

SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

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



Sacramento Valley
Intergroup

VALLEY VOICE

Vol. 20, Issue 2

February 2020

STEP 2: SPIRITUAL PRINCIPLE: HOPE

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2: SPIRITUAL PRINCIPLE: TRUST

For our group purpose there is but one ultimate authority—a loving God as he may express Himself to our group conscience. Our leaders are but trusted servants, they do not govern.

CONCEPT 2: SPIRITUAL PRINCIPLE: CONSCIENCE

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.



Please help us to renew and strengthen the Sacramento Valley Intergroup by answering the following questions and emailing your ideas to oavoicechair@sacvalleyoa.org

Jan H, Intergroup Vice Chair

1. *What is the purpose of the Sacramento Valley Intergroup?*
2. *Do you feel that we are fulfilling that purpose? How can we improve?*

Upcoming Events

Sponsorship Bank



Are you an available sponsor?
Are you willing to be a temporary sponsor?
Are you looking for a sponsor?

Call or text the Sponsorship Bank
(808) 250-1212

- **Sat – Feb 29 - OA Worldwide Unity Day**
SACRAMENTO Buhler Pavilion, 2800 L Street
10:30 am – 12:30 pm. Speakers, writing and sharing.
\$5 suggested donation (no one turned away).
Call Sharon E. (916) 813-4101.
- **Fri - Sat, April 3-4 - Region 2 Spring Assembly**
OAKLAND Hilton Oakland Airport. www.oar2.org
- **Fri – Sun, April 24-26 – OA Serenity Retreat**
SANTA CRUZ –, Villa Maria Del Mar. Info: (650) 260-5537
- **Fri – Sun, July 10-12 - Region 2 Convention**
OAKLAND Hilton Oakland Airport. www.oar2.org
- **Fri – Sun, July 31 – Aug 2 - Lake Tahoe Retreat**
Zephyr Cove, NEVADA www.sacvalleyoa.org

WEEKLY MEETINGS

Day	City	Address	Format	Contact	Phone #	WSO #
Sunday						
3:30-3:55 pm	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 pm	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)	Garnet H.	530-559-1618	53250
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to cafeteria	Literature Study	Debra	209-274-6453	40370
5:30 pm	Sacramento East	Friends Community Church, 4001 E St. (corner of E & 41 st /First Floor)	For Today Reading	Joel	916-397-8276	20105
6:00 pm	Modesto	Health Ed & Conference Center 1700 McHenry Ave. Suite 608	Literature & Occasional Speaker	Roger	209-232-6077	53717
7 pm	Rocklin/ Roseville	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Speaker, Step Study, Traditions Study	Elizabeth G.	916-434-7188	49049
7 pm	Yuba City	St. Andrew United Presbyterian Church, 1390 Franklin Road	Varies	Angie	720-675-4054	57050
Tuesday						
8 am (PST)	PHONE MTG	605-468-8006; Code: 561536#	OA 12&12 study	Susan H	916-212-1461	55042
Noon	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
5:30 pm	Davis	Davis Lutheran Church, 317 E. 8 th St. (corner of 8 th St. and B St.)	Step & Tradition Focus	Gail	603-397-2339	56921
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	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 Z.	916-870-1442	48460
Wednesday						
10 am	Stockton	925 North Wilson Way	SPANISH SPEAKING & LITERATURE	Rene Vero	209-808-4686 209-662-2529	56073
Noon	Auburn	Gold Country Church, 11641 Blocker Dr., 1 st Floor, rear left corner room (needs support)	Brown Bag/ Speaker, AA 12&12, OA Steps	Wendy	760-271-6003	56983
5:30 pm	Sacramento East	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	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	Elizabeth M.	916-802-5527	30499

ALL SVIOA meetings are open to compulsive eaters, anorexics and bulimics.

All meetings are 60 minutes long unless otherwise noted.

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
Noon	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
3 pm	Stockton	St. Anne's Episcopal Church, 1020 W. Lincoln Road (room next to office)	Recovery from Relapse	Mary S.	209-624-9622	30896
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
6:30 pm	Rancho Cordova New	Swimstitute, 11335 B Folsom Blvd. (enter bldg; commun room on left)	All Welcome – OA HOW	Terry T	916-601-4207	45680
7:30 pm	Fairfield/ Cordelia	Fairfield/Cordelia Library, Study Room; 5050 Business Center Drive	Big Book Study and OA 12&12 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 cafeteria	Literature Study	Cindy G.	209-274-2595	50244
5:30 pm	Sacramento Midtown	Buhler Pavilion, 2800 L St. 1 st floor, room 1 or 2 (needs support)	Speaker and Step Study	Ian	916-912-1450	34774
6 pm	Woodland	515 2 nd Street St Luke's Episcopal Church	Tools, Voices/For Today, Meditation and Writing	Cary	530-908-1230	54418
7 pm	Yuba City	St. Andrew United 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 K1	Literature, Step and Tradition Study, Speaker	Susan K.	916-983-1172	39494
9:00- 10:30 am	Rocklin/ Roseville	Creekside Church, 290 Technology Way #300, Room 208, Rocklin	Big Book, Steps and Traditions, and Speaker	Judy L.	916-799-5804	18446
9 am	Sacramento Midtown	Buhler Pavilion (former Sutter Cancer Center); 2800 L St. 1 st floor, Rm 1or2	OA 12 & 12, Steps and Traditions	Barbara M. Jan H.	916-203-6025 916-616-1466	29079
10 am	Nevada City	Trinity Episcopal Church 201 Nevada St.	Varies	Tobi / Dominique	530-272-3991	01305

Can't get to a meeting?

Sacramento Valley OA Speaker Podcasts: www.sacvalleyoa.org/podcasts.html

OA Big Book Study Speaker Podcasts: www.avision4you.info/sunday-special-edition-podcast/

Find an Online or Phone Meeting: www.aa.org/find-a-meeting

Sacramento OA Answer Phone **(916) 786-0330**

listing area meetings and local area events

Please submit meeting changes to: alohagerri@aol.com

SAVE THE DATE!



**WORLD SERVICE CONVENTION
AUGUST 20-22, 2020
ORLANDO, FLORIDA, USA**



Step 12: Service OA Spoken Here

Several years ago, I became a local intergroup telephone contact for information about Overeaters Anonymous. Because I am a contact person, I feel a responsibility to work my program to the best of my ability. When newcomers call, I would rather tell them of my 12 years of 97 percent abstinence, than tell them I overate today, and I will try to be abstinent tomorrow. If I did not have this service position, I would still work my program of recovery. However, because my disease is cunning, baffling, powerful and subtle, I need every hedge against it I can get. Service, no matter what size or type, is one of the best ways to keep the temptations of compulsive eating at bay.

-from a gratefully recovering OA member

7th Tradition Donations Jan – Dec 2019

DAY	TIME	CITY	WSO#	2019
Sun	3:30 PM	Sacramento	56483	
	4:00 PM	Sacramento	54797	\$ 530.40
	7:00 PM	Elk Grove	45445	\$ 285.75
Mon	12:00 PM	Stockton	50675	\$ 120.00
	12:30 PM	Nevada City	53250	\$ 255.87
	5:30 PM	East Sacramento	20105	\$ 509.60
	5:30 PM	Jackson	40370	\$ 90.00
	6:00 PM	Modesto	53717	\$ 565.75
	6:30 PM	Rancho Cordova	45680	\$ 480.00
	7:00 PM	Phone	55463	
	7:00 PM	Rocklin	49049	\$ 336.00
Tues	8:00 AM	Phone	55042	
	12:00 PM	Sacramento	36145	\$ 615.48
	6:30 PM	Stockton	33185	\$ 110.00
	7:00 PM	Fairfield	50691	\$ 240.00
	7:00 PM	Folsom	48460	
Wed & Thurs	7:00 PM	Placerville	53787	
	10:00 AM	Stockton	56073	\$ 40.00
Wed	5:30 PM	East Sacramento	31758	\$ 414.00
	6:00 PM	Murphys	45706	
	6:30 PM	Carmichael	30499	\$ 155.16
Thurs	8:00 AM	Phone	55027	
	10:00 AM	Stockton	56073	
	12:00 PM	Sacramento	20215	\$ 125.50
	6:00 PM	Galt	51776	
	6:00 PM	Rocklin	53605	\$ 144.00
	6:00 PM	West Sacramento	54298	\$ 453.00
	7:00 PM	Stockton	30896	\$ 40.00
Fri	7:30 PM	Fairfield	53903	\$ 60.00
	9:30 AM	Sacramento NE	51643	
	5:00 PM	Grass Valley	00842	\$ 388.00
	5:30 PM	Sacramento	34774	\$ 553.99
	5:30 PM	Jackson	50244	\$ 270.00
	6:00 PM	Woodland	54418	\$ 123.00
	7:00 PM	Yuba City	52984	
Sat	7:00 AM	Stockton	54051	\$ 50.00
	9:00 AM	Folsom	39494	\$ 575.50
	9:00 AM	Rocklin	18446	\$ 1,254.00
	9:00 AM	Sacramento	29079	\$ 3,664.00
	10:00 AM	Nevada City	01305	\$ 192.20
			Total	\$ 12,641.20

Intergroup Board

Chair	oachair@sacvalleyoa.org	Nancy Mc	(916) 698-0541 C
Vice Chair	oavicechair@sacvalleyoa.org	Jan H.	(916) 616-1466 C
Secretary	oasecretary@sacvalleyoa.org	Robyn K.	(530) 304-4591 C
Treasurer	ogatreasurer@sacvalleyoa.org	Grace	(916) 213-7481 C
Region 2	oar2rep@sacvalleyoa.org	Chandra Luanne Laura S.	(707) 338-1496 C (714) 402-0687 C (916) 296-3613 C
WSBC	oawsbc@sacvalleyoa.org	Barbara M. Michelle K.	(916) 203-6025 C (530) 304-1924 C
Webmaster	webmaster@sacvalleyoa.org	Rene	(209) 808-4686 C

Intergroup Committees

Events	Events Media	Judy L.	(916) 799-5804 C Vacant
Group Support	Speaker List Meeting Support		Vacant Vacant
Meeting News & Publicity	Newsletter Answer Phone	Gerri S Judy B	alohagerri@aol.com jbsklmarm1@gmail.com
Public Outreach	Chair	Shonquinta	shonquinta1@sbcglobal.net
Retreat	Chair	Rick Z.	(916) 870-1442 C
Special Population Focus	Chair	Mary S.	mapsamez@yahoo.com
Sponsorship	Chair		Vacant

Additional OA Resources

OA World Service

PO Box 44727
Rio Rancho, NM 87174-4727
(505) 891-2664
www.oa.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