

Sunlight of the Spirit

Summer



We need your submissions to have a newsletter! Do you have an article, story, poem or positive experience you would like to share?

Email

sunlightofthespiritnewsletter@gmail.com



San Joaquin Valley Intergroup
of OA

P.O. Box 8302, Fresno, CA
93727
www.sanjoaquinvalleyoa.org

Hotline: 559-323-5636

When I wake up in the morning, I ask God to get inside my head, instead of me.

This has helped me tremendously. I NEED God to take over my mind before I have the chance to get in there. When I am in my head, it can get chaotic. I could practically write a book with all of the floating thoughts that come across in my head. If I am up there, my disease is in control. When I ask God to get inside my head, things change. Miracles happen when I invite God in to my innermost being. He changes the way I think, the way I act, and the way I see things. My viewpoint on life becomes clear and I can see what my H.P. wants me to see.

Save the Date!

Tahoe Retreat

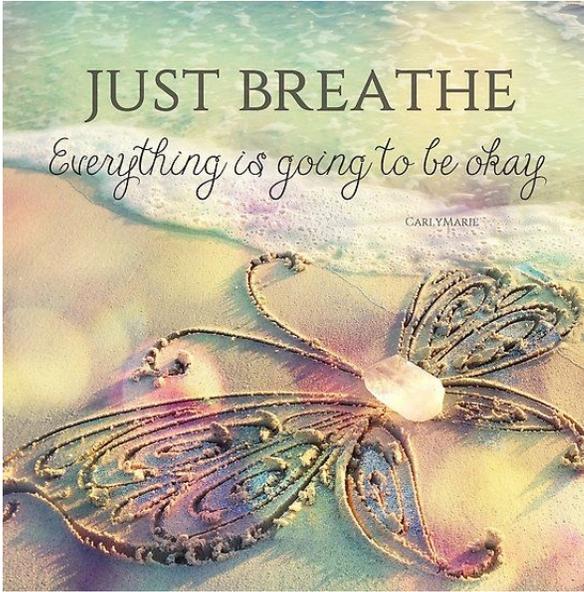
August 4-6
Serenity in the
Sierras-South Lake
Tahoe.
(916) 749-7291

Beach Retreat

August 18-20
Santa Cruz
Summer Retreat
(510) 579-9536

Men's Retreat

August 25-27
La Casa de Maria
retreat center in
Santa Barbara
(619) 787-2937



God please guide my thoughts and actions. Please help me accept the day as it is and give me the strength to overcome my difficulties. Help me to be open, honest, loving, accepting, and forgiving. Free me from fear, sorrow, selfishness, and self-will. Show me how I can be of service to you at to others. Help me see all the good in my life and to be grateful. Guide me throughout the day and remind me to stop and pray when I get agitated or unsteady. I know that when I come to you throughout my day, I always feel at peace. Thank you for being by my side.



H.A.L.T

Are you hungry? Angry? Lonely? Tired? Next time you have the desire to overeat compulsively, H.A.L.T, and ask yourself this.

“Your commitment to abstinence from compulsive overeating is the most important thing in your life without exception! You may believe other things come first, but if you do not abstain from compulsive overeating and practice moderation at meals, you may destroy your chance of finding health, happiness, self-understanding, and peace of mind. If you are convinced that everything in life depends upon your practice of abstinence, you almost certainly will achieve these goals.” –Before you Take That First Compulsive Bite



“I cannot be responsible for the way people react to the choices I make. That is their problem, and I no longer think I can solve other people’s problems.”



“Recovery means going to any lengths to stay abstinent. It means being willing to give up, for today, any or all of the comfortable and familiar old ways that may interfere with abstinence, including cooking, restaurants, friends, meals for my family.”

For Today: I am willing to put abstinence first. That means talking to anyone who is able to help me, asking questions even though they may make me appear foolish, making calls even though I may bother someone. –For Today Daily Reader

“For today, what recovery actions can I take and what healthy attitudes can I adopt to live OA’s spiritual principles?”-For Today Workbook

Today I can pray. I can read OA literature. I can give today to God because He is in control. The today is out of my hands and God has entire control. I can pray for strength, willingness, compassion, patience, empathy, and love. I cannot control anything that happens today. I am powerless over food, so I am giving everything up to God. He can do what I cannot do.

LIFE'S A
Beach
 ENJOY THE
 WAVES

There are so many things that are out of our control. Life is full of up and downs, roundabouts, and small bumps in the road. We have a choice of how we want to react to these detours in our life. We can choose to be upset, bitter, and discontent. OR we can choose to accept what comes, keep our head up, pray, and enjoy life. There are many beautiful reasons to smile each day, and we get to choose whether or not to enjoy them. Don't let life pass you by! Breathe, smile, and enjoy the ride. We are all in this together, and together we get better!

My Gratitude's For Today

What I like about OA
 Is hearing about others' willingness and strength
 Different paths toward a spiritual solution
 And after we surrender, many blessings come to fruition

What I like about OA
 Is remembering my gratitudes just for today
 With the help of my divine
 I daily write them: here are mine

Gratitudes:
 Thank you to my HP
 For simply not giving up on me
 You remind me to believe in myself
 That I have to be me, nobody else

Thank you for the power of reflection
 Lessons learned, keen introspection
 Bringing about the awareness to surrender, new insight gained
 More commitments toward positive behavior change

Thank you for forgiveness and grace
 Removing my anger and taking its place
 Thank you for the strength to abstain
 Because my impulsiveness only leads to more pain

Thank you for empathy
 Which provides also peace, love, and serenity
 Once I understand myself I can understand others more
 Something I enjoy which used to be a Chore

Thank you for my family
 The times we interact happily
 I am grateful for their love
 And for the blessings we receive from above

Thank you for my support networks
 I never like to take for granted their infinite worth
 I am sure to support in return
 And with each experience I continue to learn

Thank you for my education
 They say it's the one thing that can't be taken away
 I will use it to assist in my social contributions
 To make our community a better place

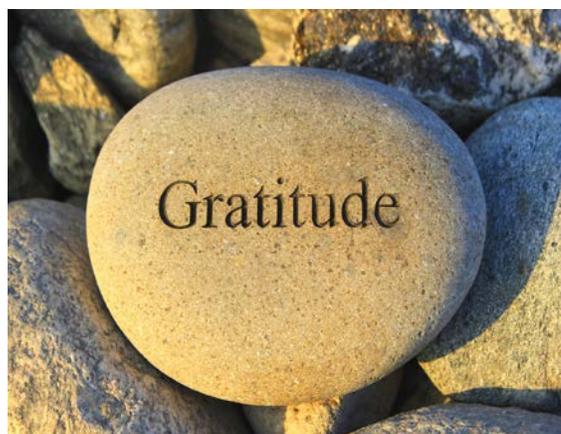
Thank you for resilience
 Powerful insight, creative brilliance
 It's not how many times you fall but how many times you can again rise
 All is possible with the help of my HP, all knowing and wise

Thank you for hope
 Others' kindness and spiritual growth
 Thank you for professional perseverance
 For leadership situations, you provide emotional clearance

Thank you for my OA Community
 The place for spiritual tune up, love, and unity
 I love my program
 Where I never have to worry about whether or not they will understand

These are my gratitudes
 For spiritual survival, they improve my attitude
 They help maintain my humility
 Ensure forethought and tranquility

With Gratitudes life isn't so bleak
 If you are unsure you are welcome to try and see
 As for me, a grateful food addict
 I can trust the outcomes of this spiritual fix



Keep Coming Back, It Works!

I have been in the OA rooms for just over a decade. That's 4380 days....one day at a time. I remember my first meeting. I went to West Barstow instead of East Barstow, I finally arrived late...and felt so nervous and flustered. Yet I knew I was in the right place. I did not have the language of recovery yet. But I saw peace on the member's faces, heard words of acceptance and felt the love. I keep coming back because I never want to be lost in my own head, out of touch with my body and soul, thinking I have to do this life thing on my own.

Over the years I have worked with different Sponsors and Sponsees. I learn from all. I am a fan of the Twelve and Twelve and its workbook to offer structure in working each Step. I also have well-read Voices of Recovery and For Today daily readers.

My morning begins with HP and the first three steps before my feet even hit the floor. I now keep my OA literature and journal in a basket near a comfortable chair so I can have a cuppa and spend my quiet time easily. In the past I have kept literature in a tote so it was more mobile. The priority is to have it accessible. And read it.

I still call in my food each morning. If I don't know what dinner is going to consist of, I say that. I have heard myself several times saying I have no idea what I am going to eat all day. This allows me to make a decision right then for better self care. If I were going to be spending the day with any one of you out there, and I was responsible for feeding you, I would never starve you, make you eat standing up in the kitchen or feed you so much that you felt ill. Why would I do that to myself?

Well, I HAVE done that to myself. But for today I don't.

What works in keeping my life in balance?

Daily phone calls to OA friends

Morning Quiet Time

As many meetings as I can get to.

Bookending an event or meal that feels problematic with phone calls is helpful.

Carrying my food plan in my wallet early on was reassuring.

Attending 30 meetings in 30 days is a terrific boost to a program. Phone meetings count!

Listening to the quiet intuitive voice to lead me on to the next right thing.

Remembering that Higher Power is gentle and powerful.

We practice each day to love ourselves and others with awareness, acceptance and willingness to change.



Keep coming back! It works!

Meeting List

Monday: Modesto 6:00pm
 Health Ed & Conference Center
 1700 McHenry Ave. Ste. 608
 Focus: Literature & Occasional Speaker
 Contact: Roger (949) 648-1429

Tuesday: Fresno 10:00am
 First Congregational Church
 2131 N. Van Ness Blvd.
 John Greg Hall Fireside Room
 Focus: Newcomer/Literature
 Contact: Ren (559) 970-3646

Tuesday: Merced 6:00pm
 Baptist Church 500 Buena Vista
 Focus: Varies
 Contact: Amy (209) 383-4161

Thursday: Fresno 10:00am
 United Christian Church
 1038 W. Shields
 Focus: Voices of Recovery
 Contact: Ren (559) 970-3646

Friday: Fresno 12:00pm
 364 E. Barstow Ave. Room #26
 Focus: Speaker/Discussion on topic
 Contact: Galatea (559) 803-0471

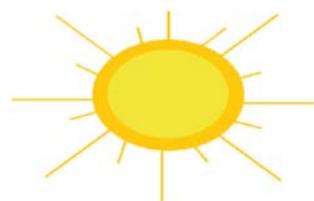
Friday: Sonora 5:30pm
 Sol Y Breath
 14709 Mono Way
 Focus: Varies
 Contact: TBD

Saturday: Fresno 10:30am
 United Christian Church
 1038 W. Shields Ave.
 Focus: AA Big Book Study
 Contact: Bill (559) 999-4767

Saturday Clovis 2:00pm
 Call for address
 Focus: Literature
 Contact: Del (559) 392-3995

Saturday: Turlock 9:30am
 First Methodist Church
 1616 Arbor (at Berkeley)
 Focus: Literature & Writing
 Contact: Melissa (209) 918-6737

Saturday: Visalia 10:00am
 Christ Lutheran Church
 3830 W. Tulare Ave. Rm #4
 Focus: Literature
 4th week-Abstinence 1st edition
 5th week-Speaker
 Contact: Cindy (559) 733-7387



HAPPY
 SUMMER