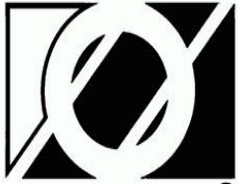


SACRAMENTO VALLEY INTERGROUP OF OVEREATERS ANONYMOUS

Serving Greater Sacramento Valley including Roseville, Rocklin, Davis, Folsom, El Dorado Hills, Rio Linda, Natomas, West Sacramento, some of San Joaquin County, Northern California foothills and Nevada County



Sacramento Valley
Intergroup

VALLEY VOICE

Vol. 18, Issue 12

December 2018

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.

Sacramento Valley Intergroup Overeaters Anonymous (SVIOA) Updates

- 1) Region 2 is looking to hire a part time Administration Assistant. Find the job description at www.oar2.org under [Administrative Assistant Job Description](#). If you are interested, contact the Publications Coordinator at publications@oar2.org or write to:
OVEREATERS ANONYMOUS, 4733 Torrance Blvd, PMB 335, Torrance, CA 90503.
- 2) And in local news... SVIOA has opportunities. The positions and duties are outlined at: <http://www.sacvalleyoa.org/ig/what-is-intergroup>. Current vacancies include:
 - **Professional Outreach Chair**—Uses *pre-developed* info to get the word out about OA to local professionals like doctors, nurses, therapists, teachers, social services, etc. The OA World Service Office has guidance and direction on this service.
 - **Public Information Chair**—Distributes *pre-developed* info to the general public and media. The OA World Service Office has many helpful tips on this work.
 - **Valley Voice Newsletter Chair**—Updates monthly newsletter. Format and info are standardized and uses MS Word--so knowledge/experience with that is very helpful. Although new editor can choose different method. Newsletter chair is a great form of service. See back page for more details.

OA EVENTS INFO

- New Year, New You Part 2! Sponsorship: the Next Level Tues, January 1, 2019, 10AM – 2PM St. Anne's Episcopal Church, 1020 W. Lincoln Road, Stockton, CA (back parking lot), \$5 Donation (no one turned away). Please bring brown bag lunch. Coffee, Tea, and water provided
Call Mary S. (209) 624-9622 for more info.
- OA 59th Birthday Celebration, January 26, 2018, 7-9PM
2800 L Street, Conference Rm 2&4, Buhler Building,
Sutter Cancer Center, Sacramento, CA

**Message from the
Twelfth Step Within
(TSW)**

**KEEP COMING
BACK...**

IT WORKS! 😊

WEEKLY MEETINGS*

Day ³	City	Address	Format	Contact	Phone #	WSO #
Sunday						
<u>Newcomer</u> 3:30- 3:55pm!!	Sacramento	Sutter Hospital, Buhler Bldg, Rm 1 2800 L Street, Sacramento	<u>NEWCOMER MTG!!</u>	Mimi	916.495.5104	
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	Reflect Church – Mercantile Bldg. 9075 Elk Grove Blvd., 2 nd Floor	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 pm ¹	East Sacramento	Friends Community Church, Fireside Rm; 4001 E St. (H to 41 st to E streets)	“For Today” Reading	Melissa	916-205-0317	20105
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Literature Study	Colleen	408-531-5104	40370
6:30 pm ¹	Rancho Cordova	Cordova Neighborhood Church 10600 Coloma Road	OA HOW & Traditional OA	Robin	916-529-1587	45680
6:30 pm	Arnold	Chapel of the Pines 2286 Cedar Lane (downstairs)		Joan	209-795-7149	52872
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)	<u>PHONE MTG</u>	415-938-9021	AA Step Study	Rick	916-870-1442	55463
Tuesday						
8 AM	<u>PHONE MTG</u>	(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	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
7 pm ¹	Fairfield	Community United Methodist Church 1875 Fairfield Ave, “Middle Bldg”	Literature Study	Tina	323-696-2577	50691
Wednesday						
5:30 pm ¹	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
6:30 pm	Murphys	Faith Lutheran Church, 65 Mitchler St., 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
NEW! 7:30pm	STOCKTON	ST. GEORGE CHURCH 120 W. 5th, Room San Lorenzo	Spanish Speaking and Literature	Rene	209-808-4686	56073

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 New phone #	(605) 468-8006; Code: 561536#	AA Big Book Study	Danielle	916-217-7867	55027
Noon²	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	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 pm	Galt	750 Spaans Drive, Suite C	Literature Study	Jeanne O.	916-479-0708	51776
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.	916-505-8714	51643
5:00 pm	Grass Valley	BriarPatch Coop, in the Meeting Rm 290 Sierra College Drive	Varies	Vanita	530-205-0168	00842
5:30 pm	Jackson	Sutter Amador Hospital Conference room next to café	Topic Discussion	Klaus	209-295-4424	50244
5:30 pm⁴	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	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 am¹	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 pm Closing 1/2019	Stockton Close 1/2019	St Anne's Episcopal Church, 1020 W. Lincoln Road (front, next to Office) Mtg canceled as of 1/2019	Big Book	Christina	209-470-0582	52960

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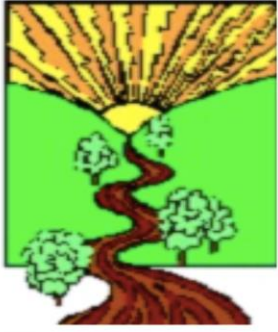
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***FOR PODCASTS GO TO: www.oa.org/oapodcasts**

Submit meeting changes to webmaster@sacvalleyoa.org. Webmaster will forward to newsletter editor.



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.

Q&A INFO ON VALLEY VOICE PROCESS

Does newsletter require special software? Current format is in MS Word. Editor can change of course!

How many newsletters do we order? 300 copies each month.

Where is the printing company located to pick up the printed copies each month? McClaskey Graphics Arts, 5241 J Street, Sacramento. Contact Kathy Harris 916.277.6625 email graphicartsprint@gmail.com Send it electronically to the printer in PDF. They close around 3pm each day. Call ahead!

How do we pay? The printer sends invoice to our Intergroup Treasurer.

How much lead time do you need for the printer for the newsletters to be ready by the 2nd Tuesday? About a week, but sometimes they can do in a couple days. They have set holidays where they are closed for a week—they will give you a schedule.

Where do you get info to include in each issue? Much of it is set, e.g. header on 1st page, the meeting format on pages 2/3, the back page right hand side contact info. Get info from the Intergroup meetings, OA website, WSO newsletters, or quote from OA literature. Twice a year the “7th tradition report” is inserted wherever there is space.

How do we distribute newsletter? Take to the monthly IG meeting (address on back of newsletter). Also send **PDF a copy** to our webmaster for posting. The SVIOA Webmaster and Group Growth reps like to know if there are meeting changes so highlight those in red. Make a PDF by going into “save as” pull down option when saving the Word doc, and scroll down options for PDF. Click on it.

What if I can't get to the IG meeting or stay for all of it? Find a backup or request help from the board.

Intergroup Board

Chair	oachair@sacvalleyoa.org	Christina	(916) 798-9415
Vice Chair	oavicechair@sacvalleyoa.org	Val	(805) 907-1446
Secretary	oasecretary@sacvalleyoa.org	Nancy	(916) 698-0541
Treasurer	ogatreasurer@sacvalleyoa.org	Cathy Ann	(916) 396-5049
Region 2	oar2rep@sacvalleyoa.org	Adrienne Barbara M Chandra	(310) 625-2715 (916) 203-6025 (530) 268-1092
WSBC	oawsbc@sacvalleyoa.org	Judy H. Judy B.	(916) 600-3448 (916) 293-1793
Webmaster	webmaster@sacvalleyoa.org	Debbie	(916) 847-0840

Intergroup Committees

(to contact a committee, send email request to Webmaster above)

12 Step Within	Ron
Answer Phone	Luanne
Events	Mary
Group Growth	Judy L.
Literature	Gail H.
Media	Angela
Newsletter	VACANT
Professional Outreach	VACANT
Public Info	VACANT
Retreat	Darby
Speaker List	Susan H.
Young People	Kimberly

Some Additional OA Resources for You

<u>OA World Service</u> PO Box 44020 Rio Rancho, NM 87174-4020 (505) 891-2664 www.oa.org & podcasts:oa.org/oapodcasts & speakers: oaoci.org	<u>OA Region 2</u> 4733 Torrance Blvd., PMB 335 Torrance, CA 90503-4100 www.oar2.org
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<u>Sacramento Valley Intergroup</u> Intergroup 09012 PO Box 255085 Sacramento, CA 95865 (916) 786-0330 www.sacvalleyoa.org	<u>Monthly SVIOA Meetings</u> 7:00-8:00 pm 2 ND Tuesday of every month Christ Temple Apostolic church 9000 La Riviera Drive Sacramento, CA 95826
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