

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 10

October 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

Need a recovery booster? Try poking around oa.org! If you haven't taken advantage of the resources available on the website of Overeaters Anonymous (www.oa.org), you're missing something. There's a lot more than the Find-A-Meeting function (sooo helpful when out of town!), including a wealth of downloadable documents to help with your recovery and service.

You could try the Slipping and Sliding Tool. It offers 30 questions to use in daily writing and/or discussion with a sponsor to help stop "slipping and sliding." The questions are also helpful for those in relapse who want to recommit to their OA program.

In addition, oa.org has guidelines to various service commitments; different suggested meeting formats; and one of my favorites: podcasts. There's some on sponsorship (9!), the Steps, Traditions, and even one on 'staying sane through the holidays.' Try <https://oa.org/podcasts>.

P.S. When you go to oa.org website, you'll get a chance to sign up for the monthly News from World Service Bulletin. Do it--it's well worth it. Here's to our recovery!

Judy H, WSBC Trustee

Other news: Speaking of service... SVIOA has opportunities. The positions and duties are outlined at: <http://www.sacvalleyoa.org/ig/what-is-intergroup>. Current vacancies are:

- **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.
- **Public Information Chair**—Distributes *pre-developed* info to the general public and media.

Message from the
Twelfth Step Within
(TSW)

KEEP COMING
BACK... IT WORKS!



OA MEETING INFO

- "NEWCOMER MEETING": Sunday at 3:30pm at Sutter Hospital, Buhler Building, Room 1, 2800 L Street, Sacramento
- Stockton Saturday 1pm meeting room change: moved to front of building next to the office.

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)	PHONE MTG	415-938-9021	AA Step Study	Rick	916-870-1442	55463
Tuesday						
8 AM	PHONE MTG	(605) 468-8006; Code: 561536#	OA Step & Traditions 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	New format: Big Book Study; speaker 1 st Thurs	Susan	916-212-1461	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	Grace Lutheran Church, Rm 5&6 1979 Ridge Rd, parking lot rear bldg	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	Stockton	St Anne's Episcopal Church, 1020 W. Lincoln Road (front, next to Office)	Big Book	Christina	209-470-0582	52960

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

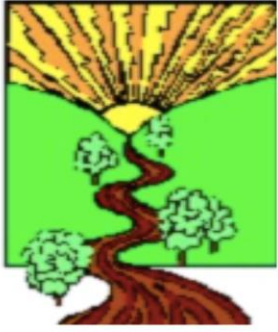
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***FOR PODCASTS GO TO: www.oa.org/oapodcasts**

Submit meeting changes to oaNewsLTR@sacvalleyoa.org



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.

**7th Tradition Donations [Jan-Dec 2017
(inadvertently not published last year)**

WSO #	Day	City	\$\$
54797	Sun	Sacramento	\$299.21
45445		Elk Grove	-
50675	Mon	Stockton	120.00
53250		Nevada City	245.67
20105		E. Sac	1,067.25
40370		Jackson	177.00
45680		Rancho Cordova	244.00
52872		Arnold	25.00
49049		Rocklin	252.00
36145	Tue	Sacramento	708.00
33185		Stockton	340.00
48460		Folsom	-
53787		Placerville	-
50691		Fairfield	150.00
31758	Wed	E. Sac	570.00
45706		Murphys	-
50479		Roseville	328.95
30499		Carmichael	254.08
56073		Stockton	-
20215	Thu	Sacramento	122.50
53605		Rocklin	95.00
54298		w. Sac	431.10
51776		Galt	-
30896		Stockton	216.00
53903		Fairfield	60.00
51643	Fri	Sacramento Northeast	142.00
00842		Grass Valley	243.25
50244		Jackson	108.00
34774		Sacramento	440.12
54418		Woodland	-
52984		Yuba City	-
54051	Sat	Stockton	91.50
39494		Folsom	175.58
18446		Rocklin	1,413.00
29079		Sacramento	2,069.36
01305		Nevada City	216.60
52960		Stockton	-
		Total	\$10,605

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	oatreasurer@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	oawebmaster@sacvalleyoa.org	Debbie	(916) 847-0840

Intergroup Committees

12 Step Within	oa12stepwi@sacvalleyoa.org	Ron	(916) 616-5152
Answer Phone	oaanswerphone@sacvalleyoa.org	Luanne	(714) 402-0687
Events	oaevents@sacvalleyoa.org	Mary	(209) 624-9622
Group Growth	oagrowth@sacvalleyoa.org	Judy L.	(916) 799-5804
Literature	oaliterature@sacvalleyoa.org	Gail H.	(603) 397-2339
Media	oamedia@sacvalleyoa.org	Angela	(720) 675-4054
Newsletter	oanewsLTR@sacvalleyoa.org		
Professional Outreach	oapo@sacvalleyoa.org	VACANT	
Public Info	oapi@sacvalleyoa.org	VACANT	
Retreat	oaretreat@sacvalleyoa.org	Darby	(916) 652-0800
Speaker List	oaspeakerlist@sacvalleyoa.org	Susan H.	(916) 212-1461
Young People	oayp@sacvalleyoa.org	Kimberly	(916) 248-0305

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 25-5085
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