



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.

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STEP 7: SPIRITUAL PRINCIPLE: HUMILITY
Humbly asked Him to remove our shortcomings.

TRADITION 7: SPIRITUAL PRINCIPLE: RESPONSIBILITY
Every OA group ought to be fully self-supporting, declining outside contributions.

CONCEPT 7: SPIRITUAL PRINCIPLE: BALANCE
The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B



Overheard at Meetings

God, help me want what I already have.

You can't save face and your ass at the same time.

Food addiction is an equal opportunity destroyer.

If you want something you've never had, then you've got to do something you've never done.

*The 3 C's:
I didn't CAUSE it.
I can't CONTROL it.
I can't CURE it.*

When you are ready, a monkey could sponsor you!

The Steps protect me from myself; the Traditions protect OA from me.

Wisdom is learning to let go when you want to hang on. COURAGE is learning to hang on when you want to let go.

OA Region 2 Convention Keys to Recovery

Join us to celebrate the
DIVERSITY
of our fellowship.

We are ALL OA!



Fri July 9 – Sun July 11
Register here:

<https://www.oar2.org/upcoming-convention.html#/>

Join us as we explore the
PHYSICAL, EMOTIONAL, and SPIRITUAL
aspects of recovery from our disease.

-PLUS-

Relapse Prevention
Attracting Recovery
Big Book in a Nutshell
Principles of the Steps

**STEP
7
HUMILITY**

2

Humbly asked Him to remove our shortcomings.



After a period of severe emotional insanity, broken relationships and suicidal thoughts. I finally surrendered and walked into an OA meeting. I was alone and feeling very vulnerable. And I was met with welcoming eyes of people who understood how I felt and knew my pain. For the very first time – I thought someone understood me. I sat in the back of the room not looking at anyone but listening to all the heartfelt stories of people who had 7 months of abstinence or 12 years of abstinence, and how they did it.

People received chips for their periods of abstinence, and most of all, people were smiling, happy, open and honest. I knew from that moment on, I was in the right place and my journey and new life could finally begin. I listened to their stories and found so many areas where we overlapped – not all the deeds, but the feelings of remorse and hopelessness. I learned that compulsive eating isn't a moral issue.

I was gifted with the most wonderful first sponsor, a woman who listened to me every morning, sent me podcasts to listen to on my commute to work, and emailed me beautiful spiritual quotes! The support and love I felt was overwhelming. I started to go to as many meetings as possible and started to read through the Big Book immediately. I gave my number to many women who approached me and opened myself up to actually having a support network and people I could lean on.

Today, I am abstinent almost eleven months. And the change in my life is unimaginable! I wake up without shame or regret! I pray! I meditate! I have a Higher Power to support me throughout the day! I have beautiful fellows I can meet for coffee! I tell my story because of all these things may help the next newcomer.

I won't lie. It is hard work. It is part of my daily routine – the most important part! My abstinence and the tools I learned in OA are the key to my happiness. I hold several service positions, a lovely way to give back for all I have received. I say yes to things I would have avoided in the past. I no longer have to dread the day ahead.

My story continues and there will be highs and lows, but I know that if I am abstinent and work the program, I am going to be okay. I now have the tools to get through the bad days. But most of all, I have a sense of hope that I never had before. I am glad to have been given a second chance at life.

-grateful, recovering compulsive eater

“Were entirely ready....”

“Were entirely ready to have God remove all these defects of character.” So reads Step Six.

Character defects? I couldn't see where I had any. My character defects were hidden behind all those hurts and injustices I'd saved up through the years and which I regularly brought out and relived with all the original emotion. Not only that, but I also accumulated any and every new hurt, real or imagined. In fact, I took a kind of perverse pleasure from feeling sad and self-pitying.

By carrying resentments against others, I was giving power to people who were long gone. Then I realized that these people gave me my favorite excuses for why I did what I did or couldn't do what I should have done. I used them to justify my actions and blamed them for my failures. Every time something went wrong in my life, or I failed to live up to some responsibility, I was a chronic victim.

The problem with blaming my frustrations on what others did to me is that it kept me small. I stayed a little girl trapped in a woman's body - a self-centered, selfish little girl who expected people to live up to her fantasies of them and got hurt when they didn't.

Although I had made a Third Step decision, I couldn't really turn my life and will over to God because it didn't belong to me. Unknowingly, over the years, I'd turned my will over to all those people whom I felt had injured me in some way.

Fortunately, I reached a point where I was choking on all this garbage. With the help of God and the OA program, I chose to grow up. I opened up that imaginary closet in my mind where I kept those well-nurtured hurts and tossed them into my past, where they belonged. Into this newly cleaned-out space, I started storing my goals and the hopes and dreams of what I wanted to achieve in my life.

Now instead of looking backward, I'm looking forward to a bright future because I've finally taken responsibility for my own life.

-grateful recovering compulsive overeater



VIRTUAL REGION WORKSHOP

"4TH SATURDAY OF THE MONTH"



Bondage to Self

JULY 24TH

5:30 pm London/UK
12:30 pm New York

Zoom ID: 891 6554 0024
Passcode: 120912



July 4 Sunday 10am — 12pm Pacific **July 4th Party**, OALAIG, a Zoom event. <https://www.oalaig.org/event/july-4th-party/>

July 4 Sunday 1pm-4pm Pacific **Independence Day: Freedom from Food Addiction**, OARISE, https://oarise.org/event/independence-day-freedom-from-food-addiction/?instance_id=158

July 9-11 Fri - Sunday **Region 2 Convention: The Keys to Recovery** Zoom event. *****REGISTER IN ADVANCE***** <https://www.oar2.org/upcoming-convention.html#/>

July 11 Sunday 12-1:30 Pacific **What Does It Really Mean to Surrender?** Virtual Region "Second Sunday" Zoom workshop. <https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

July 18 Sunday 1pm-4pm Pacific **God: Contempt Prior to Investigation** OARISE, https://oarise.org/event/god-contempt-prior-to-investigation/?instance_id=159

July 18 Sunday 11am-1pm Pacific **Am I Worth It? What is Your It?** North Jersey Intergroup <http://www.njioa.org/events>

July 24 Saturday 12-1:30 Pacific **Bondage to Self** Virtual Region "4th Saturday" Zoom workshop. <https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

July 28. Wednesday 7-8pm Pacific. **Get to Know Overeaters Anonymous—For Health Care Professionals, Educators, Faith Leaders and Human Resources**, Silicon Valley Zoom event. *****FREE - REGISTER IN ADVANCE***** https://www.oaregion1.org/uploads/1/4/0/4/14047174/get2knowoa-forprofessionals_oasv_flyer.pdf

August 1 Sunday 1pm - 4pm Pacific **What is a Spiritual Awakening, Anyway?** OARISE, https://oarise.org/event/what-is-a-spiritual-awakening-anyways/?instance_id=164

August 8 Sunday 1-2:30 Pacific **A Threefold Disease: Physical, Emotional and Spiritual**, Virtual Region "Second Sunday" Zoom workshop. <https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

August 15 Sunday 1pm-4pm Pacific **The Prize of the Program**, OARISE, https://oarise.org/event/the-prize-of-the-program/?instance_id=163

August 20-22 Fri-Sun, **OA Region 3 Assembly and Convention**, Southern Arizona Intergroup, Zoom event *****REGISTER IN ADVANCE***** <https://oar3fall2021.org/register/>

August 21 Saturday 10:30am — 1:30 p.m. **Recovery Roadmap**, Sacramento Valley Intergroup, Zoom event <https://www.sacvalleyoa.org/august-21-2021.html>

Aug 21 Saturday 12-1:30 Pacific **Bondage to Self** Virtual Region "4th Saturday" Zoom workshop. <https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

August 26-28 - Thurs-Sat in Orlando, Florida. **OA World Service Convention: Walking in the Sunlight, One Day at a Time.** <https://oa.org/world-service-convention/>

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

4



SUN – 3:30 p.m. (Zoom) [WSO #56483]
(formerly Buhler/Sutter, Sacramento)
Newcomer Meeting

<https://zoom.us/j/99432747032>

Meeting ID: 994 3274 7032

Passcode: 618898

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

SUN – 4:00 p.m. (Zoom) [WSO #54797]
(formerly Buhler/Sutter, Sacramento)

Abstinence 2nd Edition, 4th Sunday BB Speaker

<https://zoom.us/j/99432747032>

Meeting ID: 994 3274 7032

Passcode: 618898

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

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

(formerly at St. John Episcopal Church, Chico)

A Commitment to Abstinence

<https://zoom.us/j/91007177419>

Meeting ID: 910 0717 7419

Passcode: 175622

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

MON – 12:30 p.m. (Zoom) [WSO #53250]

(formerly at Trinity Episcopal Church, Nevada City)

Step Study

<https://zoom.us/j/92591122899>

Meeting ID: 925 9112 2899

Password: 682556

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

MON – 1:00 p.m. (Zoom) [WSO #89663]

(Virtual Meeting - Stockton)

AA 12x12, OA Steps & Tradition Study

<https://us02web.zoom.us/j/6099261904>

Meeting ID: 609 926 1904

Password: 123456

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

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://zoom.us/j/95416877621>

Meeting ID: 954 1687 7621

Passcode: 670946

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 6:00 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

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://zoom.us/j/93800987794>

Meeting ID: 938 0098 7794

Passcode: 522634

Phone: (1) 408 638-0968

WED – 9:00 a.m. (Zoom) [WSO #89493]

(Virtual Meeting - Stockton)

11th Step Meditation

<http://us04web.zoom.us/j/6099261904>

Meeting ID: 609 926 1904

Password: 123456

By Phone: (1) 669 900-9128

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

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 FACE-TO-FACE [WSO #20215]

Westminster Church, **Downtown Sacramento**

OA/AA Steps and Traditions

1300 N St.

Contact: Sara N (916) 769-4266

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

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

Relapse and Recovery

<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)

Body Image Book, Speaker 1st Thursday

<https://zoom.us/j/97386123186>

Meeting ID: 973 8612 3186

Passcode: freedom

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

Passcode: 8586147

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 Steps and Traditions

<https://zoom.us/j/94123555383>

Meeting ID: 941 2355 5383

Passcode: LOVEOA

By Phone (1) (669) 900-6833

Passcode: 412953

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

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

Passcode: 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://zoom.us/j/93250076062>

Meeting ID: 932 5007 6062

Passcode: 173815

Phone: (1) 669 900-6833

SAT – 6:00 p.m. (Zoom) [WSO #89410]

Saturday Night Live: Speaker Meeting

<https://zoom.us/j/99888290554>

Meeting ID: 998 8829 0554

Passcode: 405605

Phone: (1) 669 900 6833

Abstinence 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 working and living the Overeaters Anonymous Twelve Step program on a daily basis. (New Definition WSBC 2021)

Sacramento Valley Intergroup of Overeaters Anonymous presents

Recovery Roadmap Workshop



Sat Aug 21

10:30 a.m. – 1:30 p.m. PT

3 speakers, writing activities, fellowship, open sharing

<https://zoom.us/j/91753768443>

Meeting ID: 917 5376 8443

Passcode: 022022

Phone: +1 669 900 6833

Download Workshop Handouts and Recovery Roadmap at:

<https://www.sacvalleyoa.org/august-21-2021.html>

Suggested Donation \$5

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

Hosted by the Tues Noon Sacramento OA Meeting

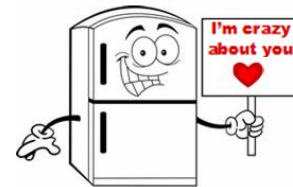
INFO: Geri (808) 250-1212



No one fails in OA.

As long as you're willing
to keep seeking help from others
and work your program,
recovery is possible.

If God had a refrigerator...



If God had a refrigerator
Your picture would be on it.

If He had a wallet,
Your photo would be in it.

He sends you flowers every spring
And a sunrise every morning.

Whenever you want to talk,
He'll listen.

He could live anywhere
In the universe,
And He chose your heart.

Face it!
He's crazy about you!!!!

**Recovery is like walking
up a down escalator.**



**If you're not moving forward,
you are going down.**

A VIRTUAL WORKSHOP HOSTED BY
THE LOS ANGELES INTERGROUP

RELAPSE:
Where do I go from here?

SUNDAY AUG 22ND 2021 FROM 10:30AM - 12:30PM PACIFIC TIME
ZOOM MEETING ID: 950 0008 6701 | ZOOM PASSCODE: 746023

OA Saved My Life



I am a gratefully recovering compulsive overeater. I have been in OA for four years as of March 2021. I was 400 pounds at my heaviest and had sleep apnea and constant pain in my hips, knees and ankles. I could not fit into normal clothes nor plane seats nor booths at restaurants. I wore no make-up, didn't do my hair and wore clothes that were either all black and baggy or so outlandish I stood out for a mile.

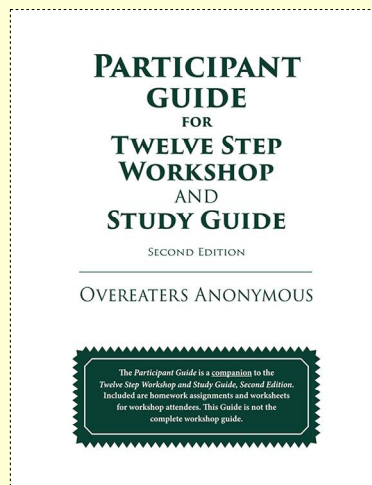
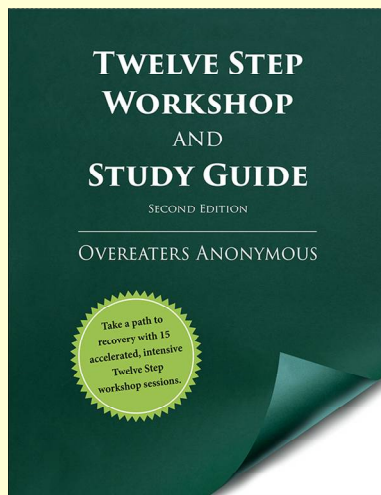
When I first came to OA I was about 350 pounds. I was gaining fast as I was bingeing on a diet I had been on for two years. I was a virtual recluse with only one friend whom I had taken hostage and a separated husband who had thrown me out for another addiction. I hated me and everyone else.

I have - through working the steps, surrendering to a Higher Power, being as honest as possible, having a sponsor, a food plan, exercising, using the telephone, attending meetings, writing, doing service — released 175 pounds. I came into OA angry, bitter, resentful and lonely. I am now, one day at a time, none of those things.

I can now walk, dance, fly, scuba dive, run, skip, swing and laugh without the fear of being too big. I have a Higher Power who loves me. I have many friends whom I love dearly. And I am continually working to release more of the emotional and spiritual malady which keeps me overweight.

I have daily contact with my Higher Power and am working through the denial and fear around my past in order to allow myself to become a healthy body weight. I am grateful to this program without which I would be dead today. It is as simple as that. *OA saved my life.*

-gratefully recovering compulsive overeater



New in the Bookstore !!

Twelve Step Workshop and Study Guide, 2nd Edition
Participant Guide for Twelve Step Workshop

<https://bookstore.oa.org/>

Our Primary Purpose

“to carry the message to the compulsive eater who still suffers”

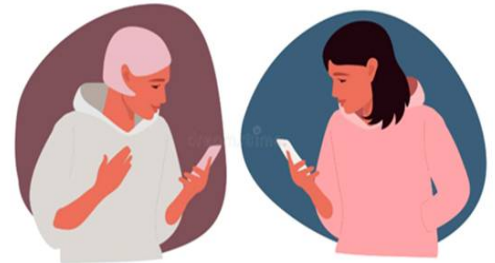


“I am still amazed at the aura around OA meetings ...

No matter what our immediate problems, fears, or resentments, we come to a halt when the meeting begins and we focus on our primary purpose.”

— anonymous

DON'T BE ALONE. USE THE PHONE!



OA World Service Convention



<https://oa.org/world-service-convention/>



recovery inspires shared experiences

Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

Upcoming Speaker Topics:

| | | | |
|--------|--|---------|---|
| JUNE 6 | "Growing My Faith and Strengthening My Spirituality" | JUNE 20 | "Journey Through the Steps" |
| JULY 4 | "Independence Day - Freedom from Food Addiction" | JULY 18 | "God - Contempt Prior to Investigation" |
| AUG 1 | "What is a Spiritual Awakening Anyways?" | AUG 15 | "The Prize of the Program" |

1-4 p.m. PDT

Overeaters Anonymous
Registered Meeting #88993

Meetings held regularly on the first & third Sundays of each month
Zoom ID: 947 2125 9974 Password: 810562

Lies our disease tries to tell us 8



*I just need something to take the edge off.
It's just one bite. I'll walk it off.
I haven't had it in a long time.
You deserve this treat.
I already screwed up, what's another day?
You're alone now, no one will know.
You will hurt your mom's feelings.
It's healthy food!
It's no big deal. It won't kill you.
You've been exercising.
I paid for the buffet.
Just a little bit won't hurt.
It's a holiday!
What's the use?*



Writing these things down.....

I am not perfect. I can still let my emotions get the better of me. There are still some people I don't get along with, and I can feel all bent out of shape at some real or perceived slight.

But plotting revenge against people for real or perceived wrongs gives them free rent in my head. If I am spiritually fit, I pray for them. I don't need to like them. but I try to appreciate that they are doing the best they can.

Going through the steps with my sponsor, I found I was overflowing with resentments. My fourth step got me to write them all down on paper and see them for what they were. I became aware of how they blocked me from the Sunlight of the Spirit. And working through the rest of the steps helped me deal with them.

Writing these things down, taking a step back, and looking at them on the page helped me a lot.

If I am working my program of recovery to the best of my ability, I can keep on top of future resentments and deal with them, should they arise.

-anonymous

NJIOA presents

AM I WORTH "IT"?

WHAT IS YOUR "IT"?

Sun – July 18
11:00 am – 2:00 p.m. Pacific

| | |
|------------|----------------|
| Meeting ID | 871 1099 9300 |
| Passcode: | 042034 |
| By Phone: | 1-929-205-6099 |

For more information please contact

Jon K. (973) 652-1335 or Shawn H. (623)-703-5130

Suggested \$5 donation
Send checks to: NJIOA PO Box 827, Fairtown, NJ 07418
Zsile or Yenna: njioapey@gmail.com

Something “*Had Me By The Hand*”

The night before there had been a late party. I pretty much ate everything that wasn't nailed down. Woke up in a food fog and a bewildered sense of loss. Something terrible was the matter with me, but what? This wasn't the first time this had happened. And it was happening with increasing frequency.

At the end of a week, with days beginning and ending in the same way, I was reduced to despair about my eating. There was no reality but the fight between me and my panic. And the only weapon I knew was more food.

I hated the thought of cutting back because I enjoyed everything about the food. It gave me a sense of well-being and comfort. It had been a daily part of my life for years; helping me through difficulties, being a reward for work well done and a solace when I was depressed.

Then I remembered reading about OA and hearing that a friend of mine had joined. I phoned and went to see her. Not, of course, telling her the whole story, but inquiring about symptoms. She suggested I go to a meeting, which I did. And I behaved like the patient outside the dentist's office who decides she doesn't really have a toothache after all.

I fought every identification of myself as a compulsive overeater. I attended every meeting with the sole purpose of proving to myself that I was *NOT* a compulsive overeater. I read the books. I began to follow the program. But nowhere could I get what I wanted: a flat, factual statement that I was or was not a compulsive overeater. It seemed that I had to decide for myself

Then, suddenly I had to go away for two weeks and I began to overeat again with the friends I was visiting. But something had happened to me.

Sometimes I think you get this program through the pores by just going to meetings, being with members and keeping your mind and heart as open as you can. Once it gets inside, as my father used to say to us kids: “*the Lord has you by the hand!*”

Something bigger than myself certainly had me by the hand. I stopped overeating with my friends and began the work I had wanted to do-- placing my whole problem in the care of the Power greater than myself of which I had heard so much. My mind cleared and an unknown sense of peace quietly took hold of me. That was two months ago.

I returned to OA so glad to be back. And with no inner resistance. Since then I have attended many meetings and have grown to know many people. I have come to depend on their help and wisdom when I am frightened, troubled or depressed.

The panic has gone and I have no desire to pick up the food now. Most important of all is a consciousness of a growing experience with a Power outside myself which I depend upon and trust to handle things which are too much for me.

All this fills me with awe and a profound gratitude to OA for this new and happy life I am living.

-gratefully recovering compulsive overeater

Seeing With New Eyes

9



You would be surprised how I have gotten over resentments of family and life in general. I now look at their side of a resentment instead of mine. In doing so, it lifts a great load off my chest and makes me see life more clearly.

Feeling sorry for myself is one of the ways that sapped my outlook on life. To think straight today means I am starting to believe that tomorrow will take care of itself.

I was trying to fight this disease alone. I regret I messed up so much in the last few years. I paid no attention to OA when OA could have made my life so simple to face instead of the hell I caused myself and others.

I realize that it will take me a long time to get the whole program-- but I finally realize what the trouble with me has been. I have wanted happiness but refused to work for it. I have held grudges and resentments that have warped my mind. I have not been tolerant and fair to others

Now that I'm working this program, I am beginning to see life as it should be, not as the way I have looked at it all my life. I am seeing with new eyes. And that gives me hope.

- anonymous

JULY 4TH PARTY
HOSTED BY THE LOS ANGELES INTERGROUP

It's party time!! Join us as we celebrate spiritual independence. 4 keynote speakers will share how they've experienced spiritual liberation.

SUNDAY JULY 4TH 2021
10:00AM - 12:00PM PACIFIC TIME

ZOOM MEETING ID:
912 4923 6196

ZOOM PASSCODE:
780623

VISIT OALAIG.ORG
FOR MORE DETAILS



<https://zoom.us/j/98477821659>
 Meeting ID: **984 7782 1659**
 Passcode: **860953**

Next Intergroup Meeting
 Tues July 11
 7:00 — 8:00 p.m.

7th Tradition

Suggested Online Donation
\$5.00

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

| Intergroup Board | | | |
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| Chair | oachair@sacvalleyoa.org | Jan H | (916) 616-1466 C |
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| Public Outreach | Chair | Holly S | hollynbob@gmail.com |
| Retreat | Chair | Rick Z | rick@directdigitalcontrols.com |
| Special Population Focus | Chair | Kim CM | carterkim76@gmail.com |
| Sponsorship | Chair | Cary H | caryyh2002@yahoo.com |

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

~OA Responsibility Pledge

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

INTERGROUP MEETINGS
 7:00 — 8:00 p.m.
 2nd Tuesday of every month
<https://zoom.us/j/98477821659>
 Meeting ID: 984 7782 1659
Passcode: 860953
 By phone: (1) (669) 900-6833