaquin
- Sacramento
- San Joaquin
- Solano
- Sutter
- Stanislaus
- Yolo

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.

Letter From The Editor

Dear Friends,

Bulimia is an eating disorder suffered by many in our OA fellowship. In the upcoming April Valley Voice we plan to share your stories of experience with bulimia and the recovery found in the OA program.

Please share your experience, strength, hope and how you found recovery through the OA program. Send your stories to me at marylush@comcast.net by March 22nd for inclusion in April's newsletter.
-Mary L

Overheard at Meetings

I have frogs in every room of my home. Each time I see a frog I remember I'm 'Fully Relying On God.'

During meditation I start by asking my HP what he wants me to know and then listen. It's like a direct phone line to my HP who shares exactly what I need to know or do.

I don't have red foods—I have red thoughts! The first thing I do to keep the thought from turning from an ember into a fire is reach out to my Higher Power. Second, I find a positive about the situation. And third, I flip my thoughts to that positive.

A salesman said every time something bad happened he yelled 'Fantastic!' and found the positive in it. I just got cut off by a car on the freeway, 'Fantastic!' - you missed hitting me that time! My flight had just been cancelled due to mechanical problems. Fantastic! It's great they found the problem before we got in the air!

OVEREATERS ANONYMOUS
Miami-Dade and the Keys Intergroup

Thoroughly Follow Our Path... A Step-Per-Month Virtual Study Group

Fri - Mar 7
3:30 - 4:30pm PT

Meeting ID: 864 1518 6652
Passcode: 305305

Speaker - 20 min
Journal Session - 10 min
Share Circle - 20 min

The first Friday of every month

INFO: LISA 786-385-4409

FAITH IDENTITY TRUST

PRINCIPLES of Step 3, Tradition 3, Concept 3

The spiritual principles of **FAITH**, **IDENTITY** and **TRUST** are each foundational to my abstinence and program. Coming to OA I had through brute force and desperation lost over 100 pounds four times. After the fourth time I had once again started to rapidly gain weight, which threatened a needed knee replacement surgery.

On January 5th six years ago, I walked back into the OA rooms with the willingness to truly engage, find a sponsor and work the program. By working Step One I was able to acknowledge my true **IDENTITY** and accept who I am - a compulsive overeater whose food and life as a whole were unmanageable. However, I found it more difficult to accept that I was truly insane and needed help in body, mind and spirit.

I found the hope promised in Step Two by writing a Want Ad for what I needed in a higher power (HP), and praying for its tangible presence in my life. A seed of **FAITH** was planted that a solution was waiting for me by working the rest of the Steps.

TRUST that HP would be there for me was slower in coming. It did not come until I worked Steps 4, 5 and 6 when I was able recognize the changes happening in my life. Although I had prayed for my HP to guide me, it wasn't until I looked back that I could see it working. Yes, being willing to recognize, listen for and follow guidance was key to my developing **TRUST** in HP. I now update and add to the Want Ad every few years as **FAITH** and **TRUST** in HP continues to grow.

Today I celebrate 6 years of imperfect abstinence. My body carries 200+ pounds less than my top weight of 416 pounds. Through the willingness to be present and accept my true **IDENTITY**, accept the gift of **FAITH** in the process and growing to **TRUST** my HP, I am truly living a life beyond my wildest dreams.

- anonymous

From our OA Literature

Once we compulsive eaters truly take the Third Step, we cannot fail to recover. As we live out our decision day by day, our higher Power guides us through the remaining nine Steps. When we falter, we are reminded of our commitment to live by God's will alone, and we trust that the willingness and ability will come if we only ask for them. When we get off track, our Higher Power will guide us back, as long as we are sincerely trying to know and do God's will. We can confidently face any situation life brings because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help.

The 12 Steps & 12 Traditions, 2nd Ed., pg. 22

OA is where we learned to open our hearts, because it is here that most of us first experienced unconditional acceptance. "We have a home, if we want it" is how "Our Invitation to You" in the *Overeaters Anonymous* book expresses Tradition Three. "Welcome to Overeaters Anonymous. Welcome Home!"

The 12 Steps & 12 Traditions, 2nd Ed., pg. 112

Until we started recovering by working the Twelve Steps and Twelve Traditions of Overeaters Anonymous, many of us had felt anything but trustworthy. Recovery from compulsive overeating first helps us learn to trust ourselves and later to trust others.

The Twelve Concepts of OA Service, pg. 8

"Back of tranquility lies conquered unhappiness." Serenity is letting go and letting God.

For Today, Feb 19th. [Quote: David Grayson]

Viviendo en la Solución

Empecé a comer compulsivamente cuando tenía cinco años. Mi padre me mandaba a comprar comida basura los domingos por la tarde a la tienda de mi primo, que estaba al lado de mi casa. Aprendí pronto cómo se siente uno cuando se está lleno de comida y desconectado del mundo exterior. Cuando mi familia cambió de casa, empecé a pasar más tiempo sola, y cuando venía de la escuela cansada y sin ganas de hacer la tarea, me comía una gran merienda para olvidarme de mis problemas.

A los trece años empecé mi primera dieta y perdí peso durante dos meses, pero pasado ese tiempo volví a comer compulsivamente y engordé todo lo que había perdido y un poco más. Esa fue la primera de muchas dietas que siempre empezaba bien, pero al poco tiempo las terminaba con más sobrepeso del que tenía al principio. La dieta más larga que realicé fue cuando tenía aproximadamente unos veinte años. Me la prestó la vecina, que tenía que pagar por la información que le daban todas las semanas y que me la pasaba a mí. Me duró casi un año, pero al final empecé a deprimirme y a perder las ganas de hacer nada. Me sumergía en fantasías donde yo era la protagonista y vivía lejos de la realidad. Las fantasías absorbían toda mi energía y no podía concentrarme en nada más. Ese año suspendí casi todas las asignaturas en la universidad.

Después de intentar otras dietas que me duraron menos tiempo, cada nuevo día era el inicio de mi nueva dieta y cada día era también el final porque ya no podía pasar ni unas horas sin comer compulsivamente. Cuando cumplí treinta años tenía 30 kg de sobrepeso, no podía parar de comer y empecé a devolver porque no podía digerir las grandes cantidades de comida que ingería todos los días.

Con todas mis dietas yo intentaba controlar mis comidas. Cuando llegué a OA a los 31 años no podía entender nada de lo que los compañeros y compañeras compartían en las reuniones. Eso de soltar las riendas y poner todo en manos de Dios me parecía ciencia ficción. Yo estaba acostumbrada a controlar y controlar aunque nunca consiguiera nada. Con el tiempo me fui dando cuenta que la enfermedad de la compulsión por la comida es física, emocional y espiritual, que es más fuerte que yo, y que no puedo controlarla. Tampoco puedo controlar todo lo que pasa en mi entorno. Ahora veo que la compulsión por la comida es como un huracán que destruye todo lo que se pone por delante, mi cuerpo, mi autoestima, mis estudios, mi trabajo, y mis relaciones con los demás.

Una vez vi un documental de ciertas zonas costeras donde los árboles frenaban el paso de los huracanes, pero cuando la gente cortó los árboles, los huracanes se hicieron más intensos y destrozaron más casas. Yo cortaba mis árboles interiores cuando me atracaba, me obsesionaba, hacía dietas, me culpaba por todo y alejaba de mi a mi familia y a mis amigos.

Ahora veo que mi recuperación consiste en plantar arbolitos en mi vida para que crezcan y frenen la llegada del huracán. Según mis *árboles espirituales* se vayan enraizando en mi vida, más protección tendré frente a la devastadora enfermedad de la compulsión por la comida. Por eso me gusta ir a reuniones, trabajar los pasos y usar las herramientas del programa para enraizar la recuperación en mi vida, en vez de abandonarme a la destrucción que produce la enfermedad.

-anónimo

Living in the Solution

I started binge eating when I was five years old. My father sent me to buy junk food on Sunday afternoons at my cousin's store, which was next to my house. I learned early on how it feels when you are full of food and disconnected from the outside world. When my family moved, I started spending more time alone, and when I came home from school tired and not wanting to do my homework, I ate a big snack to forget about my problems.

At the age of thirteen I started my first diet and lost weight for two months. But after that I began to eat compulsively again and gained everything I had lost and a little more. That was the first of many diets that always started well, but I soon ended up more overweight than when I started. The longest diet I went on was when I was approximately twenty years old. My neighbor paid for the information they gave her every week and she passed it on to me. It lasted almost a year, but in the end I started to get depressed and I lost the desire to do anything. I immersed myself in fantasies where I was the protagonist and lived far from reality. The fantasies absorbed all my energy and I couldn't focus on anything else. That year I failed almost all subjects at the university.

I tried other short-term diets and each new day was the beginning of my new diet. But they always ended the same day because I couldn't go more than a few hours without compulsively overeating. When I turned thirty I was 65 pounds overweight. I couldn't stop eating. I started throwing up because I couldn't digest the large amounts of food I ate every day.

With all my diets I tried to control my eating. When I arrived at OA at age 31, I could not understand anything people shared in the meetings. That thing about letting go of the reins and putting everything in God's hands seemed like science fiction to me. I was used to controlling everything, even if I never achieved anything. Over time I realized that the disease of compulsive overeating is physical, emotional and spiritual, that it is stronger than me, and that I cannot control it. I also can't control everything that happens in my life. Now I see that the compulsion to eat is like a hurricane that destroys everything in front of it: my body, my self-esteem, my studies, my job and my relationships with others.


I once saw a documentary on hurricanes in coastal areas where trees lessened the damage. But when they cut down the trees, the hurricanes became more intense and destroyed more houses. I cut down my inner trees when I binged, became obsessed with food, went on diets, blamed myself for everything and distanced myself from family and friends. Now I see that my recovery consists of planting little trees in my life so that they grow and stop the arrival of the hurricane. As my spiritual trees take root in my life, the more protection I will have against the devastating disease of compulsive overeating. That's why I like to go to meetings, work the Steps, and use the tools of the program to root recovery in my life, instead of abandoning myself to the destruction that the disease produces.

-anonymous

Paso 3

Resolvimos confiar nuestra voluntad y nuestra vida al cuidado de Dios, según nuestra propia comprensión de Él.

Upcoming Events



Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

Step 10 Quelling the Disturbance

Sun - Mar 23
10:00am - 12:00pm PT

Meeting ID: 901 265 2959
Passcode: hello

No pre-registration and no maximum number of participants.

www.oaontario.org

Your OA90 Virtual Intergroup Presents
A Workshop On:

March Madness

(Don't Fall Into the Food Trap)

Sat Mar 22
10:00am - 12:30 pm Pacific

Zoom ID: 837 1100 7258
Passcode: 202589

WHAT will I hear? How our fellows with long-term abstinence navigate the March Madness waters, unexpected occurrences, preparation for whatever might come next!
Q&A and sharing to follow

ALL ARE WELCOME



Visit OA90.org
for more info



Is Your Food There?



OVEREATERS
ANONYMOUS®
GREATER NEW YORK METRO INTERGROUP
12th Step Within Committee

No Longer Seeing Green

Sun Mar 16 10:00am-12:00pm PT

OA Members share how they were freed from jealousy and envy.
Q&A and shares to follow.

Zoom ID: 840 8195 8572
Passcode: 803054

specialeventsoa@gmail.com

ENHANCING DIVERSITY IN OA MEETINGS & SERVICE BODIES

Sunday, March 9, 2025
5:00-7:00pm PT

Workshop's ZOOM ID:
813 2949 0352
PW: 121212

English - Spanish - French

PRESENTED BY
OA'S UNITY WITH DIVERSITY COMMITTEE:
DIVERSITY ACTION SUBCOMMITTEE



When I first came to Overeaters Anonymous fifteen years ago, I compulsively worked the Steps in about a month. When I came to Step 3, "*Made a decision to turn our will and our lives over to the care of God as we understood him,*" I probably checked it off with a mental note that God now had my will and my life, and I moved on to Step 4.

Some years went by without my ever really taking in the true meaning of Step 3. Finally, after hearing enough people speak about it at meetings, it dawned on me that I had never really worked the Third Step. And that I still essentially lived my life wanting to be in control at all times.

On reflection I could see that all my life I had tried to control or even manipulate people, events, and the world by controlling them. And that way I wouldn't get hurt, I'd look good, avoid problems and generally work things to my own advantage. Deep within myself, I had a basic lack of trust of others and the world.

My attitude was that if I didn't do it, it wouldn't be done right. And yet, no matter how much I tried to control others, people still wanted to do things *their* way. And occasionally I'd even sense someone trying to control me! The result was a blend of fear, worry, tension, frustration, anger, and resentments--all those things that lead me to the food.

The bottom line was that I ultimately did not trust God. I could trust him on small matters, but on the bigger issues or problems my attitude was that God didn't need to be concerned. I'd handle it myself.

When I prayed, I asked God to help me do things my way. But I rarely asked what he might want of me in a situation. I had successfully blocked God out of my life.

Even when I became aware of all this some years into my abstinence, the idea of turning my will and my life over to God continued to be very challenging because that would mean I wouldn't be in control. And who knows what would happen? What I needed was what Bill W. called "*a faith that works*" in other words, a living faith.

So Step 3 was the most difficult one for me. But when I practice it, I also find it extremely rewarding. By "*letting go and letting God,*" wonderful things have happened in my life.

-anonymous

I Must Keep Taking Action

For as long as I can remember, I was very obese. Not just overweight, but very obese. My entire life. I thought that if I could just lose weight, just be thin, just be in a "normal" size body, everything would fall into place. I was convinced that my size was the only thing standing between me and the life I was supposed to have. If I could just get it right, if I could just fix myself.

If I had more discipline. If I had a happy family. If I had been born with different genes. If my mother was not fat. If my mother was not so old. If my mother was not a religious fanatic. If my mother was not mean to my father. If my whole story was different. I would not be fat. And then I would be ok.

When I was young I just wanted to look like other kids. I wanted to avoid being made fun of every day. But as I remember now, I really wanted someone to tell that I was afraid every day to go to school. I could not tell my mother because it made her so sad and she seemed so fragile.

So not asking for help runs deep for me. I also knew there was no one to protect me, which really created chaos in my brain. I had to eat.

So one thing I know as absolute fact was my "fat body" was the root of all my unhappiness. If I could just get this weight off, I would be happy or I would at least have a chance to be happy. I guess life would be perfect. Yes. I knew life would be perfect. But now, here I am. I am not morbidly obese. So what happened? Why is life not perfect? Why am I not fixed?

OA has given me answers I never saw coming. The truth is food is not just food for me. It is comfort. Protection. Escape. Excitement. Joy. And freedom from feelings and from life. That is how I felt about food and sugar and bingeing....at the beginning.

But food then turns into my jailor. I am in prison. And some days I even see the prison door is open, but I do not leave because I do not trust myself. I have no power. So I need Power. That is the whole dilemma. I lack the Power to leave the self-imposed prison. That is the pain that has no name. The bondage of self.

All those years I thought food and my weight were the problem, but the 12 Steps have shown me and are showing me daily that my real problems are the ones I do not want to face. My fear, my shame, my self-obsession, my need to control. This is really what I use food for - a way to numb and protect myself from my feelings.

Losing weight did not make those feelings disappear. If anything, it made them louder. So now I have to accept and deal with them. It's been slow, very very slow. Some days it feels impossible.

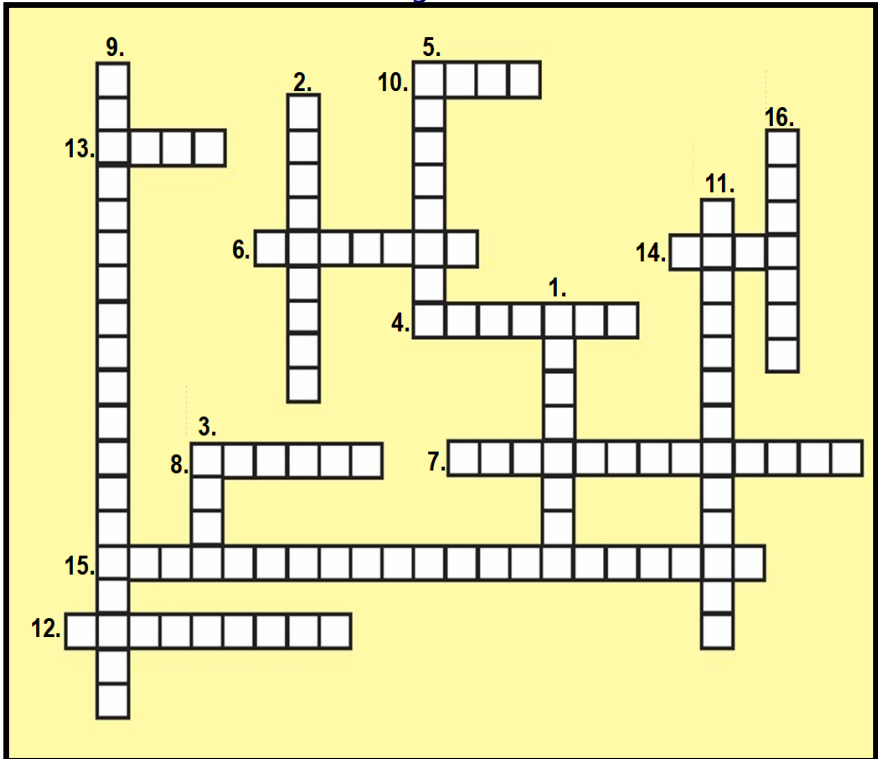
But my sponsor reminds me that perfection was never the goal or a promise of the Steps. I do not have to get it all right every time, nor will I, because I am human. But I must keep taking the actions.

-anonymous

Clues

1. Prayer: asking God to help you let go of what you know.
2. AA Co-founder of
3. Spiritual principle of Step 2
4. Person who passes on the message
5. Tool you can use in person, on the phone or on Zoom.
6. OA founder
7. Reading used to close some meetings.
8. Make a list of all persons you have _____
9. What happens with the allergy of the body?
10. Big Book: what beverage does Jim put whisky in?
11. 3rd Step Prayer: Relieve me of _____
12. Doctor who told Bill W what the problem was.
13. Friend who brought Bill W the solution.
14. Which Tradition states each group should be autonomous?
15. Famous Big Book Story: p.417
16. Grant me the _____ to change the things I can.

Recovery Crossword





Save the Date

2025 OA WORLD SERVICE CONVENTION

21-23 AUGUST _____
_____ **9AM-5PM**

**Renaissance Orlando
at Seaward**

Sign up to receive updates at:
conventioninfo@oaorg

August 21-23, 2025
**ORLANDO,
FLORIDA USA**



ROADMAP TO RECOVERY

THERE IS A SOLUTION

OA VIRTUAL REGION 2025 CONVENTION

February 28, March 1, and March 2

REGISTER NOW

<https://oavirtualregion.org/registration2025>

Over 80 Sessions:

- ~Keynote Speakers
- ~Step Meetings
- ~Workshops
- ~Newcomer Meetings
- ~Traditions, Principles, and Concepts
- ~Interpretation in Many Languages Worldwide
- ~Entertainment / Fellowship



Faith in Action



I have claimed I have faith that this program of Overeaters Anonymous works. Then I sit back and wallow in my character defects, attending maybe one meeting a week.

Sure, I have faith that this program really works! Then as the phone rings I quickly think of all the reasons why I can't go help out an OA fellow.

It really works, but I neglect my daily spiritual growth, my personal inventory, and I leave my resentments unchecked.

We must have faith, I cry. But all the faith in the world can't save me from picking up the food unless I begin a program of action. Lip service to my problem will not bring me growth in dealing with life.

Many who once claimed to have faith in OA are out there somewhere -- without faith, without hope. *"It didn't work for me,"* they say as they head out to buy fast food for dinner.

It doesn't work for me unless I work for it. By developing a pattern of life that allows me to "grow along spiritual lines," and by taking persistent, positive action. My actions, not my words, are the proof of my faith.

The OA program doesn't live as printed words on a wall display of the Twelve Steps. It lives when I *ACT* upon faith and practice the principles of the Steps.

-anonymous

A Wise Man



Climbs Mt. Fuji Once!

Abstinence is the most important thing in my life. But I see it as a means rather than an end. Stopping my compulsive overeating is the prerequisite for recovery. And I know that everything I have would unravel if I started bingeing again.

But stopping overeating did nothing to help me recover from food addiction itself. When I stopped overeating, my life seemed to get worse rather than better. I was a "high-bottom" food addict. An old timer once told me that if I hadn't been through hell when I was bingeing, then I was liable to do so in recovery.

When I was a newcomer, most of the OA meetings I went to were dominated by people telling "food-a-log" stories. And I thought that meant the problem was food and the solution was abstinence. On one end of the spectrum was "stark raving abstinence" that included restlessness, irritability and discontentedness. On the other end was happy, joyous and free and living contentedly in the "4th dimension." I needed to maintain actions and attitudes that kept me near the positive end of the spectrum.

I now see Step One as what we use to diagnose my disease. And the other Steps are what we use to treat it. This process helps me return to sanity, or get there for the first time. And I see sanity as the ability to adjust to reality.

One of the important things I have learned in OA is that **STAYING** abstinent is a lot easier than **GETTING** abstinent. That reminds me of a Japanese proverb that says, *"A wise man climbs Mt. Fuji once."*

-anonymous

Answers to Crossword

- 1) Set Aside
- 2) Doctor Bob
- 3) Hope
- 4) Sponsor
- 5) Meetings
- 6) Rozanne
- 7) A Vision For You
- 8) Harmed
- 9) Phenomenon of Craving
- 10) Milk
- 11) Bondage of Self
- 12) Silkworth
- 13) Ebby
- 14) Four
- 15) Acceptance is the Answer
- 16) Courage

How To Get on the Newsletter Mailing List

1. **Go to the Sacramento OA website**
<https://www.sacvalleyoa.org/>
2. **Scroll down the main page slowly.**
3. **On the left side of the page you will see this:**

- 4 **Type in your email address.**
5. **Click on SUBSCRIBE.**

Intergroup Board

Chair	oachair@sacvalleyoa.org	Katy H	(559) 392-7550
Vice Chair	raven.shasta@gmail.com	Raven Y	(530) 917-4979
Secretary	sarainrecovery@gmail.com	Sara N	(916) 769-4266
Treasurer	oatreasurer@sacvalleyoa.org	Sharon E	(916) 813-4101
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WSBC	caranddavis@gmail.com	Cara D	(209) 329-9927
WSBC	curteousb@gmail.com	Curt B	(510) 435-3246
Webmaster	alohagerri@aol.com	Gerri S	(808) 250-1212

Intergroup Committees

Committee Title	Specific Tasks	Chair	Chair Email
Bylaws	Bylaws/Policy & Procedures Review/Update	Raven Y	raven.shasta@gmail.com
Events	Events Support	Dani B	dani@landmind.com
Group Support	Meeting/Zoom Support	Nici P	powersnici@gmail.com
	Speaker List Maintenance	Carla S	carla_s@mac.com
Answer Phone	Answer Phone	Janet Mc	shortred55@hotmail.com
Newsletter	Newsletter Editor	Mary L	marylush@comcast.net
	Contributing Editor	Rosa N	rosa.roseville@gmail.com
	Contributing Editor	Staci B	staciisamazing@gmail.com
Meeting List	Meeting List Coordinator	Mary S	mfshea1@att.net
Public Outreach	Public Outreach Support	=====	
Retreat	Retreat Coordination	Rick Z	rick@directdigitalcontrols.com
Special Population Focus	Special Population Support	=====	
Sponsorship	Sponsorship Resource Management	Katherine G	KATEJOE@msn.com

Intergroup Meeting

Tues Mar 11

7:00 — 8:00 p.m.

Meeting ID: **984 7782 1659**

Passcode: **860953**

Submitting Stories of Personal Recovery

All stories are welcome! In addition, each month we will highlight how the spiritual principles of the Steps, Traditions and Concepts have been instrumental to your personal recovery. The spiritual principles for the **April issue** include **Courage, Autonomy** and **Equality**.

Submit stories via email to marylush@comcast.net by the 22nd of the month for inclusion in the next month's newsletter.

STEP 4: SPIRITUAL PRINCIPLE: Courage
Made a searching and fearless moral inventory of ourselves.

TRADITION 4: SPIRITUAL PRINCIPLE: Autonomy
Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT 4: SPIRITUAL PRINCIPLE: Equality
The right of participation ensures equality of opportunity for all in the decision-making process.

Day	Time	City	WSO#	Group	Individual	Total 2024	Total 2023	
Sun	3:30 p.m.	Sacramento	56483		270.00	270.00	5.00	
Sun	4:00 p.m.	Sacramento	54797	319.16	49.95	369.11	304.65	
Sun	6:00 p.m.	Chico	45601	672.10	50.00	722.10	501.73	
Mon	10:00 a.m.	Stockton	57338	154.62		154.62	162.08	
Mon	12:30 p.m.	Nevada City	53250	-	1,201.41	1,201.41	708.98	
Mon	1:00 p.m.	Stockton	89663		240.40	240.40	53.77	
Mon	5:30 p.m.	Carson City, NV	10299	95.16		95.16	99.74	
Mon	5:30 p.m.	Modesto	53717	461.19	107.85	569.04	295.70	
Mon	5:30 p.m.	North Reno, NV	41148	506.80	-	506.80	439.62	
Mon	6:30 p.m.	Rancho Cordova	45680	134.51	-	134.51	131.99	
Mon	7:00 p.m.	Yuba City	57050		201.41	201.41	214.97	
Tues	12:00 p.m.	Sacramento	36145	568.97	1,713.66	2,282.63	1,210.30	
Tues	5:30 p.m.	Davis	56921		430.75	430.75	366.00	
Tues	5:30 p.m.	Sacramento	57914	120.00		120.00		
Tues	6:00 p.m.	Chico	52849	5.23	205.69	210.92	282.09	
Wed	9:00 a.m.	Stockton	89498		359.41	359.41	273.77	
Wed	10:00 a.m.	Auburn	58049	84.00		84.00		
Wed	10:30 a.m.	Sparks, NV	800674	270.00		270.00	480.00	
Wed	1:30 p.m.	Stockton, CA	58082			-		
Wed	5:30 p.m.	Gardnerville, NV	89947	89.02		89.02	212.82	
Wed	6:30 p.m.	Sacramento	57929	161.16		161.16		
Thu	12:00 p.m.	Sacramento	20215	714.96	100.00	814.96	384.74	
Thu	3:00 p.m.	Stockton	30896	89.62	127.74	217.36	137.73	
Thu	5:30 p.m.	Stockton	57235			-		
Thu	6:00 p.m.	Chico	54397	143.78	62.01	205.79	-	
Thu	6:00 p.m.	West Sac	54298	133.40	-	133.40	663.69	
Thu	7:00 p.m.	Cameron Park	57629	613.87		613.87	276.00	
Fri	12:00 p.m.	Carson City, NV	50936	216.61	-	216.61	117.83	
Fri	5:30 p.m.	Grass Valley	57918	260.00		260.00		
Fri	5:30 p.m.	Yuba City	57644			-	-	
Fri	7:00 p.m.	Yuba City	52984	-	309.41	309.41	258.92	
Sat	9:00 a.m.	Folsom	39494	323.85	269.11	592.96	297.25	
Sat	9:00 a.m.	Rocklin	18446	1,887.76		1,887.76	1,968.65	
Sat	9:00 a.m.	Sacramento	29079	2,096.99	874.78	2,971.77	2,098.79	
Sat	9:00 a.m.	Sacramento	801435		397.39	397.39		
Sat	9:00 a.m.	Stockton	54051	-	236.01	236.01	437.80	
Sat	9:30 a.m.	Sparks, NV	50938	270.00	382.56	652.56	480.00	
Sat	6:00 p.m.	Sacramento	89410		20.00	20.00	30.00	
Individuals 5 to Intergroup Gen Fund					143.78	310.24	454.02	280.83
Closed Meetings						105.26	105.26	728.61
Total					10,596.54	8,025.04	18,561.58	13,904.05