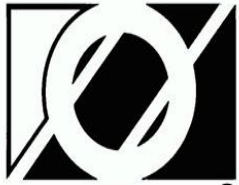


SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

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



Sacramento Valley
Intergroup

VALLEY

VOICE

Vol. 19, Issue 5

May 2019

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the OA 12-Step program.

Annual Appeal Letter from your WSO

Please read at three consecutive meetings, passing an envelope or basket for WSO

To: Groups and Members of Overeaters Anonymous

Please consider an extra contribution today to be sent specifically for the General Fund at your World Service Office. Our budget in recent years has been very tight, and we have not always had sufficient funding to allow the WSO to do the best job it can to carry the message to the compulsive eater who still suffers.

- **Tradition Seven** tells us OA is totally self-supporting. Only with your support can we continue to offer help and hope to compulsive overeaters around the globe.
- **Tradition Eleven** reminds us that we attract new members. Your contributions help to support our website and produce and distribute literature.
- **Step Twelve** reminds us of our responsibility to carry this message to others. Your extra donation will help with this, supporting outreach efforts, and making OA available in over eighty countries.

Your five or ten dollars at this time will make a positive difference in the financial health of Overeaters Anonymous. Any amount will be appreciated, and if you cannot contribute now, please consider giving more when your circumstances change.

On behalf of your World Service Office and your Board of Trustees, our sincere thanks to each of you for help in carrying this message, and for responding in such a caring way.

In gratitude,
Bonnie L.
Board of Trustees Treasurer, General Service Trustee

Note: If you prefer to contribute online, go to <https://oa.org/contribute/>.

After reading at three consecutive meetings, please forward the collective contribution, including your group number to:

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Overeaters Anonymous World Service Office/appeal to groups
PO Box 44727 (NEW PO BOX!!!)
Rio Rancho NM, 87174-4727 USA (NEW LAST FOUR DIGITS OF ZIP CODE!!!) Group # _____ Enclosing \$ _____

WEEKLY MEETINGS*

Day ³	City	Address	Format	Contact	Phone #	WSO #
Sunday						
3:30-3:55pm	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	NEWCOMER MTG	Mimi	916-495-5104	56483
4 pm	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	Abstinence 2 nd Edition, 4 th Sunday BB speaker	Susan S	916-455-2180	54797
7 pm¹	Elk Grove	Keeping Pace Learning Center, 8819 Elk Grove Blvd. (parking in back)	Literature Study	Jeanne O.	916-479-0708	45445
Monday						
Noon	Stockton	St Anne's Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Big Book study	Karen W.	209-338-8879	50675
12:30 pm	Nevada City	Trinity Episcopal Church 201 Nevada St., corner of High Street	Brown Bag/Step Study (scent free)	Debbie	916-847-0840	53250
5:30 pm¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st to E streets)	"For Today" Reading	Richard	916-962-0758	20105
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Literature Study	Colleen	408-531-5104	40370
6:00 pm	Modesto	Health Ed & Conference Center 1700 McHenry Ave. Ste 608	Literature & Occasional Speaker	Roger	209-232-6077	53717
6:30 pm¹	Rancho Cordova	Cordova Neighborhood Church 10600 Coloma Road	All Welcome OA HOW	Robin	916-529-1587	45680
7 pm	Rocklin/ Roseville	Creekside Church, 290 Technology Way-#300, Room 208, Rocklin	Big Book, Speaker, Step Study, Traditions Study	Susan K.	916-834-3878	49049
7 pm (PST)	PHONE MTG	415-938-9021	AA Step Study	Rick	916-870-1442	55463
Tuesday						
8 am (PST)	PHONE MTG	605-468-8006; Code: 561536#	OA 12 & 12 study	Susan H	916-212-1461	55042
Noon^{1,2}	Downtown Sacramento	909-12 th St. (between I and J streets) Room 202, buzz outside door	Brown Bag/Speaker	Gerri S.	808-250-1212	36145
6:30 pm	Stockton	St Anne's Episcopal, 1020 W. Lincoln Road (room behind church; off lot)	Varies	Mary S.	209-624-9622	33185
7 pm^{1,2}	Fairfield	Comm. Utd. Methodist, 1875 Fairfield Ave (park in back, enter from parking)	Literature Study	Tina	323-696-2577	50691
7 pm	Folsom	Journey Church 450 Blue Ravine Road – Room K1	OA 12&12, Big Book	Rick	916-870-1442	48460
7 pm	Placerville	First Lutheran Church, 1200 Pinecrest Circle	Literature Meeting	Amber	530-903-0444	53787
Wednesday						
10 am	Stockton	925 North Wilson Way	SPANISH SPEAKING & LITERATURE	Rene Vero	209-808-4686 209-662-2529	56073
5:30 pm¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st to E streets)	Big Book, Literature Study, Tools of Recovery	Joel	916-571-5922	31758
6 pm^{1,2}	Murphys	Faith Lutheran Church, 65 Mitchler Street (Corner of Highway 4)	Speaker/OA literature	Cathy	209-591-0074	45706
6:30 pm	Carmichael	Heritage Oaks Hospital Medical Bldg. 4300 Auburn Blvd., Room 101A	Speaker, Step Study	Michael	916-727-4361	30499

¹ Wheelchair accessible; ² Closed on holidays; ³ All meetings 60 minutes unless otherwise noted; ⁴ Anorexics and bulimics welcome. (ALL SVIOA meetings are open to compulsive eaters, anorexics and bulimics. Those meetings with a special designation specifically asked to include this designation in their meeting format.)

M-F 7:00 AM (PST)/10 AM (EST): "A Vision 4 You" phone at 712.432.5210 #876148

***FOR WORLD WIDE "ON-LINE" & PHONE MEETINGS GO TO: <https://oa.org/find-a-meeting>*FOR PODCASTS GO TO: www.oa.org/oapodcasts**

WEEKLY MEETINGS*

	City	Address	Format	Contact	Phone #	WSO #
Thursday						
8am (PST)	PHONE MTG	(605) 468-8006; Code: 561536#	AA Big Book Study	Danielle	916-217-7867	55027
10 am	Stockton	925 North Wilson Way	SPANISH SPEAKING & LITERATURE	Rene Vero	209-808-4686 209-662-2529	56073
Noon ²	Downtown Sacramento	Westminster Presbyterian Church 1300 N St. (room opposite office)	OA & AA 12&12 Study Okay to eat sack lunch	Joel	916-571-5922	20215
6 pm	Galt	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
6 pm	Rocklin/ Roseville	Origin Coffee & Tea 2168 Sunset Blvd. - #105, Rocklin	Big Book Study	Bonnie	916-812-8686	53605
6 pm	West Sacramento	Center for Spiritual Awareness 1275 Starboard Drive	Brown Book; speaker 1 st Thurs	Chantell	916-837-9613	54298
7 pm	Stockton	St Anne's Episcopal Church, 1020 W. Lincoln Road (room next to office)	OA 12 & 12	Maryann G.	209-951-2737	30896
7:30 pm	Fairfield/ Cordelia	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study & 12&12 OA Book	Katherine	707-446-1875	53903
Friday						
9:30 am	Sacramento Northeast	St. Andrews Methodist Church 6201 Spruce Ave. Old Foothill Farms	"For Today" and "Voices of Recovery"	Mary A.	916-489-3828	51643
5:00 pm	Grass Valley	BriarPatch Coop, in the Meeting Rm 290 Sierra College Drive	Varies	Debbie	916-847-0840	00842
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Topic Discussion	Klaus	209-295-4424	50244
5:30 pm ⁴	Sacramento Midtown	Buhler Pavilion, 2800 L St. 1 st floor, room 1 or 2	Speaker and Step Study ⁴	Ian	916-912-1450	34774
6 pm	Woodland	515 2 nd Street St Luke's Episcopal "Guild Hall"	Tools, Voices of Recovery, Meditation & Writing	Gail	603-397-2339	54418
7 pm	Yuba City	St. Andrew Presbyterian Church 1390 Franklin Road	Back to Basics, Step Study	Debbie	530-635-5034	52984
Saturday						
7 am	Stockton	St. Anne's Episcopal Church 1020 West Lincoln Room #2	11 th Step, Prayer and Meditation	Mary S.	209- 624-9622	54051
9 am	Folsom	Journey Church 450 Blue Ravine Road – Room 209	Literature, Step and Tradition Study, Speaker	Rick	916-870-1442	39494
9 - 10:30 am	Rocklin/ Roseville	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Steps and Traditions, & Speaker	Judy L.	916-799-5804	18446
9 am ¹	Sacramento Midtown	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 st floor- Rm 1or2	OA 12 & 12, Steps and Traditions	Cathy Ann	916-396-5049	29079
10 am	Nevada City	Trinity Episcopal Church 201 Nevada St.	Varies	Tobi / Dominique	530-272-3991	01305

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

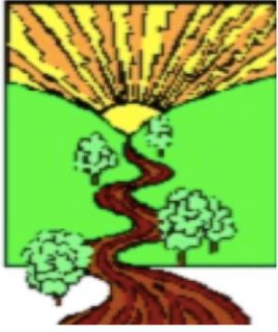
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***FOR PODCASTS GO TO: www.oa.org/oapodcasts**

Submit meeting changes to newsletter editor at: LauraS.37285@gmail.com



Overeaters Anonymous (OA) is: OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors & to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

North. Calif. Retreats, Intergroup Committees

Sonoma County OA Intergroup's Recovery Retreat is May 31-June 2, 2019, and still has openings!!! They will take registrations for the San Rafael location until May 30th. Call Kamara at (707) 535-9321.

The 2019 HOW-OA Retreat is June 14-June 16, 2019, and has openings!!! HOW-OA No. Calif. is taking reservations for the Santa Cruz location until June 1st. Please call Brenda M. at (510) 837-4334.

Bay Area OA and HOW Intergroups present their 17th Annual Men in Recovery Retreat in Santa Cruz October 25-27, 2019!!! Call Don at (415) 246-3086

New Modesto meeting on Monday evening at 6:00 pm! Health Ed & Conference Center, 1700 McHenry Ave, Ste. 608. Format: Literature & Occasional Speaker. Contact: Roger (209) 232-6077.

Our Region 2 reps attended the Spring Assembly March 29-30 in Pomona, Southern California. Chandra and Luanne learned that this year's Convention has been cancelled due to lack of volunteers. To remedy this, future Conventions will have an Intergroup volunteer to host, then the Convention will be scheduled for that location (instead of the location being picked first). Oakland will be hosting the Fall Assembly November 1-3.

Would you like to be on the OA speaker list? Call Susan K. at: (916) 983-1172, Home phone.

We have a new Special Population Focus Committee Chair and Co-Chair! Mary S. has moved over from Events to be Chair here, and Lori L will be Co-Chair.

So, now we need an Events Co-Chair!
We need a Co-Chair for the Group Support committee; the area of Group Growth.
Our Sponsorship committee, created in 2018, needs a Chair or Co-Chairs.
We need a WSBC Rep and a Region 2 Rep!

2019 Tahoe Retreat is sold out! To add your name to the Waiting List, (people have already cancelled, and had their spots refilled) go to: www.sacvalleyoa.org

Intergroup Board

Chair	oachair@sacvalleyoa.org	Nancy	(916) 698-0541 C
Vice Chair	oavicechair@sacvalleyoa.org	Jan H.	(916) 616-1466 C
Secretary	oasecretary@sacvalleyoa.org	Stephane	(323) 395-6487 C
Treasurer	ogatreasurer@sacvalleyoa.org	Grace	(916) 213-7481 C
Region 2	oar2rep@sacvalleyoa.org	Chandra Luanne	(707) 338-1496 C (714) 402-0687 C Vacant
WSBC	oawsbc@sacvalleyoa.org	Barbara M.	(916) 203-6025 C Vacant
Webmaster	webmaster@sacvalleyoa.org	Rene	(209) 808-4686 C

Intergroup Committees

Bylaws	Chair	Jan H.	(916) 616-1466 C
Events	Media Events	Angela H.	(720) 675-4054 C Vacant
Group Support	Speaker List Group Growth	Susan K.	(916) 983-1172 H Vacant
Meeting News & Publicity	LauraS.37285@gmail.com Answer Phone	Laura S. Cindy R.	Newsletter (916) 599-3425 C
Public Outreach	oadebbie@gmail.com	Debbie	Chair
Retreat	Chair	Rick	(916) 870-1442 C
Special Population Focus	Mapsamez@yahoo.com Co-Chair	Mary S. Lori L.	Chair (916) 475-3484 C
Sponsorship			Vacant

Some Additional OA Resources for You

OA World Service

PO Box 44727
Rio Rancho, NM 87174-4727
(505) 891-2664
www.oa.org & podcasts:oa.org/oapodcasts & speakers: oaoci.org

OA Region 2

4733 Torrance Blvd., PMB 335
Torrance, CA 90503-4100
www.oar2.org

Sacramento Valley Intergroup

Intergroup 09012
PO Box 255085
Sacramento, CA 95865
(916) 786-0330
www.sacvalleyoa.org

Monthly SVIOA Meetings

7:00-8:00 pm
2ND Tuesday of every month
Christ Temple Apostolic church
9000 La Riviera Drive
Sacramento, CA 95826