

Sunlight of the Spirit

San Joaquin Valley Intergroup of Overeaters Anonymous
Volume 10, Issue 1, February—March, 2010



editor's note: The above logo is the official Overeaters Anonymous 50th Anniversary logo. It will grace our newsletter for the year.

Send in Articles!!!

Do you have memories of how your group started? How about a retreat or conference you attended. Let's hear about how OA started in the Central Valley. Articles can be no longer than 400 words, shorter is fine. Newsletters will print the first Saturday of April, June, August, October, and December. Please send them to playaria@ymail.com two weeks before the end of the month. I will try to print as many as I can.

TRUSTED SERVANTS

Chair	Ren 559-970-3646 itsrenfromoa@gmail.com
Vice Chair/	Deborah 559-706-3206
Literature	Pat 559-229-3086
Treasurer	Sharon 559-261-0723
Secretary	Carolyn 559-355-2198
Newsletter	Sharen 559-908-8834 playaria@ymail.com
Webmaster	Eric 559-288-5796 eladenheim@ladenheim.net
Region 2 Representatives	
Karen	Del 559-297-6890
	559-392-3995

What an Adventure!

A summer stroll on a neighborhood street in 1960 changed the lives of thousands of people worldwide. That's how Overeaters Anonymous began—two women struggling alone with compulsive overeating; meeting, sharing, supporting and eventually carrying the message of OA as far as a dream would take it.

The idea of OA came to cofounder Rozanne S. at a Gamblers Anonymous (GA) meeting she attended in 1958. She had coaxed a compulsive gambling friend to try out the meeting she had heard about on a television show the night before. As GA members shared their stories, she heard her story—not of gambling, but of compulsive overeating. She knew then that the Twelve-Step and Twelve-Tradition program founded by Alcoholics Anonymous (AA) and modeled by GA offered her a chance to change her life and reduce her 152-pound body to a size that would fit her 5'2" frame. Not until 1960, when her weight had increased to 161 pounds, could she find other people who shared her convictions.

Her chance meeting with a new neighbor, Jo S., gave Rozanne strength in numbers, even if it was only one person. Together they found another compulsive overeater, Bernice S., and convened the first OA meeting in Bernice's home in Hollywood, California, January 19, 1960.

Today over [6,480] OA groups meet each week in [74] countries. With OA divided into 10 regions worldwide and about [341] intergroups, it helps approximately 50,000 compulsive overeaters find themselves through a three-fold recovery: physical, emotional and spiritual. Behind this phalanx of 21st-century OAers march thousands of others whose actions and support over [50] years ensured the presence of OA today.

— Edited, reprinted from *Recovery into the Millennium*, Lifeline's 40th Anniversary Commemorative Booklet 2000

—reprinted from *OA's Lifeline*, January 2010

Now Playing—50 Years of OA Recovery!

August 26–29, 2010

Hilton Los Angeles Airport Hotel
Los Angeles, California USA

Experience 50 years of OA unity at the 2010 World Service Convention (WSC). Join OA members from around the world for fun and fellowship, and see where the red carpet leads you. Check www.oa.org/world-service/convention.php regularly for updated Convention information. Registration forms and online registration will be available in January 2010.

San Joaquin Valley Intergroup of OA, PO Box 8302, Fresno CA 93727
Hotline: 559-323-5636, Website: www.sanjoaquinvalleyoa.org

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 Feb 6, Mar 6 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</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