

October 2022

# Valley Voice



Vol 22 Issue 10

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.

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

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## Step, Tradition, Concept

### Spiritual Principles: Perseverance, Neutrality and Clarity

#### STEP 10: SPIRITUAL PRINCIPLE: Perseverance

Continued to take personal inventory and when we were wrong, promptly admitted it.

#### TRADITION 10: SPIRITUAL PRINCIPLE: Neutrality

Overeaters Anonymous has no opinion on outside issues: hence the OA name ought never be drawn into public controversy.

#### CONCEPT 10: SPIRITUAL PRINCIPLE: Clarity

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

## Overheard at Meetings

### PAUSE

### Pay Attention, Use Step Eleven

Life begins at the end of our comfort zone.

My disease hates honesty.

Abstinence is a constant process of uncovering, discovering, and discarding.

I tried playing the role of big shot.  
Then I got promoted to servant for God.  
Best job I ever had!

Don't believe everything you think!

If you sponsor people,  
you'll never need a mirror.

Every Step I take is a step further away  
from what I used to be.

STEPPING IN GRATITUDE

OA FOOT STEPS VIG

Workshop

Sunday, October 2, 2022

3:00 - 4:30 pm ET

Zoom: 853 3288 0508

Passcode: 1212

TWO SPEAKERS

Breakout rooms for sharing and writing

# MAKE PEACE YOUR PRIORITY

## The Step With the Greatest Ongoing Impact

**STEP**  
**10**

Step Ten continues to change my relationships, my work, my family and every aspect of my life far beyond the food.

I use Step Ten to check my thoughts, feelings and actions. I compare my present state to the humility and gratitude OA has shown me works best. And I take actions to remove barriers to that.

I take Step Ten Spot Checks throughout the day. I check myself when I'm feeling a resentment. I pause. I find out what's really going on. What's my part. And whether I need to make amends.

If I'm feeling judged or criticized, I take a quick inventory to understand what is truly my fault,

what I need to fix, and what's just someone else's opinion.

That keeps me out of my people-pleasing, approval-seeking addiction.

Step Ten for me means applying the principles to all my affairs. It has helped me stop arguing with my husband when I realize I'm trying to defend myself by trying to prove he is wrong.

It has helped me tell the truth and no longer say what I think people want to hear.

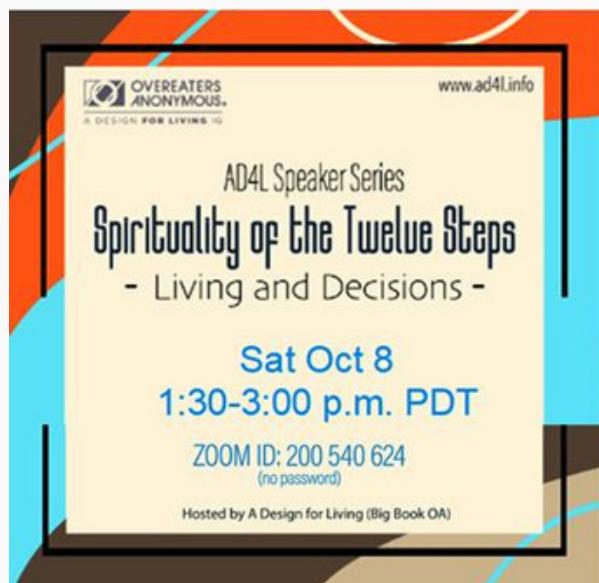
Step Ten has helped me with family members. I admit when I have done something wrong. And I make amends.

I confess when I don't know something. Not pretending to have all the answers. And not judging them by impossible standards.

My family members see me being humble and making changes, And it has had a huge effect on them.

And it has been the single best thing I've done for my kids as a parent.

- anonymous



## SECRET FORMULA

When I came into OA four years ago, I wanted what you people had – but not at the expense of giving up what I had.

What I had was my own secret formula for keeping my weight down while overeating. I discovered my “diet trick” when I was fifteen. Forcing myself to purge after bingeing soon became a ritual.

At first purging helped me lose weight. I started to eat twice as much as what I would normally eat. Then three or four times as much. Losing weight was no longer the issue. I was lucky to be maintaining my weight. I lived to eat from morning till night.

My life between the ages of 15-21 is a blur. I got married. Had a beautiful baby. Went to college. Got licensed as a nurse. Switched careers. And am presently at a job I will probably keep for a long time. But I do not remember consciously choosing to do any of these things.

I came into program desperate, lonely and afraid of myself and of the terrible thing inside me. How could I do this to myself over and over again? I stayed away from people. I became resentful and jealous of their successes and blamed myself even more.

Finally, I let go. I decided to work the Steps guided by a sponsor. And to walk with God.

Miracles have happened. I stopped overeating and I started living. For fifteen months I have abstained from compulsive overeating one day at a time.

My Higher Power woke me up after a long sleep and said, “Come with me. I will show you how to be happy. And you never have to be alone again.”

I’m grateful to this program – and to all of you – for the gift of life as it was meant to be.

- anonymous

# Three Essentials for Recovery

## Honesty, Open-Mindedness, Willingness

When I first came to OA, I was full of denial, blame, resentment, close-mindedness, and a complete unwillingness to take suggestions. I took little or no responsibility for my actions. It seemed that others had been given an instruction book on life, and I missed the day they were handed out! I was hurting, and I kept picking up the food to stop the hurt.

### Honesty

As I worked Step 1, I had to get honest with myself that I was powerless over my disease and my life was unmanageable by me. I finally realized that honesty meant I needed to listen to other people's stories and look for the similarities and not the differences. I needed to come out of denial about all the ways my disease affected my behavior. It was time to get real with myself. The disease was going to kill me if I didn't put more effort into my recovery.

### Open-Mindedness

I had a hard time staying open minded to the idea of having a Higher Power. I was raised that you pull yourself up by your bootstraps. In Step 1, I acknowledged I was powerless. But if I'm powerless, then I would need something that was powerful to help me. My sponsor asked me if I was willing to be open to the possibility there was a power greater than myself running the universe.

And I realized I needed to at least try to "act as if" there might be something out there that could work for me.

### Willingness

Willingness is not the easiest thing for me. Sometimes I can feel my heels dig in. I remember when I first started working with my sponsor, I agreed that I was willing to go to any lengths for abstinence. And that reminder helped me to keep moving forward

My early recovery was very challenging. Sometimes, when I was riddled with pride and ego and refusing to reach out to another fellow, these three principles were the only thing I could remember about the program. They were what saved me from taking that first bite.

- anonymous



## THANK-A-THON

### JOIN US ON THANKSGIVING DAY

Thursday, Nov. 24, 2022  
9 a.m. to Noon (Pacific Time)

**Zoom Meeting ID: 835 2121 8004**  
**Passcode: 909940**  
**Phone: 1 (669) 900-6833**

Three meetings at  
9 a.m. / 10 a.m. / 11 a.m.

HOSTED BY THE FOLLOWING MEETINGS:  
FRIDAY 5:30 P.M. OA BIG BOOK STUDY  
6 P.M. SATURDAY NIGHT LIVE  
SATURDAY 9 A.M. STEP 11 PRAYER AND MEDITATION

## Fit Spiritual Condition

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." (AA 12x12. p.90)



I never truly understood this Tenth Step's spiritual axiom until I had the following experience. I was sitting in my bedroom, reading into the late hours of the night, when suddenly I heard my dogs barking in the backyard. My neighbors frown on this kind of disturbance. So, with mixed feelings of anger and shame, as well as fear of my neighbor's disapproval, I immediately called in my dogs.

Several weeks later the exact same situation happened again. But this time, because I was feeling more at peace with myself, I was able to accept the situation. Dogs will bark. And I calmly called in the dogs.

Both incidents taught me that when I experience nearly identical events and react in two different ways, it is not the event that is the problem. It's my spiritual condition.

My feelings come from inside. Not from outward circumstances. When my spiritual condition is positive, I react positively.

- anonymous



Every morning I wake up and stand at the "Y" in the road. One road leads away from a binge. One road leads me closer to one.

When I'm spiritually fit, I tend to choose the path leading away from the food. I'm more focused on connecting with others rather than achieving more "stuff" for myself. I can overlook differences between us, and see similarities. And peace of mind is my number one goal. When I am full of fear and doubt, I choose what appears to be the easier, softer way. Comfort becomes my number one goal.

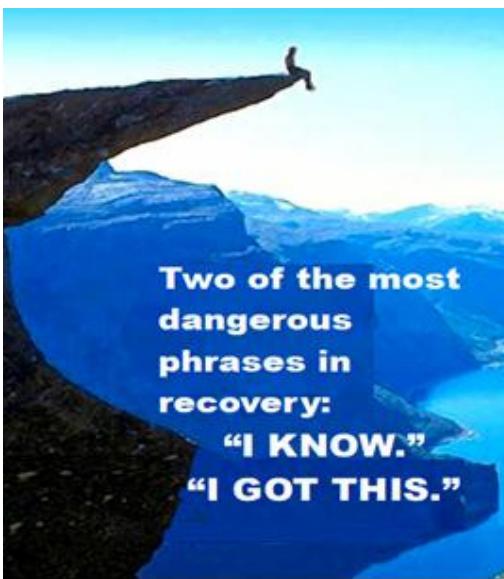
I believe the noise in my head is the truth. I complain. I criticize. I condemn.

Sooner or later my program gets bogged down. I become restless, irritable and discontented. I may not pick up, but my life starts going downhill.

So my challenge is to "keep it green." I've found that attending different meetings, performing a house cleaning and developing new friends in the fellowship all help me keep my program fresh and growing. But the most valuable component of my recovery has always been sponsorship.

There is no bigger thrill for me than to see a human shipwreck turn her life around and sail proudly out of the OA harbor.

- anonymous



## Dancing With God

My first sponsor told me that spirituality was a gift from God. That there's nothing I can do to "make" God come alive inside me. It's grace. A free gift that I don't need to earn.

When I practice the principles, I deflate my ego and make space for God. And when I do that, spirit seems to rush in and fill up the space. It's like I take one step towards God, and He takes two steps towards me.

Then when I get caught up in things of the world and retreat -- He steps backwards too. Pretty soon I begin to feel disconnected and without purpose. Finally I wake up and remember what is real. And the dance starts again.

God and I have been doing this dance for years. He waits patiently until He senses I'm ready to receive the gift He wants more than anything to give me.

- anonymous



## The 4 Paradoxes of OA

### 1. WE SURRENDER TO WIN.

Surrendering certainly doesn't seem like winning. But it is in OA. Only when I hit "bottom" and finally surrendered, was I able to get abstinent, which I could never do before.

### 2. WE GIVE AWAY TO KEEP.

In order to keep what I have in OA, I must give it away to others. When I can't afford to give away what I have received so freely, I had better get ready for my next binge.

### 3. WE SUFFER TO GET WELL.

There is no way to escape the suffering, the regret, the shame and embarrassment which started me on the road of getting well from my disease.

### 4. WE DIE TO LIVE.

When I work the 12 Steps, my old life and all that goes with it, gradually dies. And I acquire a different and a better way of life. As my shortcomings are removed, my old life dies and my new life lives.

- anonymous

# My Best Teacher



**Step 10:** Continued to take personal inventory.  
(AA 12x12, p.88)

No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me, I always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself.

Whoever is upsetting me most is my best teacher. I have much to learn from them. And in my heart, I should thank that person.

- anonymous



## RESENTMENT

I didn't get my way  
YESTERDAY.



## ANGER

I'm not getting my way  
TODAY.



## FEAR

I won't get my way  
TOMORROW.



## GRATITUDE SCAVENGER HUNT

1. Find something that makes you happy.
2. Find something to give someone else to make them smile.
3. Find one thing you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

- anonymous

“

NOTHING WILL MAKE YOU FEEL BETTER

EXCEPT DOING THE WORK

”



## A Life of Sane and Happy Usefulness

“Who would want that?” That was my reaction to reading this line for the first time, nearly seventeen years ago.

I wanted a slim body and plenty of money, not service to others. Today I am convinced that my Higher Power led me to Overeaters Anonymous.

I got far more than I bargained for when I walked through the doors of OA.

It had not occurred to me to try a spiritual solution to deal with what I thought was a physical problem. I had been compulsively overeating nearly all my life before coming to OA. I just didn't know there was a name for what I did.

I'm very grateful I kept coming back to meetings regularly, week after week. My Higher Power continues to challenge me to love and accept myself just as I am today. And to pass on the message that recovery from this disease is possible.

It has been a unique experience for me to reach out to still suffering compulsive overeaters to let them know that there is a solution in OA, if they want it. “Sane and happy usefulness” to myself and others is something I value and strive for today, one day at a time.

- anonymous

# SVIOA News & Information

## INTERGROUP \* MEETINGS \* EVENTS



**2023 SVIOA Board Election Procedures**

Hello fellow SVIOA-ers!

Please review this important information. Even if your group does not have an Intergroup Rep, your group's voice can still be heard!! Each Intergroup Rep will be e-mailed a ballot on or shortly before the October 11, 2022 IG meeting.

Because there are no candidates vying for the same positions, the Intergroup Rep can simply ask group members if they are willing to accept the nominees as shown n the ballot, or if there are any write-in candidates.

- If write-in candidates are recommended, the Intergroup Rep must poll the meeting and record the number of members who vote for the nominee shown on the ballot and how many vote for the write-in candidate.
- Write-in candidates must meet the eligibility requirements as posted at [www.sacvalleyoa.org](http://www.sacvalleyoa.org).

Members may vote once at each different meeting they regularly attend (e.g. member votes once at the Mon. evening, Thurs. noon, and Sat. morning meetings.)

For each elected office, the qualified candidate with the most votes wins.

Intergroup Reps will be polled at the November 8, 2022 Intergroup meeting to determine if their group accepts the nominees as shown on the ballot or if there are any write-in candidates. If the Intergroup Rep is unable to attend, or if a group does not have an Intergroup rep, the group is encouraged to ask a group member to attend the November IG meeting to share the group conscience.

Ballots do not need to be returned or turned in.

**NOMINEES INCLUDE:**

Chair: Scarlet H. Treasurer: Barbara E. Secretary: Raven R2 Rep: Kathryn K. Webmaster: Phil K. Vice chair: Cary H.

A big thank you to those who nominated others (or themselves) and those who agreed to make themselves available to be of service. It's fun, rewarding, and a very good way to "stay in the middle of the herd."

In loving service,  
Jan H.  
SVIOA Chair

**SVIOA  
MEETING LIST**  
[CLICK HERE](#)

**SVIOA  
EVENT LIST**  
[CLICK HERE](#)

## INTERGROUP MEETINGS

7 - 8 p.m. (Pacific Time)  
Every 2nd Tuesday of each month  
Zoom Meeting ID: : 984 7782 1659  
Passcode: 860953

## INTERGROUP BOARD

Chair	Jan H.	(916) 616-1466	<a href="mailto:oachair@sacvalleyoa.org">oachair@sacvalleyoa.org</a>
Vice Chair	Scarlet H.	(916) 505-0360	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>
Secretary	Emily H.	(916) 718-2070	<a href="mailto:oasecretary@sacvalleyoa.org">oasecretary@sacvalleyoa.org</a>
Treasurer	Joel W.	(916) 397-8276	<a href="mailto:oatreasurer@sacvalleyoa.org">oatreasurer@sacvalleyoa.org</a>
Region 2	Curt B.	(510) 435-3246	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>
	Kathryn K.	(209) 988-1172	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>
	Nancy Mc.	(916) 698-0541	<a href="mailto:oar2rep@sacvalleyoa.org">oar2rep@sacvalleyoa.org</a>
	Barbara M.	(916) 203-6025	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>
	Judy L.	(916) 799-5804	<a href="mailto:oawsbc@sacvalleyoa.org">oawsbc@sacvalleyoa.org</a>
WSBC	Les F.	(775) 813-4076	<a href="mailto:sdallama@me.com">sdallama@me.com</a>
Webmaster	Phil K.	(916) 768-4549	<a href="mailto:webmaster@sacvalleyoa.org">webmaster@sacvalleyoa.org</a>

## INTERGROUP COMMITTEES

<b>Bylaws</b>	Bylaws and Policy & Procedures Review/Update	Scarlet H.	<a href="mailto:oavicechair@sacvalleyoa.org">oavicechair@sacvalleyoa.org</a>
<b>Events</b>	Events Support	Sandra S.	<a href="mailto:divingal17@gmail.com">divingal17@gmail.com</a>
<b>Group Support</b>	Meeting & Video Conference Support	Gerri S.	<a href="mailto:alohagerri@aol.com">alohagerri@aol.com</a>
	Speaker List Maintenance	Dee	
<b>Answer Phone</b>	Answer Phone Maintenance	Diane B.	<a href="mailto:iamdiane@outlook.com">iamdiane@outlook.com</a>
<b>Newsletter Meeting</b>	Newsletter Editor	Christina H.	<a href="mailto:ohxina@gmail.com">ohxina@gmail.com</a>
<b>List Public Outreach</b>	Meeting List Coordinator	Dawn S.	<a href="mailto:dawn.strickler@gmail.com">dawn.strickler@gmail.com</a>
<b>Retreat Special</b>	Public Outreach Support	VACANT	<a href="mailto:rick@directdigitalcontrols.com">rick@directdigitalcontrols.com</a>
<b>Population Focus</b>	Retreat Coordination	Rick Z.	<a href="mailto:caryhh2002@yahoo.com">caryhh2002@yahoo.com</a>
<b>Sponsorship</b>	Special Population Support	VACANT	
	Sponsorship Resources	Cary H.	
	Maintenance		

