



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.

Vol 21, Issue 1

JANUARY 2021

Table of Contents

Step 1, Tradition 1, Concept 1..... 1

Overheard at Meetings..... 1

Your Secrets Aren't Yours Any More..... 2

If I'm Not the Problem, Then There is no Solution2

Upcoming Events..... 3

Sacramento Valley OA Meetings 4-5

Stockton OA Meetings in Spanish 6

My Journey 7

How OA Changed My Life 7

The Zoom "God Squad"..... 8

How To Use Zoom—A "Zoomie" Handbook..... 8

Open and Powerful Energy Flow..... 9

Intergroup Information 10

Additional OA Resources..... 10

STEP 1: SPIRITUAL PRINCIPLE: Honesty

We admitted we were powerless over food--that our lives had become unmanageable.

TRADITION 1: SPIRITUAL PRINCIPLE: Unity

Our common welfare should come first; personal recovery depends upon OA unity

CONCEPT 1: SPIRITUAL PRINCIPLE: Unity

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.



Overheard at Meetings

*The problem is not the problem.
The problem is insanity.*

*The BMC Club:
Bitch, moan and complain*

*When I procrastinate
I eliminate failure*

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

I couldn't be trusted.

*How much more healing
does God want me to experience?*

*If you are ready,
a monkey could sponsor you.*

Overeaters Anonymous 61st Birthday

SATURDAY
JANUARY 30, 2021

6:30 - 8:00 PM Pacific Time (Doors open 6 PM)

<https://zoom.us/j/99261558932?>

ZOOM Code: 992 6155 8932 PASSWORD: 913773
Phone: +1 669 900 6833 Same Password

Enjoy speakers with longterm abstinence, warm fellowship, abstinence countdown and available sponsors.

SUGGESTED 7TH TRADITION ONLINE DONATION:\$5

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

General Info: Sharon (916) 813-4101
Zoom Help: Karin (916) 717-5112 or Scarlet (916) 505-0360

A Sacramento Valley OA Intergroup Event

Abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery is the removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.



The Stockton Members of Overeaters Anonymous invite you to

New Year, New You IV

Moving Forward....Looking Back



The Sankofa bird teaches us to reach back to gather the best of our past in order to move forward to achieve our full potential.

Fri – Jan 1, 2021
10:00 – 11:30 a.m. PT

(Speakers, Time for Sharing)

Meeting ID: 950 1749 0338
Passcode: 949086
Phone: +1 669 900 6833
Passcode: 949086

Suggested 7th Tradition Online Donation: \$5.00
<https://www.sacvalleyoa.org/donations-for-events.html>

For more information, call Mary (209) 624-9622

Your Secrets Aren't Yours Any More

When I feel lost and all alone
And I run off to my secret corner to hide
And I feel no one can see me
No one knows what I'm doing
You are always there with me
Your words ring forever louder in my ears

Now no longer is it a secret
No longer is it a place to hide
No longer can I go and lock myself inside
No longer am I alone there
In my deepest darkest place

For today the sun shines brighter than ever
And the treasures are greater than before
Life is not just another day I must endure
But instead is full of excitement and things to enjoy

Secrets to uncover
And recovery to be had and enjoyed by all who want it
Not for all who need it because they don't all want it
For if we all wanted it the rooms would overflow

So break down the doors my friends
And let the lies go
Because your secrets are not "your" secrets any more
Because we all already know!

-anonymous

If I'm Not the Problem Then There Is No Solution

I have been having a lot of financial difficulties and have been struggling to keep things going. The program tells me that I have a choice: either I can try to kill the pain by getting depressed or turning back to my old behaviors around food, or I can pray, talk about it in meetings, meditate, journal, bookend with my sponsor and others and come up with a solution.

I heard a person in a meeting years ago say "If I'm not the problem - there is no solution" and that stuck with me. I am a blamer.

My attitude is the problem. And it seems to block the grace of God from coming in and helping me. Yes, there are plenty of external problems and there probably will always be, but if I stay frustrated, fearful and isolated then I will have a difficult time looking within for the answer. It is too painful.

I have finally come up with a solution because I have now accepted my dilemma. I discovered that I was angry with the government for forcing me to close my business. I was angry because my business was failing. I was fearful because I couldn't pay my bills and I might lose my house.

What I didn't focus on was that I was angry and fearful – and that *this* was my real problem. I began to practice not being angry. I did everything I could to not be fearful. This took practice. When I calmed down after a month or so, I could see the solution staring me in the face.

The business I was in wasn't really good enough to bring in the money I needed to pay the mortgage and all of the bills. So now I don't have to participate in that business any more. What a relief. The problem was me all along!

I was the problem. I just didn't want to get out of my comfort zone. I can see now that *if I'm not the problem - there is no solution*

-anonymous

2021
TOPICS



Virtual Region
WORKSHOP

"2nd Sunday of the Month"

12:00 – 1:30 p.m. PT

Sun - Jan 10

"And practice these principles in all our affairs."
-The Spiritual Principles of the Steps



891 6554 0024
Password: 120912

For more information: oavirtualregion.org
(Lisa) workshop@oavirtualregion.org (Lee) vicechair@oavirtualregion.org
Suggested workshop contribution \$5

UPCOMING EVENTS

- FRI JAN 1** New Year, New You IV (**Sacramento Valley**)
 10:00 - 11:30 a.m. PT
<https://www.sacvalleyoa.org/january-1-2021.html>
- FRI JAN 1** Kwanzaa! Celebrating the Harvest, Recovery and the Beauty of Diversity in OA (**Miami Dade and the Keys**)
 11:00 a.m.- 12:00 noon
<https://oamiami.org/events/2021/01/Kwanzaa-Celebration.pdf>
- FRI JAN 1** Holiday Thankathon (**East Bay Unity**)
 10:00 a.m. - 12:00 noon PT
https://www.oar2.org/uploads/1/2/2/7/122756664/741245277792114355_thankathon_postcard_final_1.png
- SUN JAN 3** Body Image Workshop (**OA RISE**)
 1:00 - 4:00 p.m. PT
https://oarise.org/event/body-image-relationships-sexuality-workshop/?instance_id=139
- SAT JAN 9** 12 Day Temporary Sponsor Workshop (**Sonoma County Intergroup**)
 10:30 a.m. - 12:00 p.m. PT (**MUST REGISTER**)
<https://us02web.zoom.us/meeting/register/tZwvde6rqDgiG93kNIRwuiNo8CF4xJDVnHN>
- SAT-SUN JAN 9-10** 12 Steps to Freedom: OA Big Book Workshop (**register**)
 12:00. - 1:30 p.m. PT
<https://www.eventbrite.com/e/bb-weekend-2021-tickets-131345404641>
- SUN JAN 10** The Spiritual Principles of the Steps (**Virtual Region**)
 12:00. - 1:30 p.m. PT
<https://www.eventbrite.com/e/bb-weekend-2021-tickets-131345404641>
- FRI-SAT JAN 16-17** OA Birthday Party (**OALAIG**)
<https://www.oalaig.org/oa-birthday-party/>
- SAT JAN 23** Using the Action Plan to Manage our Abstinence (**Silicon Valley**)
 10:00 a.m. - 12:30 p.m. PT
https://www.oaregion1.org/uploads/1/4/0/4/14047174/01-23-21_act_workshop_flyer.pdf
- SAT JAN 30** OA Birthday Party (**Sacramento Valley Intergroup**)
 6:30 – 8:00 p.m.. PT
<https://www.sacvalleyoa.org/january-30-2021.html>
- SAT-SUN FEB 20-21** There is a Solution: Virtual Region Convention (**Virtual Region**)
<https://oavirtualregion.org/news-events/events/vr-conventions/>
- FRI-SUN AUG 20-22** Region 3 Convention
https://www.oar2.org/uploads/1/2/2/7/122756664/577693654691894510_final_flyer_c_and_a_2021_1.pdf
- FRI-SUN AUG 26-28** OA World Service Convention (**Orlando, FL**)
<https://oa.org/world-service-convention/>

Sacramento Valley OA Meetings (as of Jan 1, 2021)



SUN – 3:30 p.m. (Zoom) [WSO #56483]

(formerly Buhler/Sutter, Sacramento)
Newcomer Meeting

<https://us04web.zoom.us/j/554955050>

Meeting ID: 554 955 050

Password: 012668

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

SUN – 4:00 p.m. (Zoom) [WSO #54797]

(formerly Buhler/Sutter, Sacramento)
Abstinence 2nd Edition, 4th Sunday BB Speaker

<https://us04web.zoom.us/j/554955050>

Meeting ID: 554 955 050

Password: 012668

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

SUN 6:00 p.m. (Zoom) [WSO #45601]

(formerly at St. John Episcopal Church, Chico)
A Commitment to Abstinence

Meeting ID: 354 706 510

Password: 541336

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/6099261904>

Meeting ID: 609 926 1904

Password: 123456

By Phone: (1) 669 900 9128

MON – 12:30 p.m. (Zoom) [WSO #53250]

(formerly at Trinity Episcopal Church, Nevada City)
Step Study

<https://us04web.zoom.us/j/89702569640>

Meeting ID: 897 0256 9640

Password: 319201

If you have questions, call Garnet at 530-559-1618

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

Password: 210817

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

MON – 6:00 p.m. (Zoom) [WSO #53717]

(formerly McHenry Village, Modesto)
Literature, Speaker

<https://us04web.zoom.us/j/679630335>

Meeting ID: 679 630 335

Password: 330186

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 6:30 p.m. (Zoom) [WSO #33185]

(formerly at St. Anne's Episcopal Church, Stockton)
<https://us04web.zoom.us/j/6099261904>

Meeting ID: 609 926 1904

Password: 123456

By Phone: (1) 669 900 9128

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

Sacramento Valley OA Meetings (as of Jan 1, 2021)

5



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

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: OAmeeing

Phone: +1 669 900 9128 US

Passcode: 906404081

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 12&12 *Study*

<https://us02web.zoom.us/j/83393330292>

Meeting ID: 833 9333 0292

Password: 506910

By Phone: (1) (669) 900 9128

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

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

<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)

Brown Book, Speaker 1st Thursday

<https://us04web.zoom.us/j/9046937853>

Meeting ID: 904 693 7853

Password: freedom

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 *Step Study*

<https://us02web.zoom.us/j/88040217292>

Meeting ID: 880 4021 7292

Password: LOVEOA

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

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

Phone 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

Password: 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://fugue.zoom.us/j/97507690062>

Meeting ID: 975 0769 0062

Passcode: 495667

By Phone: (1) (669) 900 6833

Stockton Face-to-Face Meetings in Spanish (as of Jan 1, 2021)



WED (*Miercoles*) [WSO #56073]

10:00 – 11:00 a.m.
925 No. Wilson Way

Stockton

Literature Meeting (Literatura)

Contact René (209) 808-4686

THURS (*Jueves*) [WSO #57224]

6:00 – 6:45 p.m.
925 No. Wilson Way

Stockton

Literature Meeting (Literatura)

Contact René (209) 808-4686

SUN (*Domingo*) [WSO #57235]

1:30 - 2:30 p.m.
925 No. Wilson Way

Stockton

Literature Meeting (Literatura)

Contact René (209) 808-4686

Comedores Compulsivos Anonimos de Stockton - En español

Our face-to-face meetings adhere to COVID-19 Protocols.

Enviten a una persona nueva.

La comunidad hispana los necesita!

Send a new person.

The Hispanic community needs you!

A great opportunity
to brush up on your Spanish!

*Estamos ubicados en la esquina de Acacia St y
Wilson way. Estacionamiento dentro del cercado.
Busquen los letreros de CCA.*

We are located on the corner of Acacia St and Wilson way.
Parking inside the fence. Look for the CCA signs

Step 1

Admitimos que
éramos impotentes
ante la comida
y nuestras vidas
se habían vuelto
ingobernables.

"Por hoy: En lugar de resoluciones, promesas y votos, marco este día como todos los demás: entregando mi voluntad y mi vida a Dios. Dejo de tratar de manejar mi comida y mi peso."

"For today: Instead of resolutions, promises and vows, I mark this day as I do all others: by surrendering my will and my life to God. I give up trying to handle my food and my weight."

- For Today – Jan 1

My Journey

How can I make up for wasted years
I thought as I laid upon my bed.
The pain and misery I've inflicted
All the tears I've caused to be shed.

What can make amends for these wrongs.
Where do I begin, what shall I do?
I've learned to take one day at a time
And "to thine own self be true."

I start each morning with a simple prayer
To know only God's Will and His Way.
Resolved to live better than before
I can now go out and face the day.

No longer burdened by mistakes I've made
I'm free to live the way I'm meant.
Fully present to myself and others
Is how each moment should be spent.

I'm gentler on myself these days,
I can only do the best that I can.
No longer striving for perfection
Has allowed me to be a better man
-anonymous

How OA Changed My Life

7

By abstaining from compulsive overeating, I received:

Good health.

I am relieved of most health problems related to morbid obesity.

More time to think of others.

I am surprised at how much time I have in my day to concentrate on work, family, program and friends now that I'm not obsessed with planning my next meal, calculating how many calories I've consumed, planning my shopping trips or what snack I could pick up.

Normal-size body.

Maintaining a normal body size means last year's jeans fit this year. I don't have to keep three or more sizes in my closet. Everything fits!

Physical activity.

I scuba dive, I walk two big dogs, I swim I exercise, and I play on the floor with my grandchildren.

A new way of life.

Because OA has removed my self-focused activities, I have the time and desire to serve others. I do a lot for my friends, family, OA, church, work and people I don't even know.

A light in my eyes.

Friends tell me I have that. My whole face genuinely smiles. I am not hiding behind a smile. When things are rough, I can think clearly to deal with problems and can see my cup as half full.

Textbook for living.

That is what the Big Book is for me.

God bless OA for changing my life.

-grateful recovering compulsive overeater

KWANZAA!
CELEBRATING THE HARVEST,
RECOVERY AND THE BEAUTY
OF DIVERSITY IN OA

January 1, 2021
Friday 2:00- 3:00 PM
Zoom ID: 879 741 6426
Password: 305305
Dial -in #: +1 929 205 6099
Workshop brought to you by
The Unity with Diversity Committee

OVEREATERS ANONYMOUS
KEYS TO THE KINGDOM
2021
OA BIRTHDAY PARTY
JANUARY 16 - 17, 2021

Meet fellows from all over the globe via Zoom workshops, panels and marathon meetings.

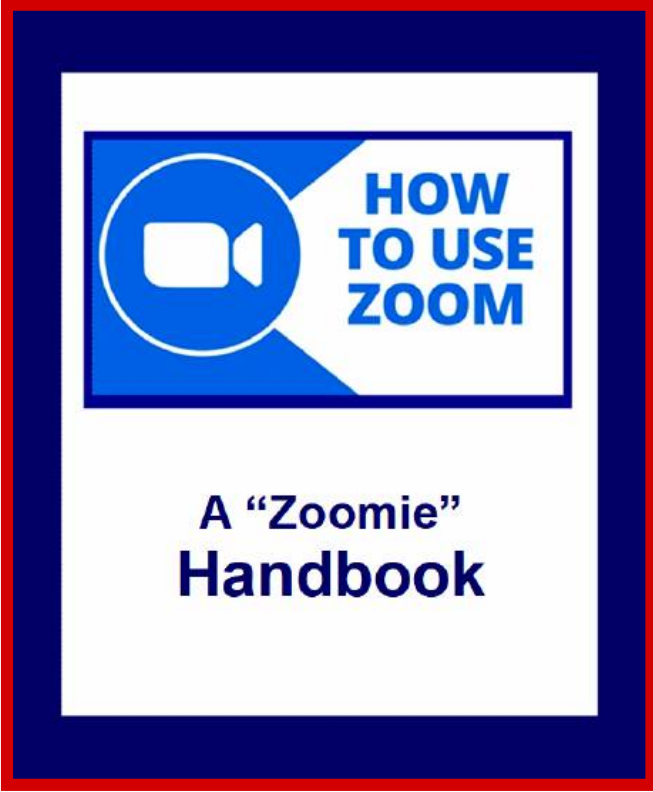
Registration details coming soon. Check the website.

WWW.OALAIG.ORG/OA-BIRTHDAY-PARTY/

SAVE THE DATE

ONLINE MEETING

Hot Off The Press !



Learn how to become a *"Zoomie"* and Screen Share with the best of them.
NOW ONLINE at
<https://www.sacvalleyoa.org/documents.html>



JOIN OUR TEAM

Looking for *"Zoomies"* willing to be Co-Hosts at Sacramento OA Events
 Training available.
 808-250-1212

The Zoom "God Squad"

I had my first real live experience with "Zoom bombing" at the OA Thank A Thon when the first meeting was attacked by a group of eight Zoom bombers. They invaded the CHAT with foul language and shouted obscenities over the speaker's share. This rattled a lot of people.

To her credit, the speaker persevered, pausing during the outbursts, then continuing to share her experience, strength and hope. She focused on her topic: "gratitude", while a group of Zoom Co-Hosts behind the scenes played "whack-a-mole" with the "bombers," who kept dropping in and out.

Additional OA's with Zoom skills sent messages in the CHAT volunteering to help. So they were "deputized" and given Zoom "powers" to join the battle. Using every weapon in their arsenal: REMOVE (*so the bombers could not get back in*); turned off participants ability to UNMUTE themselves; DISABLED the CHAT; set up a WAITING ROOM and LOCKED THE MEETING – they were able to bring order back into the room.

But the most awesome part of this experience was our speaker. When participants cried out during her share *"They're back!!!"* she calmly replied *"It is being taken care of."* and continued on.

Each time a bomber shouted an obscenity at her, she paused until he was done, and then kept going. Not missing a beat. If you want to know what "recovery" looks like, this is it.

If you want to know what gratitude feels like, we were all thankful for her calmness, her perseverance and her reminder: *"These are sick people. We need to pray for them."* Our speaker wasn't just carrying the message, she WAS the message!

Meanwhile, the Thank A Thon "service team" kept moving the event forward, reading the readings, calling on those sharing, not missing a beat. And all went well for all three meetings.

We all got to witness the OA "We" Program in one of its finest hours. Each "warrior" brought their Zoom experience, strength and hope into battle as they knocked bombers out of the room one by one, until all was quiet.

And God was the only one left in the room (*along with God with skin on them.*)

So don't tell your God how big the storm is: *tell the storm how big your God is!* It works if you work it!

-anonymous

Open and Powerful Energy Flow



This morning I went out to my hot tub to check the chemical levels. It needed chemicals to bring it to the appropriate balance. So I added the needed chemicals, topped off the water, and turned on the jets. The water flow was sluggish and barely moving. I turned the jets off, removed the filters, cleaned and put them back in the hot tub. When I turned the jets back on, the water flow was powerful, like new.

On page 98 of the Big Book it says, *"Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house,"* and I remembered how sluggish my energy flowed when I hadn't cleaned house prior to working the 12 steps.

Before coming to OA, I felt hopeless and unable to control my compulsive overeating. I had doubts about the existence of God or a higher power who could help me. After taking the first three steps, I felt some hope and a little lighter, both literally and figuratively.

Working steps 4-9, I discovered a lot of resentment, self-pity, blame, and fear that was causing serious low-energy. As a result of taking action, I began to feel more energy flowing in my body, less fear, more alive and connected to myself and others. When I forgave those whom I resented, including myself, for the first time I felt new energy flow in a way I had never experienced before. I knew without a doubt that there is a Power greater than myself. I experienced this Power as Unconditional Love and have never doubted the existence of a Higher Power since.

On page 66 of the Big Book it says, *"But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we cut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die."*

And it goes on to say, *"If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us."* This applies not only to step 4, but also to Step 10.

Today I choose to continue taking my personal inventory and when I am wrong, promptly admit it. When I don't promptly admit it, the energy flow begins getting choked up and the sunlight of the Spirit gets dim. Thank goodness for Step 11.

Step 11 offers me a way through. Every morning and throughout the day, I seek through prayer and meditation to improve my conscious contact with this Power and knowledge of Unconditional Love's will and the power to carry it out.

And finally, in order to keep this beautiful gift of freedom from compulsive overeating and the positive energy flowing, I have to give it away by carrying the message (Step 12) to compulsive overeaters and practice these principles in all my affairs.

There are many ways for me to carry this message and share my experience, strength and hope: sponsoring, going to meetings, sharing and listening, talking on the phone or meeting on Zoom, taking a service position in a meeting or a role in the Intergroup.

As long as I trust in God, clean house and carry the message, my filters remain clear and the energy flow is open and powerful. And for this I am so grateful.

-grateful recovering compulsive overeater

You're invited!

<https://us04web.zoom.us/j/9961238124>

Meeting ID: **996 123 8124**

Password: **4KwK79**

INTERGROUP MEETING

Next Intergroup Meeting: TUES JAN 12
7:00 – 8:00 p.m.

7th Tradition



Donate online to
Sacramento Valley Intergroup

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

KEYNOTE SPEAKERS,
WORKSHOPS AND
INTERACTIVE SESSIONS



**2021 OA
VIRTUAL
REGION
CONVENTION**

"There is a Solution"

**Save the Date
February 20—21, 2021**

TRANSLATED IN MANY LANGUAGES



For more information contact: convention@oavirtualregion.org

Intergroup Board

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

Intergroup Committees

Events	Events Media	Tiffany	tsshultz@gmail.com
Meeting Support	Speaker List	Dawn S	dawn.strickler@gmail.com
Meeting News & Publicity	Newsletter Answer Phone	Gerri S Diane B	alohagerri@aol.com iamdiane@outlook.com
Group Support & Video Conference Support	Chair	Phil K	phil@pkemp.com
Public Outreach	Chair	Vacant	
Retreat	Chair	Rick Z	rick@directdigitalcontrols.com
Special Population Focus	Chair	Chandra	Seechandra2@gmail.com
Sponsorship	Chair	Cary H	caryyh2002@yahoo.com

Additional OA Resources

OA World Service

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

Sacramento Valley Intergroup

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

OA Region 2

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

INTERGROUP MEETINGS

7:00-8:00 pm
2ND Tuesday of every month
<https://us04web.zoom.us/j/9961238124>
Meeting ID: **996 123 8124**
Password: **4KwK79**
By Phone: (1) (660) 900-6833