



Sunlight of the Spirit

San Joaquin Valley Intergroup of Overeaters Anonymous Volume 9, Issue 6, December—January 2009-10

OA Turns Fifty!

News From World Service

New definition of Abstinence

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows:
Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.
Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.
From <http://www.oa.org/news/>

2010 marks the 50th anniversary of Overeaters Anonymous. Lifeline is asking for various memory contributions for the 2010 issues, it might just be a good time to subscribe. To subscribe go to www.oa.org.

As your humble editor I'd like to request contributions from all of you in the San Joaquin Valley Intergroup area. 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 February, 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 over the next year.

TRUSTED SERVANTS

| | |
|--|--------------|
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| Region 2 Representatives | |
| Karen | Del |
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The 50th Annual OA Birthday Party
January 15-17, 2010
LAX Marriott Hotel
http://www.oalaig.org/html/birthday_party.html

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 Nov 7, Dec 5 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 | | | | |
| THUR | 7:00 pm | St. Paul's Episcopal | CLOSED | |
| 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