



# Valley Voice

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

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.

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### 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



There is nothing that food can't make worse.

My prayers are usually brief and to the point.  
"Help!" is one I use often.

There are two times when you go to a meeting:  
when you want to and when you do not want to.

You need three things to stay abstinent:  
an abstinence date, a sponsor and a home group.

Three meals a day, with life in between.

If you have a problem and eat over it,  
then you have two problems.

Change on the inside  
and your outsides will follow.

Thinking is not a tool of the program.

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

## Serenity in the Sierras

37th Annual Tahoe Retreat 2024

The 12 Steps - A Program of Recovery  
August 2, 3, 4, 2024

**WHO** Members of Overeaters Anonymous only.  
Attendees must register for the entire retreat  
and lodge at the retreat center.

**COST** \$325 per person for room and all meals  
Friday dinner through Sunday breakfast.  
Sunday lunch is Not Available.  
A \$150.00 deposit is due when you  
register. The Remaining balance is due  
by July 1st.

**EARLY BIRD SPECIAL**  
Early Bird Cost is \$295.00 per person  
(\$150.00 deposit + \$145.00 final payment)  
\$145.00 Balance must be paid by May 1

**WHERE** Zephyr Point Conference Center, near South  
Lake Tahoe, is a lakeside retreat that has been  
called "A haven where God's presence and the  
deep blue lake seem to drape visitors in a  
profound peace." (Chicago Tribune)

**ROOMS** Double or triple occupancy. Short walk  
or elevator ride to meeting and dining  
rooms. **ALL rooms assigned by lottery.**

**REFUNDS** By July 1, 2023 - Refund minus \$25  
will be issued upon notice of cancellation

After July 1, 2023 - A Refund minus \$25  
will be issued after retreat **ONLY** if your  
vacancy is filled.

<https://www.sacvalleyoa.org/tahoe-retreat.html>

## ♥ Returning to Step 3 ♥ *with an open heart*

When I arrived trembling and terrified at my first meeting, I thought I no longer believed in anything. What a miracle that after one talk with my sponsor and one meeting, I could have hope in OA! This hope kept me coming to meetings and gradually grew into a true belief that OA had all the answers for me. That, if I would be willing and try, I could stay abstinent - one day at a time. However, I found that this involved the effort to practice the program.

Once my belief in OA had been established, it became apparent that all Twelve Steps were important to my continuing abstinence. But I was stuck on the Step 3, with its reference to *"the care of God."* So, I went around it. And I tackled the 4<sup>th</sup> Step.

Slowly and painfully, I became aware of myself. I began to see it wasn't true that I didn't believe in anything. But I had believed in the wrong things:  
I had believed I needed another bite for comfort.  
I had believed I was unattractive.  
I had believed I was unworthy.  
I had believed no one loved me.  
I had believed I never had a break.

Someone at my meeting said *"There is good in all of us. Seek it out, nurture it, tend it, and it will flourish."* So, I began searching for the positives within me. I realized that my feeling of inferiority was just one aspect of my ego. And the arrogance I projected was the other. I needed to find the center balance. So I began to *act as if*:

OA was giving me confidence.  
I had an attractive personality.  
I was worthy, like all the others.  
I loved myself and could therefore love others.  
Faith was freeing me from fear that had always gripped me.

Now, at least I believed that I *could* become whole by working the Steps, using the tools, reading OA literature, asking questions at meetings, latching on to longtimers who had that mysterious quality of serenity. But I discovered that all those whom I admired had worked Step 3. And I knew I wanted what they had.

This meant I needed to find a God of my understanding. Plus a willingness to let go. I realized I must say, *"Thy will be done."* But who or what was this *"Thy"* to me? So I began to go back and to review what I *had* come to believe?

I had come to believe in the OA program.  
I had come to believe that a power (OA) greater than myself could restore me to sanity.  
I had come to believe that I no longer needed to overeat.  
I had come to believe that I could grow to be a whole person.

I had come to believe that faith could eliminate fear.  
I had come to believe I could love myself and then love others.  
I had come to believe that *Love* was the key.

And so, with an open heart, I returned to Step 3 and turned my will and my life over to the care of the God of my understanding.

-anonymous

## Step 3

2

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**

### Three Frogs Are Sitting on a Log



With the help of a silly riddle, I finally was able to overcome my resistance to the 3<sup>rd</sup> Step. The riddle is:  
Three frogs are sitting on a log.  
Two frogs decide to jump into the water.  
How many frogs are left on the log?  
The answer is three,  
Because none of the frogs jumped.

Two frogs made a decision to jump. That's what the 3rd Step asked me to do--make a decision. The decision for me was to work the rest of the Steps to the best of my ability.

So far, I haven't picked up my binge foods since I took Step 3. Even more important, I haven't wanted to. God has continued to do for me what I couldn't do for myself.

I'm no longer as smart as I was when I got to OA. What I am is happy and contented, most days. Living life on life's terms, one day at a time. All because I quit trying to be unique, joined OA and worked the 12 Steps to the best of my ability.

I found a God of my understanding who wants what's best for me. And who looked out for me even when I didn't know He existed.  
-anonymous

**I'd rather go through life believing I'm a  
food addict, than go through life bingeing  
and trying to convince myself I'm not.**





## Old Dog, New Tricks



I've heard it said that being in a relationship is like pouring Miracle Gro on your character defects. Yep... that's been my experience.

So I am *NOT* a morning person. My partner is. I am sedentary. The bitch works out every day and bike rides. I am a linear thinker. She thinks out-of-the-box and can multi-task. She is a clean & neat freak... and I do workarounds and cut corners. She starts communicating in the middle of a thought. And I get frustrated because I can't figure out what she is talking about. On and on....

Up until recently I've been laser focused on making her so "wrong" about being the way she is. And I'm here to tell you that God had the last laugh. Because I have been practicing shutting up... listening more... and "waiting for it" (e.g., the punchline) before protesting and insisting she be different (e.g., more like ME!)... so that I feel more comfortable.

So this morning (yawn), she began "explaining" to me about how I "should" put a towel on the floor before I get out of the tub... since I'm getting "older" and I could fall. (The "old" me: "Hey! I haven't even had my coffee yet! Who are you? And what are you talking about? And I get out of the tub just fine, (thank you very much). But "recovering me" just listened.... waited until she was done... and realized that she really loved me. She just wanted me to be safe. And she was suggesting I think ahead (e.g., out-of-the-box) and maybe think about putting in a non-slip mat on the floor and some grab bars.

And because I PAUSED... and shut up... I "got it." So I hugged her. Thanked her. And took in what she *REALLY* meant. I also dodged a bullet by not picking a fight. Thank you, God.

-anonymous

3



I'm a compulsive overeater who has been abstinent and recovering for just over eight months now. What an incredible ride it has been. From the moment I walked through the doors of my first meeting, I felt something different. Something good was going to happen.

Those doors, which at the time felt like the heaviest ever made, allowed me to walk into a new way of life. I don't remember exactly what was said. I don't remember any one person in particular. But I do remember the incredible feeling of positive power in that room. It certainly struck me hard enough to make me come back the next week. And I did.

I chased that feeling from meeting to meeting the same way I used to chase my binge foods. To my surprise, I found that same great feeling in every meeting I went to.

It hasn't been easy. I actually hit an emotional bottom while I was abstinent. Everything seemed to be going wrong. One thing after another. I was feeling depressed. It was awful. And I was slowly losing my mind. I actually had to sit and feel all those feelings I worked so hard to drown out with the food.

I knew I couldn't pick up the food anymore. It would only make things worse. I just had to deal with those things called feelings. I guess I always had them. I just never felt them before. Lost in a food fog.

So I made the decision to keep coming back. It was the only thing going right for me. I felt great when I was in a meeting. The "committee" in my head took a break when I was there. I laughed. I smiled. I listened. And little by little, I "got" it.

Then one day, nothing went right. But nothing went wrong. It just went. And I went with it. Then another day. Then another. But this time, I smiled. I even chuckled. The next one, I laughed. My days were actually getting better. I was starting to feel joy. I was smiling on the inside.

Gratitude was beginning to creep into my vocabulary. I shared those feelings with newcomers. I felt better. I started working the Steps. And I felt even better. Abstinence... I realized... is also progressive.

Now months later, I have a great deal of respect... and gratitude... for my disease. Without it, I never would have found this new way of life. Don't get me wrong... my life isn't perfect. But I don't pick up the food... a day at a time. Not picking up the food creates infinite possibilities for me.

When I get up in the morning, I pray for what I need to get through the day abstinent. I also smile and say to myself, "Who knows? This could be the best day of my life!" Nice way to start the day, huh?

-anonymous

### OA Virtual Region 2024 Convention March 1-3



*There is a  
Solution*  
The Joy of Our  
Diverse Membership  
United in Recovery

Over 66 sessions including keynote speakers, webinars, step meetings, workshops, forums and newcomer meetings.

<https://oavirtualregion.org/registration2024/>

## Stark Raving Abstinent



My first three years in OA were pretty shaky. The food was down... but I was nuts! I kept attempting to take over the reins of my life and to exercise total control over my own affairs. As a result, I experienced that phenomenon they call "stark raving abstinence."

So what does "stark, raving abstinence" look like? I kept swinging back and forth between emotional extremes. From feelings of elation to dark despair. A series of unexpected conditions could totally set me off in crazy directions.

Step 10 - *continued to take personal inventory* – helped me climb out of my insanity. It helped me to see clearly where I went wrong so I could prevent those mistakes from happening again.

Step 2 - *"came to believe that a Power greater than ourselves could restore us to sanity."* My best thinking and my best efforts failed miserably. And now, after ten years in OA, I am clear that through all those dark days, it was a Power greater than myself who has been responsible for my abstinence.

-anonymous

OVEREATERS  
ANONYMOUS  
TRIANGLE INTERGROUP

12<sup>th</sup> Step Within Committee invites you to join us  
for some serenity, experience, strength and hope!



**Sponsorship:**  
**2 Hearts,**  
**2 Hands,**  
**Together!**

**SAT – MAR 2**  
**10:00 AM – 12:00pm PT**

**Meeting ID: 857 9606 5778**

Enter meeting ID: Meeting hosts will admit fellows!

Suggested 7<sup>th</sup> Tradition donation of \$5.

Activities include:

- Three speakers sharing their experience, strength, and hope
- Movement
- Fun activity
- Question/answer and sharing time
- We invite you to bring a journal.

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.



For me, there are two OAs: (1) the fellowship that supports me and (2) the program of action that changes me. The support comes from my OA fellows: we're there for each other. The change comes as a result of the Steps.

I've met some people who have never taken all 12 Steps. They just go to meetings and try not to overeat. I know that for me, I was always restless, irritable and discontent when I was not eating. Being a food addict of "the hopeless variety," I required a spiritual solution. I had to work the Steps... which freed me of the obsession to compulsively overeat.

The power of the fellowship kept me abstinent for quite a while. Every time I introduced myself at a meeting — stated my name and said, "I am a compulsive overeater," it was like taking the First Step all over again. But as an "untreated" food addict, I was destined to pick up the food again.

My OA program is not just about how to stay abstinent. But how to be transformed. And how to live life. A life that is filled with peace, happiness, and serenity.

As I *trudge the Road of Happy Destiny*, OA holds my left hand, God holds my right hand, and I have no hands left to pick up the food.

-anonymous



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

## Upcoming Speaker Topics:

**Sun Mar 3 – Steps 1-3**

**Sun Mar 17 – Removing the Mask:**

*Living an Authentic Life in Recovery*

**1-3:30p.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



**Awesome  
Speakers**

**Fabulous  
Workshops**

**Registration is  
NOW OPEN!**

How can I help  
carry the  
message?  
**CLICK HERE**  
<http://tinyurl.com/2rd3zyrw>

Listen to the  
Convention  
Singalong  
**CLICK HERE**  
<http://tinyurl.com/yn7mc4db>



**Attend In  
Person**

**Attend On  
Zoom**

**July 12-14, 2024  
R2 OA Convention  
at the Hilton Hotel Arden West**

***Sacramento Style!***

**Sat Nite Dance  
w live rock & pop band**

HOPE TO  
**see you**  
THERE

**Fun &  
Fellowship**

**TO REGISTER FOR THE CONVENTION**

**CLICK HERE**

<https://www.oar2.org/upcoming-convention.html>

## A Plunge to Insanity



Although I sometimes struggle with abstinence, my life is filled with people places and things I couldn't appreciate before this program. So why have I suddenly realized now that I'm only a few bites away from total disaster? Because while I've been in OA working, stretching and growing, my disease has been "working out" at the gym.

Recently, I ate a single piece of something sweet after dinner. And I immediately felt a jolt of electricity. And my mind was consumed with going to the store to buy more sweets. I was literally unable to think of anything else.

What had happened to my program? What about surrendering my will to a higher power? It had gone. By the grace of God, I was able to stop. And pray. And give my fear of insanity to the Power that has helped me every step of the way.

Again, my higher power did for me what I could not do for myself. I did not eat the sweets. But I did eat another item that was not on my food plan that evening. It was a less-than-perfect recovery from a plunge into insanity. But I am grateful to be abstinent, one meal at a time. And I'm committed to valuing myself and my program by remembering that "little slips" are nothing less than life-threatening to me.

-anonymous

## OA's Share Thoughts on the Tools

6



**Writing**  
has helped me deal with so many uncomfortable feelings. Now I write once a day.

**The Phone**  
was difficult to use at first. Now it is another source to let out my feelings.

**Meetings**  
The acceptance and love I receive in these rooms have helped me to grow into the person I am today.

**Service**  
I've found that by serving others, I am a more loving and caring human being.

**Anonymity**  
has made me feel comfortable in sharing my inner thoughts.

**Sponsorship**  
was a fear-based thing for me in the beginning. But all I needed to do was share my experience, strength and hope and leave the rest up to God.

**Literature**  
gives me so much. I gained insight into Steps 2 and 3. And from that moment on, I started to abstain.

## Taking a Problem Through the



Learn how to use your program to deal with life challenges.  
Live in the solution instead of turning to the food.

**Sun Mar 17**  
**1:00 – 3:00 pm PT**

Zoom ID: 854 2974 9682  
(no passcode)

**Please bring Pen, Paper and a Problem!**

Your 7<sup>th</sup> Tradition contribution is appreciated.  
<https://oasandiego.org/seventhtrad/>

Presented by the OA San Diego Intergroup Twelfth Step Within Committee  
Info: [tsw@oasandiego.org](mailto:tsw@oasandiego.org)

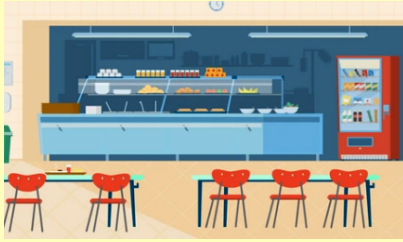
## New In-Person Meeting — AUBURN, CA Wednesdays – 10:00 am



**Pioneer United Methodist Church**  
**1338 Lincoln Way**  
**Info: Julia (530) 888-6493**  
**Cheri (530) 921-8028**



## Old Patterns



Committing myself to a specific food plan has always been one of the most difficult aspects of the program for me. I'm just beginning to see how self-willed I am about food. And how hard it is for me to be honest with myself about what I eat.

To help me give up my will about food, an OA friend suggested I commit myself to a food plan every day. Sticking to my commitment has been quite a challenge because I always seem to end up making substitutions at the last minute. I tell myself it is just a matter of taste or preference.

Recently, however, I was struck with the awareness that it is really a matter of self-will. By making last-minute substitutions, I was repeating the same patterns I had followed throughout my lifetime of dieting. I would promise myself a low-calorie meal, then at the last minute, I would binge instead.

This morning I asked my Higher Power to help me commit myself to a simple plan for lunch. It was quite acceptable to me then, but about an hour before lunch, I began to feel dissatisfied with it. To distract myself, I got involved in my work, and the time passed quickly.

But as I got up from my desk at lunchtime, the dissatisfaction about my meal plan returned. And all the old familiar feelings about food – anxiety, resentment, deprivation – swarmed in on me. I really wanted to stick to my food plan so I again decided to distract myself. This time, by keeping my mind on my work while walking to the cafeteria.

Suddenly, an important insight hit me. Trying to use distractions to control my illness was just another old pattern I was holding on to. I probably would have “distracted” myself all the way to the cafeteria. And then I would probably order something not on my plan. And wondered why it had all gone wrong again.

I immediately directed my thoughts to the Serenity Prayer, and the lessons of the program came flooding back. *“We are without defense against the first bite.” “Turn it over.” “Let go and let God.”* I walked up to the counter and ordered the food I had committed. I knew it would be all right. And it was.

This simple program has helped me so much. And my God has been so gentle and patient with me. I really do have a place to go with my illness – with all my pain – and my fears and character defects.

-anonymous

**The MIRACLE happens  
when we get abstinent.**

**The MAGIC happens when  
we practice the principles  
in all our affairs.**

7



I have 37 days of abstinence today, by the grace of God and the Fellowship of Overeaters Anonymous. It's not my first time around. Hopefully I'm back for good.

I commit myself today to an abstinent food plan. I talk to my sponsor. I go to four or five meetings a week. And I ask God to help me.

I had an opportunity for recovery several years ago. But I didn't like the discipline. I don't like being told what to do. And I didn't come back until a few years later.

I bought all the books, found a food plan, I went to meetings and “figured it out.” I stopped going to meetings because somebody pissed me off. I didn't know enough to put principles before personalities. So I lost another chance at recovery.

But I've been back for 37 days. And I was compelled to write my story for others who have lost faith or who have given up. I pray to God to help me love myself enough to stay in meetings no matter what I feel about anyone else.

I pray to find those who can love me back. And those who love themselves. I pray to turn resentment into forgiveness. I have a long way to go. But I have today. And no one can take today away from me.

-anonymous

Ocean & Bay Intergroup of OA presents



### Step 11 Two-Way Prayer Writing Workshop

Seeking to improve our conscious contact with  
our Higher Power through prayer and meditation

Sat Mar 23 10:00am – 11:30am PT

We will demonstrate a two-way prayer method, have a short writing time,  
offer guidelines on reflecting and then go into small breakout rooms to  
share our writing.

Meeting ID: 828 6154 9717  
Passcode: 247365

questions@oceanandbay.org  
<https://oceanandbay.org>



Please donate to the OA R2 Convention Fundraiser

Artwork

\$ Cash \$

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Birdhouse

Air Fryer

Your  
Idea??

Contact Nancy Mc  
(916) 698-0541

Convention  
Registration



## MEETING LIST

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

## EVENTS

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

## NEXT INTERGROUP MEETING

Tues Mar 12  
7:00 — 8:00 p.m.

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

Meeting ID: **984 7782 1659**

Passcode: **860953**

9

NASSAU INTERGROUP  
WORKSHOP COMMITTEE  
PRESENTS:

MON - MAR 4

# ZOOM SECURITY TRAINING

Starts  
at  
4:00 pm PT

This training will help you  
develop your ZOOM skills  
and keep your meetings  
safe and secure.

TRAINING WILL  
BE ON THE  
FIRST MONDAY  
OF  
EACH MONTH

Basic and Advanced Zoom Security  
Q & A at the end of the Presentation

JOIN ZOOM MEETING:  
MEETING ID: 774-646-690  
PASSWORD: 535356

## Intergroup Board

Chair  
Vice Chair  
Secretary  
Treasurer  
Region 2  
Region 2  
Region 2  
WSBC  
WSBC  
Webmaster

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vacant  
Cary H (530) 908-1230  
Judy L (916) 799-5804  
Cara D (209) 329-9927  
Andrea T (916) 813-2836

## Intergroup Committees

### Committee Title

Bylaws  
Events  
Group Support

Answer Phone  
Newsletter  
Meeting List  
Public Outreach  
Retreat  
Special Population Focus  
Sponsorship

### Specific Tasks

Bylaws/Policy & Procedures Review/Update  
Events Support  
Meetings/Zoom Support  
Speaker List Maintenance  
Answer Phone  
Newsletter Editor  
Meeting List Coordinator  
Public Outreach Support  
Retreat Coordination  
Special Population Support  
Sponsorship Resource Management

### Chair

Raven Y  
vacant  
Nici P  
vacant  
Janet Mc  
Gerri S  
Mary S  
Nancy Mc  
Rick Z  
Maddy H  
Katherine G

### Chair Email

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## ASK JEAN



Consider how you have been aging  
in OA. How has OA helped you age  
with grace, acceptance, and a healthy  
attitude toward food and life?

Well, the "old gray mare" she ain't what she used to be,  
that's for sure. But I don't regret aging at all. I'm mostly  
thankful to be alive-- having almost killed myself with food  
and binge eating!! Thanks to OA, with accompaniment by  
a Holy Other, I'm rocking on with confidence and hope  
while enjoying each and every moment. Instead of waking  
up in a food coma, I'm in a God coma. And looking forward to



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