



Sunlight of the Spirit

San Joaquin Valley Intergroup of Overeaters Anonymous Volume 9, Issue 2, April — May 2009

Step Four

“Made a Searching and Fearless Moral Inventory of Ourselves”

*** Notice ***

Starting April 15th The Fresno Monday night Abstinence meeting will change to Wednesday nights at 5:30. It will still be at Wesley United Methodist but in room 3 instead of room 4. Room 3 is on the opposite side of the building from room 4. There will not be a meeting Monday the 13th. Questions? Call Sharen 559-908-8834

When I started my Fourth Step, I did it according to the classical Big Book instructions. I had no problem making a list of the persons and institutions in my life that I had resentments against, and why I resented them. Actually, it seemed as if almost every one I had ever known ended up on that list—as if thinking about someone produced a full-length, in-color movie version of “who done me wrong”. Determining the parts of myself that had been affected was slightly harder. Then I finally reached looking at my character defects that were at the basis of the resentments. This entire process took about three months and filled almost an entire notebook, but what a revelation! In all the years I had been doing therapy I had been laboring under a “victim” mentality. Now I was actually seeing the part I played in all the conflict in my life—and it was such a major part I wondered how I had not seen it before.

There were times during the inventory when I was struggling with the depression of my bipolar disorder and the inventory was just too painful to work with on top of that. But I never put it aside for long, and it ended up being one of the most freeing things I have ever done. A storeowner takes regular inventories to determine what stock is damaged goods and needs to be discarded, what may have served a purpose in the past but is outdated and needs to be discarded, and what is still good and useful enough to be retained. This is what I needed to do for myself. The Fourth Step inventory is “searching” and “fearless”—not derogatory and condemning. It’s not a club to beat myself over the head with. I’ve done that to myself enough. No one, including myself, is all-good or all-bad.

The Fourth Step is my gateway to accepting responsibility for how I live my life. It is my gateway to accepting responsibility for the part I play in all the relationships in my life. It is my gateway to ending the labels of both blame and shame. --- *Anonymous, San Diego*

TRUSTED SERVANTS

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* Notes from your Newsletter Editor *

- If you would like to write an article, or have a news item for “Sunlight of the Spirit” please send an email with “attn editor” in the subject line to playaria@ymail.com.

San Joaquin Valley OA Meeting List

FRESNO				
TUE	10:00 am	United Christian Church 1038 W Shields Ave	<i>OA 12x12</i>	Vincie 559-277-1312
TUE	5:30 pm	Hope Lutheran Church 364 E Barstow, Room 26	<i>Seeking the Spiritual Path</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	<i>Abstinence Book Token Meeting</i>	Sharen 559-908-8834
THUR	10:00 am	United Christian Church 1038 W Shields Ave	<i>Voices of Recovery</i>	Frank 559-760-2246
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 Dec 6, Jan 3 1038 W Shields Ave ALL ARE WELCOME !!	INTERGROUP BUSINESS MTG	Ren 559-970-3646
SAT	10:30 am	United Christian Church 1038 W Shields Ave	AA'S Big Book Study	Carolyn 559-355-1927
MERCED				
WED	7:00 pm	Unity Church of Merced- use back door to commu- nity room. 305 W. 26 th Street,	AA Literature Study	Carol B 209-379-2314
SAT	9:00 am	Unity Church of Merced—Church office, use front door. 319 W. 26th St	<i>OA 12x12 Literature</i>	Carol B 209-379-2314
MODESTO				
WED	noon	Alzheimer's Aid Society 2501 McHenry	<i>Lifeline Sampler</i>	Hans 209-551-5336
THUR	7:00 pm	College Avenue Congregational Church 1341 College Ave		Jacki 209-524-1350
OAKHURST				
WED	5:00 pm	Dayhoff Paralegal, 49269 Golden Oak Dr. #207 Across from nursery and above children's museum. For directions - Jan 559-658-6040	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				
THUR	7:00 pm	St. Paul's Episcopal	Tape Study / Pitch	Cindy 559-733-4137
SAT	10:00 am	Christ Lutheran Church 3830 W. Tulare (at Demaree Rd) Community Rm		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