



# Sunlight of the Spirit

San Joaquin Valley Intergroup of Overeaters Anonymous  
Volume 10, Issue 2, April-May, 2010

## A Bit of Lifeline History

by Rozanne S.

Each month the AA Grapevine appeared in my mailbox, and each month I became increasingly convinced that we needed something similar for our own Fellowship.

“Furthermore” I said to myself, “the name *‘Bulletin’* just won’t do. What can we have that’s appealing and appropriate?” No matter how many options I considered, nothing seemed quite right.

Lying in bed late one night, I was thinking about this matter again. Unexpectedly, I had a mental image of a large ocean liner sailing near a helplessly bobbing lifeboat. Suddenly, someone from the liner tossed a strong rope to the little vessel.

“That’s it,” I exclaimed to myself, “a lifeline! What a perfect name for our magazine—The *OA Lifeline*.”

The next day I made an excited call to Margaret, who was then our national secretary in the General Service Office. After describing what had happened the night before, I asked, “What do you think, Margaret?” “Oh, Rozanne,” she answered, “what a great idea. You’ve hit on just the right title. That’s exactly what this magazine will be, a lifeline between the members.”

The first issue of the *OA Lifeline*, Volume 1, No. 1, was published in October, 1965. The redesigned format was a triumph, and OA members responded by subscribing in increasing numbers.

In addition to reports from our new editor, Wendy, and our new GSO secretary, Margaret, there were stories of recovery, poems, groups news, a pen-pal section and an update on the growth of OA. We now had eighty-nine groups, with more starting every month. Wendy also included reports on the Fourth National Conference and trustees’ meeting in May 1965.

Ever since our first mailing in 1962, the *Bulletin/Lifeline* had been our “meeting in print.” Now, with input from all over the world and with improved format and graphic design, our little magazine promised to bring OA members many hours of encouragement and pleasure. It was truly our Lifeline between members!

—Beyond Our Wildest Dreams, *Chapter Fifteen: “The OA Lifeline,”* pp. 201-203

—reprinted from *OA Lifeline*, February 2010, Vol. 38, No. 2

### A Day in OA

#### Stepping into Recovery

Steps 1, 2 & 3

Saturday, April 24th

10:30am-2pm @

Wesley United Methodist Church

1343 E. Barstow

Fresno CA 93710

#### Stepping into Action

Steps 6 & 7

Saturday, May 22

10:30am-2pm @

Woodward Library

944 East Perrin Avenue,

Fresno, CA 93720.

Questions?

Call Del @ 559-392-3995

## TRUSTED SERVANTS

Chair	Ren 559-970-3646 itsrenfromoa@gmail.com
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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>	Melanie 559-907-7358
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	<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 <b>May 1, June 5</b> 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 <sup>th</sup> 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</i> Literature	Carol B 209-379-2314
MODESTO				
WED	noon	Alzheimer's Aid Society 2501 McHenry	<i>Lifeline Sampler</i>	Hans 209-551-5336
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				
SAT	10:00 am	Christ Lutheran Church 3830 W. Tulare (at Demaree Rd) North end of pre-school, Room 4	AA'S Big Book, 12 & 12	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