



Sunlight of the Spirit

San Joaquin Valley Intergroup of Overeaters Anonymous
Volume 11, Issue 1, Feb-Mar 2011

The Doctor's Opinion

A Day in OA

Saturday, April 2

Woodward Library
944 East Perrin Avenue,
Fresno, CA 93720.

Questions?

Call Ren @ 559-970-3646

Wow, there went January – hello, February. In review of the past year, I am so grateful for OA and the 12 Step program of recovery.

Today I am a member of a Step Study meeting. It is my belief that recovery begins with the Steps and that Step Study meetings are important for recovery from compulsive eating. Step Study meetings give us a blue print for working the Steps and working the Steps keeps us out of isolation.

A recent Step Study assignment was to read the Doctor's Opinion from the Big Book of Alcoholics Anonymous. This opinion was written in 1939 by Dr. Silkworth for alcoholics. It means as much to me today as when I first read it in 1977. I am very grateful to Dr. Silkworth and to the founding fathers of AA. When I read the Big Book I change the words alcohol and alcoholic to food and compulsive eating. When I do this the Doctor's Opinion and the Big Book describes me and shows me exactly how to recover. This opinion gives me hope and relief.

My belief is that our disease of compulsive eating covers a whole gamut of behaviors: from compulsively overeating to compulsively bingeing and purging to compulsively restricting food. The following excerpt from Dr. Silkworth's opinion works for all aspects of our disease. Dr. Silkworth is talking about all types of alcoholics "...have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This craving, as we have suggested, may be the manifestation of an allergy which differentiates these people and sets them apart as a distinct entity... The only relief we have to suggest is entire abstinence."

These are words of freedom for all of us who work this program of recovery. Before OA I felt there was something very wrong with me. Why couldn't I eat like normal people? Where was my will power? I just thought I was a bad person. And then, to not feel any more, I would eat more to numb the feeling. Dr. Silkworth's opinion tells us why we react differently to food. He talks about an allergy. What a life saving concept. It does not matter what compulsive behavior our disease manifests; the recovery is the same. We abstain from compulsive eating and work OA's 12 Steps.

If it works for you, please try attending a Step Study meeting this year. Miracles happen.

—Reach Out, February 2007

TRUSTED SERVANTS

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San Joaquin Valley OA Meeting List

| FRESNO | | | | |
|------------|--------------------|--|-------------------------------|---------------------------------------|
| TUE | 10:00 am | United Christian Church 1038 W Shields Ave | <i>OA 12x12</i> | Sharen 559-908-8834 |
| TUE | 5:30 pm | Hope Lutheran Church 364 E Barstow, Room 26 | <i>Overeaters Anonymous</i> | Del 559-392-3995 |
| WED | 5:30 pm | Wesley United Methodist Church, 1343 E Barstow, Ed. Center, room 3, east end of parking lot | CLOSED | |
| THUR | 10:00 am | United Christian Church 1038 W Shields Ave | <i>Voices of Recovery</i> | Carolyn 559-355-1927 |
| THUR | 7:00 pm | Wesley United Methodist Church, 1343 E Barstow, Ed. Center, room 4, east end of parking lot | Newcomer / <i>OA 12x12</i> | Karen 559-297-6890 |
| FIRST SAT | 9:00 am | United Christian Church Mar 5, May 7 1038 W Shields Ave ALL ARE WELCOME !! | INTERGROUP BUSINESS MTG | Deborah 559-706-3206 |
| SAT | 10:30 am | United Christian Church 1038 W Shields Ave | AA'S Big Book Study | Ren 559-970-3646 |
| MERCED | | | | |
| WED | 7:00 pm | Unity Church of Merced- use back door to community room. 305 W. 26 th Street, | AA Literature Study | |
| SAT | 9:00 am | Unity Church of Merced—Church office, use front door. 319 W. 26th St | <i>OA 12x12</i> Literature | |
| MODESTO | | | | |
| WED | noon | Call for location | <i>Lifeline Sampler</i> | Hans 209-480-4172 |
| OAKHURST | | | | |
| WED | 5:00 pm | Call for location | OA Workbook & Step Study | Betty 559-683-7016 |
| TURLOCK | | | | |
| MON | 7:00 - 8:15 pm | First Methodist Church 1616 Arbor (at Berkeley) | Literature | Cyndy 209-862-1139 |
| SAT | 9:30 - 10:45 am | First Methodist Church 1616 Arbor (at Berkeley) | Literature & Writing | Melissa 209-664-3095 |
| VISALIA | | | | |
| SAT | 10:00 am | Christ Lutheran Church 3830 W. Tulare (at Demaree Rd) North end of pre-school, Room 4 | Literature | Cindy 559-733-4137 |

We suggest that before attending a meeting for the first time call the contact person to verify the time and location!
 You can also check our website <http://www.sanjoaquinvalleyoa.org/> for the most current listing