



Sunlight of the Spirit

San Joaquin Valley Intergroup of Overeaters Anonymous
Volume 10, Issue 6, Dec 2010—Jan 2011

Service is its own reward

Inspiration

When I clasp hands with other members after a meeting, I look around the circle at all of the many wonderful manifestations of Higher Power.

—Lifeline,
December
1996

"Service is its own reward" I read this today during my morning quiet time in "Voices of Recovery", an OA daily meditation book. It also states that members who do service stick around longer. This has been my experience. When I came into the rooms 6 years ago I attended an intergroup meeting and I was a treasurer for another meeting that I did not go to very often. Somehow I did pay their rent through the patience and cooperation of some of the long time members who DID attend the meeting regularly. When I am the secretary at meetings I am more alert. When I sponsor I connect with what a precious gift this recovery is. When I volunteered at a Region 2 convention I was expecting to feel put upon and resentful. Instead, I was humbled by the kindness and support that I received.

I don't have a perfect program, I don't do service perfectly either. My HP loves me and allows me to have more humility and acceptance for myself and others in my life through the process. How can you use the tool of Service to recover and be happy, joyous and free?

- Make an outreach call today.
- Go to a meeting.
- When the available service positions are announced, listen, pray and if you can help raise your hand.
- Talk to the newcomer

Attend the Intergroup Meetings. "More shall be revealed" as business is discussed with the focus on principles not personalities.

There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. "A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

~Ren

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 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>	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	<i>Abstinence Book Token Meeting</i>	Ron 559-227-7935
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 Oct 2, Nov 6, Dec 4 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	Ren 559-970-3646
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	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