



# Valley Voice

Serving the Greater Sacramento Valley and Sierra Foothills including the counties of Sacramento, San Joaquin, Nevada, Placer, Amador, Solano, Yolo, Butte, Calaveras, Stanislaus, Sutter, Yuba, Colusa and El Dorado.

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**STEP 5: SPIRITUAL PRINCIPLE:** Integrity  
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**TRADITION 5: SPIRITUAL PRINCIPLE:** Purpose  
Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

**CONCEPT 5: SPIRITUAL PRINCIPLE:** Consideration  
Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

# RECOVERY

## OF THE BODY MIND & SPIRIT

**SAT - MAY 22**  
**1:00—2:30 PT**

MEETING ID: 955 3227 3032  
PASSWORD RECOVERY  
BY PHONE 1-408-638-0968  
Password 54629058

<https://zoom.us/j/95532273032?pwd=dEZUSHpUdU9lRitYU0ZGN2hYOFRpOT09>

Come hear three speakers share their recovery for each area: Body, Mind & Spirit.

Suggested donation: \$5  
No one turned away for lack of funds

<https://www.sacvalleyoa.org/donations-for-events.html>

Hosted by the Friday, 5:30 p.m. Sacramento Group

Contact Christina H. [ohxina@gmail.com](mailto:ohxina@gmail.com) for more info.



## Overheard at Meetings

*God, help me want what I already have.*

*If you can be humble, you'll learn faster.*

*Each abstinent meal is a living amends to my body.*

*Listening is spiritual generosity.*

*My addiction takes over when I try to fill an emptiness inside of me with something outside of myself.*

*OA doesn't promise to open the gates of Heaven to let me in.... but to open the gates of Hell to let me out.*

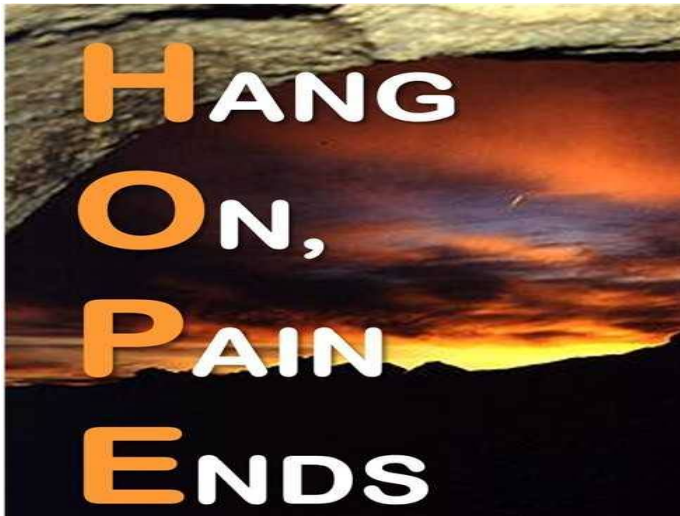
*Walk softly and carry a Big Book.*



**STEP  
5  
INTEGRITY**

**Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

2



### I Found My Miracle in OA

I was very uncomfortable in my body. I could not fit into my size 18 jeans. I could not cross my legs. I couldn't walk up or down stairs without getting exhausted. I wore only loose and shapeless clothes. That was why I came to OA—because I had a little (60-pound-plus) weight problem. And I wasn't happy.

I thought of food as my lover. As my friend. Kind of like a "food prince" (FP) in my own private fairy tale. I expected food to take care of my every need.

The journey that is my program has been much better than a fairy tale. It hasn't always been smooth sailing and happy times. But it has given me my life and shown me sanity.

I don't have a food prince today. I have a Higher Power that is much better than FP ever was. I have the Fellowship of OA to support me, and I have my sponsor to guide me.

I no longer live in a make-believe world because my world is much better than I could have imagined. I'm maintaining a 65-pound weight loss, and I'm comfortable with my body for the first time. This didn't happen magically or overnight, but it is a miracle.

I have been working this program for eleven years, and I know that I will continue for the rest of my life—if I want to keep my recovery.

With the help of my Higher Power, I am abstinent today. OA has no fairy tales, but amazing miracles. I am eternally grateful that I found my miracle in OA.

-anonymous

### Sponsoring: An Act of Love



I always wanted to be the center of attention. I sulked and seethed when the spotlight was not on me. As long as people noticed me, I was worth something.

I used to be a status seeker. I needed the best name brand cars. The best clothes. The coolest gadgets. I worked hard on my appearance. I tried to look effortlessly chic. Inside, I was the complete opposite. I was a mess.

I didn't tell anyone about my out-of-control eating compulsions. Not even my husband. The pain of keeping those secrets finally drove me into the rooms of OA.

I asked someone to sponsor me. I was mortified to share my history with her. When I did my 5th step, I had to cover my face and eyes during the hard parts as I whispered what I believed were the ugliest things any human being had ever done or experienced.

She made me feel safe. She enabled me to be vulnerable. That's when I realized that the act of sponsoring is actually an act of love. Because when I finally looked up at her face, I was shocked to see genuine love and acceptance in her eyes. She hadn't flinched at all during any part of my confession. Slowly, miraculously, I felt the shame dissipate. I felt unspeakable relief and lightness.

I worked all twelve steps with my sponsor. I continue to work them over and over again. Because each morning, when I get out of bed, I am still thinking about myself. When fears and resentments crop up, I work Steps 4 and 5 with my sponsor and I get layers taken off. This helps me to live in peaceful sanity for that day. I no longer need to be the center of attention. I feel valued and loved.

I remember thinking that if I ever became a sponsor, listening to a sponsee's fifth step would be the biggest honor of my life. I look forward to being able to pass on what I've been freely given.

Working the OA program has enabled me to live in the solution instead of the problem. It's the major reason I keep coming back.

-recovering compulsive overeater





# Upcoming Events



**May 2**, Sunday, 10 am-1 pm Pacific Time - Los Angeles and North Jersey intergroups presents "[How I Found God](https://www.oalaig.org/event/how-i-found-god-workshop/)".  
<https://www.oalaig.org/event/how-i-found-god-workshop/>

**May 2**, Sunday, 1-4 pm Pacific - OA Rise presents "[Sponsoring Chronic Slippers](https://oarise.org/event/sponsoring-chronic-slippers/?instance_id=148)".  
[https://oarise.org/event/sponsoring-chronic-slippers/?instance\\_id=148](https://oarise.org/event/sponsoring-chronic-slippers/?instance_id=148)

**May 9**, Sunday, 12-1:30 pm Pacific - OA Virtual Region Intergroup presents "[Relieve me of the bondage of self](https://oavirtualregion.org/news-events/events/vrworkshops/workshops/)".  
<https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

**May 13**, Thursday, 7 pm EST - Central Indiana Intergroup presents "[Help! I am a Sponsor, Now What?](https://oaindy.org/2021/01/23/sponsorship-panel/?fbclid=IwAR3wSDChBGBDLTmb36cOMVK6w8TtKKUm0Dnnp9D_YxYYGHQZ082seaM4NdU)"  
[https://oaindy.org/2021/01/23/sponsorship-panel/?fbclid=IwAR3wSDChBGBDLTmb36cOMVK6w8TtKKUm0Dnnp9D\\_YxYYGHQZ082seaM4NdU](https://oaindy.org/2021/01/23/sponsorship-panel/?fbclid=IwAR3wSDChBGBDLTmb36cOMVK6w8TtKKUm0Dnnp9D_YxYYGHQZ082seaM4NdU)

**May 14-16** - Bitterroot Intergroup presents "[Spring Retreat at Camp Bighorn in Plains, Montana](https://www.oaregion1.org/uploads/1/4/0/4/14047174/2021_spring_flyer-registrationrvsd.pdf)".  
[https://www.oaregion1.org/uploads/1/4/0/4/14047174/2021\\_spring\\_flyer-registrationrvsd.pdf](https://www.oaregion1.org/uploads/1/4/0/4/14047174/2021_spring_flyer-registrationrvsd.pdf)

**May 13**, Thursday, 7 am-3:30 pm Pacific - St. Louis Bi-State Intergroup presents a Convention "[Zooming into Recovery](https://stlouisoa.org/events/event/st-louis-bi-state-intergroup-annual-convention/)".  
<https://stlouisoa.org/events/event/st-louis-bi-state-intergroup-annual-convention/>

**May 15**. Saturday 7am-1:30pm Pacific. [It Works, It Really Does!](https://oaregion4.org/event/it-works-it-really-does-2021-virtual-day-of-oa/) Hills and Plains of South Dakota Intergroup Zoom event. \*\*\*REGISTER BY MAY 10 VIA MAIL - INSTRUCTIONS ON FLIER\*\*\* [\\*\\*\\*WORKSHOP AGENDA\\*\\*\\*](https://oaregion4.org/event/it-works-it-really-does-2021-virtual-day-of-oa/)  
<https://oaregion4.org/event/it-works-it-really-does-2021-virtual-day-of-oa/>

**May 16**, Sunday, 1-4 pm Pacific - OA Rise presents "[Doing the Do, Being the Be](https://oarise.org/event/doing-the-do-being-the-be/?instance_id=149)".  
[https://oarise.org/event/doing-the-do-being-the-be/?instance\\_id=149](https://oarise.org/event/doing-the-do-being-the-be/?instance_id=149)

**May 16**. Sunday, 1-3:30pm Pacific. [On Awakening: Daily Practice of Step 11](https://www.oaregion1.org/uploads/1/4/0/4/14047174/on_awakening_flyer_-_google_docs.pdf). South Sound Intergroup Zoom event.  
[https://www.oaregion1.org/uploads/1/4/0/4/14047174/on\\_awakening\\_flyer\\_-\\_google\\_docs.pdf](https://www.oaregion1.org/uploads/1/4/0/4/14047174/on_awakening_flyer_-_google_docs.pdf)

**May 21-23**, Friday – Sunday, [Sunlight of the Spirit Retreat](https://www.oaregion1.org/uploads/1/4/0/4/14047174/sunlight_of_the_spirit_flyer_2021_final.pdf). Central Oregon Intergroup Zoom event.  
[https://www.oaregion1.org/uploads/1/4/0/4/14047174/sunlight\\_of\\_the\\_spirit\\_flyer\\_2021\\_final.pdf](https://www.oaregion1.org/uploads/1/4/0/4/14047174/sunlight_of_the_spirit_flyer_2021_final.pdf)

**May 22** Saturday 1-2:30pm Pacific. [Recovery of the Body, Mind and Spirit](https://www.sacvalleyoa.org/may-22-2021.html) Sacramento Intergroup Zoom event.  
<https://www.sacvalleyoa.org/may-22-2021.html>

**May 29**, Saturday, 2-3:30pm Pacific. [Abstinence No Matter What](https://oasfvalley.org/event/abstinence-no-matter-what-zoom-workshop/?instance_id=35450) San Fernando Valley Intergroup Zoom event.  
[https://oasfvalley.org/event/abstinence-no-matter-what-zoom-workshop/?instance\\_id=35450](https://oasfvalley.org/event/abstinence-no-matter-what-zoom-workshop/?instance_id=35450)

**May 29 - 30**. Saturday-Sunday 11am-4pm Mountain. [Retreat - Defining Your Recovery: Spiritual, Emotional, Physical](https://www.oaregion1.org/uploads/1/4/0/4/14047174/nli_2021_spring_retreat.pdf). Northern Lights Intergroup Zoom event. [https://www.oaregion1.org/uploads/1/4/0/4/14047174/nli\\_2021\\_spring\\_retreat.pdf](https://www.oaregion1.org/uploads/1/4/0/4/14047174/nli_2021_spring_retreat.pdf)

**June 6**, Sunday, 1-4 pm Pacific - OA Rise presents "[Growing My Faith and Strengthening My Spirituality](https://oarise.org/event/growing-my-faith-and-strengthening-my-spirituality/?instance_id=150)".  
[https://oarise.org/event/growing-my-faith-and-strengthening-my-spirituality/?instance\\_id=150](https://oarise.org/event/growing-my-faith-and-strengthening-my-spirituality/?instance_id=150)

**June 6**. Sunday 2-4pm Eastern. [Riding the Waves of Recovery in Good Times and Bad Times](https://oaregion6.org/wptest/wp-content/uploads/2021/03/CTIG_OA-2021-workshops-1.pdf). CT Intergroup Zoom event. \*\*\*Zoom info available two weeks before event -- call or email for link\*\*\*  
[https://oaregion6.org/wptest/wp-content/uploads/2021/03/CTIG\\_OA-2021-workshops-1.pdf](https://oaregion6.org/wptest/wp-content/uploads/2021/03/CTIG_OA-2021-workshops-1.pdf)

# Sacramento Valley OA Meetings (as of May 1, 2021)

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**SUN – 3:30 p.m. (Zoom)** [WSO #56483]  
(formerly Buhler/Sutter, Sacramento)  
*Newcomer Meeting*  
<https://zoom.us/j/99432747032>  
Meeting ID: 994 3274 7032  
**Passcode: 618898**  
By Phone: (1) (669) 900-6833

**SUN – 4:00 p.m. (Zoom)** [WSO #54797]  
(formerly Buhler/Sutter, Sacramento)  
*Abstinence 2nd Edition, 4th Sunday BB Speaker*  
<https://zoom.us/j/99432747032>  
Meeting ID: 994 3274 7032  
**Passcode: 618898**  
By Phone: (1) (669) 900-6833

**SUN 6:00 p.m. (Zoom)** [WSO #45601]  
(formerly at St. John Episcopal Church, Chico)  
*A Commitment to Abstinence*  
<https://zoom.us/j/91007177419>  
Meeting ID: 910 0717 7419  
**Passcode: 175622**  
By Phone: (1) (669) 900-9128

**MON –12:00 noon (Zoom)** [WSO #50675]  
(formerly at St. Anne's Episcopal Church, Stockton)  
*Big Book Study*  
<https://us04web.zoom.us/j/89702569640>  
Meeting ID: 897 0256 9640  
**Passcode: 319201**  
By Phone: (1) (669) 900-6833

**MON – 12:30 p.m. (Zoom)** [WSO #53250]  
(formerly at Trinity Episcopal Church, Nevada City)  
*Step Study*  
<https://zoom.us/j/92591122899>  
Meeting ID: 925 9112 2899  
**Passcode: 682556**  
By Phone: (1) (669) 900-6833

**MON – 5:30 p.m. (Zoom)** [WSO #20105]  
(formerly Friends Church), Sacramento)  
*Literature, Speaker*  
<https://us02web.zoom.us/j/88541526915>  
Meeting ID: 885 4152 6915  
**Passcode: 210817**  
By Phone: (1) (669) 900-6833

**MON – 6:00 p.m. (Zoom)** [WSO #53717]  
(formerly McHenry Village, Modesto)  
*Literature, Speaker*  
<https://zoom.us/j/95416877621>  
Meeting ID: 954 1687 7621  
**Passcode: 670946**  
By Phone: (1) (669) 900-6833/

**MON – 6:30 p.m. (Zoom)** [WSO #45680]  
(formerly Swimstitute, Rancho Cordova)  
*OA H.O.W. Concept/Everyone welcome*  
<https://zoom.us/j/87338230592>  
Meeting ID: 873 3823 0592  
**Password: 987577**  
By Phone: (1) 669 900 6833

**MON 7:00 p.m. (Zoom)** [WSO #49049]  
(formerly Creekside Church, Rocklin)  
*Big Book, Speaker, Step Study, Traditions*  
<https://us02web.zoom.us/j/96003441708>  
Meeting ID: 960 0344 1708  
**Password: 393429**  
By Phone: (1) (669) 900-6833

**MON - 7:00 p.m. (Zoom)** [WSO #57050]  
(formerly at St. Andrews Presbyterian Church, Yuba City)  
*Mixed Literature Meeting*  
Meeting ID: 778 118 918  
**Password: serenity**  
By Phone: (1) 669-900-6833  
**Phone passcode: 746450**

**TUES – 12:00 noon (Zoom)** [WSO #36145]  
(formerly at Sierra Club, Sacramento)  
*Speaker Meeting*  
<https://us02web.zoom.us/j/321658347>  
Meeting ID 321 658 347  
**Password 134461**  
By Phone: (1) (720) 707 2699

**TUES – 5:30 p.m. (Zoom)** [WSO #56921]  
(formerly at Davis Lutheran Church, Davis)  
*Literature and Speaker Focus*  
<https://zoom.us/j/97932048758>  
Meeting ID: 979 3204 8758  
**Passcode: 661309**  
(1) 669 900 6833

**TUES 6:00 p.m. (Zoom)** [WSO #52849]  
(formerly at St. John Episcopal Church, Chico)  
<https://us02web.zoom.us/j/87893724954>  
Meeting ID: 878 9372 4954  
**Password: 541336**  
By Phone: (1) 669 900-9128

**TUES – 7:00 p.m. (Phone)** [WSO #48460]  
(formerly at Journey Church, Folsom)  
*OA 12x12, Big Book*  
Call: (1) 978-990-5198  
Access Code: 7903029

# Sacramento Valley OA Meetings (as of May 1, 2021)

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**TUES – 7:00 p.m. (Zoom)** [WSO #50691]  
(formerly at Comm United Methodist, Fairfield)  
*Literature Meeting*

<https://us02web.zoom.us/j/81244120420>

Meeting ID: 812 4412 0420

**Passcode: OAmeeeting**

Phone: +1 669 900 9128 US

Passcode: 906404081

**WED – 9:00 a.m. (Zoom)** [WSO #89493]

(Virtual Meeting - Stockton)

*11th Step Meditation*

<http://us04web.zoom.us/j/6099261904>

Meeting ID: 609 926 1904

**Password: 123456**

By Phone: (1) 669 900-9128

**WED – 5:30 p.m. (Zoom)** [WSO #31758]

(formerly at Friends Community Church, Sacramento)

*Voices and Tools of Recovery Speaker Meeting*

<https://us02web.zoom.us/j/85324607866>

Meeting ID: 853 2460 7866

**Password: 163195**

By Phone: (1) (669) 900-0128

To volunteer as a speaker, contact Joel (916) 397-8276

**WED 6:00 p.m. (Zoom)** [WSO #45706]

(formerly at Faith Lutheran Church, Murphys)

*Speaker, OA Literature*

<https://zoom.us/j/98300251945>

Meeting ID: 983 0025 1945

**Passcode: 525656**

By Phone: (1) 669 900 6833

**THURS – 12:00 noon (Zoom)** [WSO #20215]

(formerly at Westminster Church, Sacramento)

*OA/AA Steps and Traditions*

<https://zoom.us/j/93668137473>

Meeting ID: 936 6813 7473

**Passcode: 653920**

By Phone: (1) 669-900-6833

**THURS - 3:00 p.m. (Zoom)** [WSO #30896]

(formerly at St. Anne's Episcopal Church, Stockton)

*Relapse and Recovery*

<https://us04web.zoom.us/j/6099261904>

Meeting ID: 609 926 1904

**Password: 123456**

By Phone: (1) 669 900 9128

**THURS – 5:30 p.m. (Zoom)** [WSO #54397]

(formerly at St. John Episcopal Church, Chico)

*OA Literature*

<https://us02web.zoom.us/j/85354859380>

Meeting ID: 853 5485 9380

**Password: 541336**

By Phone: (1) (669) 900-9128

**THURS - 6:00 p.m. (Zoom)** [WSO #54298]

(formerly at CSA, West Sacramento)

*Body Image Book, Speaker 1st Thursday*

<https://zoom.us/j/97386123186>

Meeting ID: 973 8612 3186

**Passcode: freedom**

By phone: (1) (669) 900-6833

Passcode: 8586147

**THURS – 7:00 p.m. (Zoom)** [WSO #53903]

(formerly at Fairfield/Cordelia Library, Fairfield)

*Literature Meeting, Speaker every other month*

<https://zoom.us/j/93341504946>

Meeting ID: 933 4150 4946

**Passcode: 193674**

By Phone: (1) (669) 900-6833

**FRI – 5:30 p.m. (Zoom)** [WSO #34774]

(formerly at Buhler/Sutter - Sacramento)

*OA Steps and Traditions*

<https://zoom.us/j/94123555383>

Meeting ID: 941 2355 5383

**Passcode: LOVEOA**

By Phone (1) (669) 900-6833

**Passcode: 412953**

**FRI - 7:00 p.m. (Zoom)** [WSO #52984]

(formerly at St. Andrews Presbyterian Church, Yuba City)

*Step and Literature Meeting*

Meeting ID: 778 118 918

**Password: serenity**

By Phone: (1) 669-900-6833

**Passcode: 746450**

**SAT – 9:00 a.m. (Zoom)** [WSO #29079]

(formerly at Sutter/Buhler, Sacramento)

*OA 12 & 12, Steps and Traditions*

<https://us04web.zoom.us/j/796502742>

Meeting ID: 796 502 742

**Password: 903154**

By Phone: (1) (253) 215-8782

**SAT – 9:00 a.m. (Zoom)** [WSO #18446]

(formerly at Creekside Church, Rocklin)

*Big Book, Steps, Traditions, Speaker*

<https://us02web.zoom.us/j/82973879951>

Meeting ID: 829 7387 9951

**Password: RECOVERY**

By Phone: (1) (669) 900 9128

Passcode: 376702#

**SAT – 9:00 a.m. (Zoom)** [WSO #54051]

(formerly at St. Anne's Episcopal Church, Stockton)

*Step 11, Prayer and Meditation*

<https://us04web.zoom.us/j/6099261904>

Meeting ID: 609 926 1904

**Password: 123456**

By Phone: (1) 669 900 9128

**SAT – 9:00 a.m. (Zoom)** [WSO #39494]

(formerly at Journey Church, Folsom)

*Big Book, Steps, Traditions, Speaker*

<https://zoom.us/j/93250076062>

Meeting ID: 932 5007 6062

**Passcode: 173815**

Phone: (1) 669 900-6833

**SAT – 6:00 p.m. (Zoom)** [WSO #89410]

*Saturday Night Live: Speaker Meeting*

<https://zoom.us/j/99888290554>

Meeting ID: 998 8829 0554

**Passcode: 405605**

Phone: (1) 669 900 6833



## BOTTOM LINE IT WORKS !

I am an addict. I have been an addict all my life. My drug of choice is food. It was my anesthetic and my comfort. At the end of the day, when all the food was gone, I would pledge, "Tomorrow I will begin to get my life back in order. I will do something about my weight."

I am sure you have heard many times that we addicts need to hit rock bottom before we begin to turn our lives around. I hit my bottom on December 15, 2019. By then I weighed 398 pounds. My legs were crumbling beneath me. I had already undergone two hip replacements and a knee replacement.

I suffered from acid reflux and sleep apnea. I needed special stockings to control the swelling in my ankles and legs. And I needed special devices to help me put them on. I took medication for high blood pressure and cholesterol. I couldn't go half a block without stopping to catch my breath to let my heart slow down.

I was already a member of OA, but I had never taken the Twelve Steps seriously. This time I vowed to apply the Twelve Steps to my illness of compulsive eating. My goal was not to lose weight. Compulsive eating was my problem. And that was what I needed to stop.

If I found recovery, I knew my weight and other symptoms would take care of themselves. I admitted I was powerless over food—that my life had become unmanageable.

As of April 2021, I have 487 days of abstinence, which OA defines as "refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight," and have lost 145 pounds.

I use weight loss as one measure of my recovery, but I have gained a lot more:

- I no longer wake up gasping for air because of sleep apnea;
- my doctor took me off one blood pressure medication and cut the second dosage in half;
- I can tie my shoelaces without passing out;
- and my ankles and legs no longer swell up like balloons.

After sixty-six years of battling my demons, I was finally able to stop eating compulsively. I do know I experienced a spiritual awakening. And it became clear that my drug of choice no longer worked for me.

I no longer see the promise of comfort in compulsive eating, only nightmares. I also know this program is not a magic cure. It requires sacrifice and dedication to work the Twelve Steps, embrace a Higher Power as each one of us understands him, work with our sponsors, and above all, be honest with ourselves.

I have no idea how or why this program works. The bottom line: it works.

-anonymous

Faith is not about  
everything turning  
out okay.

Faith is about being  
okay no matter how  
things turn out.

### Today Is All I Have

I was a planner. I planned everything in my life well in advance. And I was really, really good at it. I used to detail out how much weight I would lose by my birthday, or Christmas or spring, if I kept up with whichever diet I was doing at the time.

I planned how and when I was going to meet the man of my dreams, how old I would be when I had kids, when certain people would realize they were in love with me, and when I would finish the milestones in my life. But with this planning came panic about getting it all done "right now."

When I started OA, I freaked out because I was told that the only way to get rid of my food obsession was to deal with it ONE DAY AT A TIME!

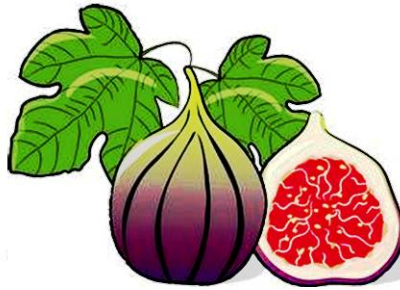
But what about my fears about work? What about my frustration with my family? What about my hostility towards friends? I need to deal with everything right now!

Whew! And I wonder why my life was overloaded with depression, despair and hopelessness. Before I came to OA, my life was lived in the future, and then when my plans unraveled, I lost faith in other people, in God and in myself.

Now, I've learned that TODAY IS ALL I HAVE.

-recovering compulsive overeater

## Welcome to F.I.G.



## Friends of Intergroup

### Would you like to help OA and strengthen your recovery?

SVIOA is starting a local **Friends of Intergroup (FIG)** which is a set of individuals who would like to help spread the message above the group level. This is perfect for those who may not have bandwidth to take on an official position or do not need another business meeting in their lives.

**WE NEED YOUR HELP!** We need whatever You can bring!  
You do not have to come to Intergroup meetings to do work for Intergroup.

Below are some ideas of what FIG members can do,  
 but as a FIG, you can become whatever you can imagine!

**Help us make FIG great!**

1	Do you enjoy doing <i>techie</i> stuff?
2	Do you like to write, edit, play around with words?
3	Do you enjoy putting on events?
4	Do you have fun snooping around and surfing the internet?
5	Would you like to find out how a website is put together?
6	Are you a people person who likes to network?
7	Do you enjoy playing around with graphics and clipart?
8	Would you like to learn how to Zoom better?
9	Are you a recovering anorexic or bulimic who could “buddy” up with another?
10	Would you have fun hunting down “rockin” speakers for events?
11	Would you be willing to pass on info about OA to your health practitioner?
12	Have you recovered from relapse and could “buddy” up with another?
13	Would you like to find out how we put together our OA Retreats?
14	Are you a young person who wants to learn more about recovery?
15	Are you a recovering atheist/agnostic who could “buddy” up with another?

To find out more, email Intergroup Vice-Chair Grace at [oavicechair@sacvalleyoa.org](mailto:oavicechair@sacvalleyoa.org)

"The age of miracles is still with us.  
Our own recovery proves that ! "

-Big Book, pg. 153



"After the Miracle

*Before OA, food overfilled and expanded my body.*

**Now food and exercise nourish my body.**

*Before OA, food covered a hole in my heart.*

**Now people fill my heart.**

*Before OA, food filled my time.*

**Now service, friends, and relaxation fill my time.**

*Before OA, food covered a hole in my spirit.*

**Now grace fills my spirit.**

*Before OA, food covered my feelings.*

**Now I feel my feelings.**

*Before OA, food masked my low self-esteem.*

**Now I believe I am worthy just because I was born."**

— Anonymous, Lifeline

<https://oa.org/working-the-program/strength-hope/>



*"I have learned to get a sponsor, have a food plan, make phone calls, do service, attend meetings, work the Steps, write, share what I write, sponsor others, meditate, make amends, pray for the people with whom I have problems, exercise, and turn everything over to God.*

*It's amazing how doing these things, one step at a time, has brought me to not wanting to overeat anymore."*

Lifeline Weekly, Vol. 6, No. 29 July 20–26,  
Reprint of a letter to Lifeline, 2003

## We are all miracles

"The hope and belief that things will get better is not a tangible commodity that I buy; it is something I must earn. I believe it is possible for everyone to be abstinent, to recover, and to have all our dreams come true. We get what we expect, so "expect a miracle." We are *all* miracles."

Voices of Recovery, p. 139

## The 12 Steps are More Powerful than the disease

*"The end result for anyone who works the Steps is increased self-esteem. The Twelve Steps are, indeed, more powerful than the disease."*

Anonymous  
— Lifeline, June 1986

## Would Your Meeting Like to Sponsor an Event in AUGUST?



*Some Ideas: A Day in the Life of a Recovered Person; Surrender; Maintenance; Defining Abstinence; Finding Your Higher Power; Road to Recovery; Faith Without Fear; Sponsorship; The Promises; Attitude of Gratitude; **Other?***  
Email Tiffany: [tsshultz@gmail.com](mailto:tsshultz@gmail.com)

## My mind is finally open

*"I have started rereading the AA "Big Book" and, oh, how those stories are making sense to me. OA's For Today also seems to be speaking to me so clearly.*

*It's as if my mind is finally open to what is being said.*

*Thank you for all the wonderful help you are giving me. It's really true: **the miracle happens."***

— Lifeline, November 1997





Next Intergroup Meeting  
 Tues May 11  
 7:00 — 8:00 p.m.

<https://zoom.us/j/98477821659>  
 Meeting ID: **984 7782 1659**  
 Passcode: **860953**

### 7th Tradition



**Suggested Online Donation  
 \$5.00**

<https://www.sacvalleyoa.org/donations-from-individuals.html>

Intergroup Board			
Chair	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>	Jan H	(916) 616-1466 C
Vice Chair	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>	Grace A.	(916) 213-7481 C
Secretary	<a href="mailto:oasecretary@sacvalleyoa.org">oasecretary@sacvalleyoa.org</a>	Robyn K.	(530) 304-4591 C
Treasurer	<a href="mailto:oa treasurer@sacvalleyoa.org">oa treasurer@sacvalleyoa.org</a>	Joel W	(916) 397-8276
Region 2	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>	Curt B. Kathryn K Nancy Mc	(510) 435-3246 C (209) 988-1173 C (916) 698-0651 C
WSBC	<a href="mailto:oa wsbc@sacvalleyoa.org">oa wsbc@sacvalleyoa.org</a>	Barbara M. Michelle K.	(916) 203-6025 C (530) 304-1924 C
Webmaster	<a href="mailto:webmaster@sacvalleyoa.org">webmaster@sacvalleyoa.org</a>	Marganne	(916)-927-5013 C

Intergroup Committees			
Events	Events Media	Tiffany	<a href="mailto:tsshultz@gmail.com">tsshultz@gmail.com</a>
Meeting Support	Speaker List	Dawn S	<a href="mailto:dawn.strickler@gmail.com">dawn.strickler@gmail.com</a>
Meeting News & Publicity	Newsletter Answer Phone	Gerri S Diane B	<a href="mailto:alohagerri@aol.com">alohagerri@aol.com</a> <a href="mailto:iamdiane@outlook.com">iamdiane@outlook.com</a>
Group Support & Video Conference Support	Chair	Phil K	<a href="mailto:phil@pkemp.com">phil@pkemp.com</a>
Public Outreach		Vacant	
Retreat	Chair	Rick Z	<a href="mailto:rick@directdigitalcontrols.com">rick@directdigitalcontrols.com</a>
Special Population Focus		Vacant	
Sponsorship	Chair	Cary H	<a href="mailto:caryyh2002@yahoo.com">caryyh2002@yahoo.com</a>

### Additional OA Resources

OA World Service  
 PO Box 44727  
 Rio Rancho, NM 87174-4727  
 (505) 891-2664  
[www.oa.org](http://www.oa.org)

OA Region 2  
 4733 Torrance Blvd., PMB 335  
 Torrance, CA 90503-4100  
[www.oar2.org](http://www.oar2.org)

Sacramento Valley Intergroup  
 Intergroup 09012  
 PO Box 255085  
 Sacramento, CA 95865  
 (916) 786-0330  
[www.sacvalleyoa.org](http://www.sacvalleyoa.org)

INTERGROUP MEETINGS  
 7:00 — 8:00 p.m.  
 2<sup>nd</sup> Tuesday of every month  
<https://zoom.us/j/98477821659>  
 Meeting ID: 984 7782 1659  
**Passcode: 860953**  
 By phone: (1) (669) 900-6833

