



SONOMA SERENITY

Fall Newsletter of Sonoma/Napa Counties

Overeaters Anonymous www.oasonoma.org 707-538-9770

“Overeaters Anonymous is a Fellowship of individuals who through shared experience, strength, and hope are recovering one day at a time from compulsive overeating and compulsive food behaviors. Our program of recovery utilizes OA’s Twelve Steps and Twelve Traditions and the OA Tools of Recovery to guide us in this journey. OA addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. We welcome everyone who wants to stop eating compulsively.”

Welcome to Overeaters Anonymous, Welcome Home!

Para informacion en espanol, por favor visita el sitio web de servicio Mundial @ <https://oa.org/groupservice-bodies/world-service> o llame Lynn H. @ 707-327-6643.

Save the Date

Spring Into Action

Sonoma County OA Retreat

April 16-18, 2021

7th Tradition Covid-19

We are self-supporting through our own contributions. While our telephone and virtual meetings have minimal expenses, our 7th Tradition reminds us to support our Fellowship as a whole. Intergroup, Region 2, and World Service Office need our support to help carry the message to other compulsive overeaters.

Here’s how you can contribute:

- Directly to each of the meetings you attend. Check with your group treasurer to see if a monthly check for the meetings you attended can be mailed directly to the treasurer.
- Donate through Sonoma County OA Intergroup. Use the donation form found on the Sonoma County OA website (oasonoma.org). Send your check to SCOAIG, PO Box 7092, Santa Rosa, CA 95407. SCOAIG will distribute the funds to WSO, Region 2, and Intergroup. Please include your meeting number, day and time on the form.

You can also donate online to Region 2 (oar2.org) or mail a check to Region 2 of OA, Inc., 4733 Torrance Blvd., PMB 335, Torrance, CA 90503 and online to WSO (oa.org) or mail a check to OA World Service Office, PO Box 44727, Rio Rancho, NM 87174. Please use the Region 2 and WSO contribution forms found on their respective websites.

Hang
On
Pandemics
End

The telephone is an important OA tool.

Reach out for support!

Use the numbers below or take numbers at your meetings. Consider calling people attending their first meetings to welcome them to OA, make them feel welcomed and ready to come back. Call before that first compulsive bite!

Andrea	707.526.7397	Laurie B	707.664.9211
Barbara B	707.331.9537	Michele	707.292.1324
Catherine W	707.332.7416	Rita M	707.327.7800
Gigi	707.623.9400	Margaret S.	707.975.4440
Glo	707.548.8911	Sherrill	707.479.9370

These members are willing to receive texts to help fellow compulsive eaters—Please sign your name to texts

Catherine T.	707.338.1554	Glo	707.547.8911
Catherine W.	707.332.7416	Kathy	707.849.6243
Deborah	707.360.7605	Rita M	707.327.7800
Fionn	707.548.2177	Sherrill	707.479.9370
Glo	707.547.8911		

Julie D. 707.280.4866: julie94954@yahoo.com

To add/remove your name to/from either of these lists, please email your contact information and preferences to editor.newsletter@oasonoma.org. Thank you to all these members for your service.



Agnostic/Atheist/Free Thinker Meeting

There is an OA group that has a focus on agnostic/atheist/free thinker ways of relating to the 12 steps, there is a group in East Bay. They have Zoom meetings on Monday and Wednesday, 6-7pm. The contact person can be reached at 510-409-8340. There is also more information on the website for OA East Bay."



Sonoma/Napa Counties Overeaters Anonymous Meetings (Intergroup #09245)

All meetings are open to all members of OA. A member is any person with a desire to stop eating compulsively or anyone who thinks they may have an eating problem. Meetings may specify a focus in the listings, e.g., men's, women, scent-free, etc., but OA meetings do not close their doors to anyone who has a desire to stop eating compulsively.

Telephone Meetings: <https://oa.org/find-a-meeting/?type=2>

Online Meetings: <https://oa.org/find-a-meeting/?type=1>

Time	Focus	Directions/Contact
Sunday		
#23322 7:30 pm–Open	Men's Focus Meeting	Westview Christian Church, 3950 Doubles Dr., Santa Rosa off Sebastopol Rd, near Wright Rd. Mark R. 860-202-8953
Monday		
#46306 7:00–8:00 pm	Speaker/Discussion. Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Santa Rosa. Dana 707-543-0988
7:00-8:00 pm 4th Monday monthly	Intergroup meeting. Attended by intergroup representatives, but any OA member may attend. This is a business meeting.	Rohnert Park Senior Center, 6800 Hunter Drive, Suite C, at back of the building. Sherrill 707-479-9370 No Meeting Memorial Day or in December.
Tuesday		
#48664 9:00–10:00 am	Women's: literature and sharing. Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Santa Rosa. Glo 707-548-8911
# 54099 5:30–6:30 pm	Alternating Steps & Traditions/Speakers	Healdsburg Hospital at 1375 University Ave., Healdsburg. Rita M 707-327-7800
# 56700 6:00–7:00 pm	Literature Big Book	Crosswalk Church 2590 1st St, Napa. Annette 773.315.0073
Wednesday		
#12292 7:30–8:30 pm	Speaker, Ask-it-Basket, Steps, OA Literature Scent-free	Community Church, 1000 Gravenstein Hwy N, Rm 6 Sebastopol (near back parking lot). Dana 707-543-0988
Thursday		
#26186 12:15–1:15 pm	Step study –1 step or tradition each week OA 12X12, sharing. Brown bag lunch. Scent-free	First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva). Glo 707-548-8911
#48663 6:30–7:30 pm	Reading, writing/meditation & sharing	First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva). Mark R. 860-202-8953
#28652 7:30–8:30 pm	Step & Tradition Study: Speaker	Elim Lutheran Church, 504 Baker St, Petaluma on left upstairs, Parking Lot on Stanley Street. Margee 707-763-7161
Friday		
#48662 9:00–10:00 am	Short reading, 10 minutes meditation, then sharing: Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Santa Rosa. Glo 707-548-8911
#31481 12:15–1:15 pm	Wk. 1 <i>Lifeline</i> , other weeks For Today + Discussion. Brown Bag Lunch Scent-free	Church of the Oaks, 175 Page St., Cotati. Laurie 707-664-9211
#00156 6:30-7:30 pm	Speaker, Topic Discussion alternating with reading Step and Tradition of the month.	First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva). Brian H. 707-688-2789
Saturday		
#38906 8:15–9:15 am	Steps & Traditions: Discussion Scent free	Rohnert Park Senior Center, 6800 Hunter Dr., Suite C (at back of building). Catherine 707-332-7416
#22186 9:30–10:30 am	Literature Meeting	First United Methodist Church, 625 Randolph Street, Napa (follow signs). Eleanor 707-255-5524
#24116 10:30–11:30 am	Women's Focus Meeting No Childcare & Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Santa Rosa. Rita M 707-327-7800
#46859 6:30–7:30 pm	Recognition Meeting/Speaker Second Saturday of odd months	Christ Church United Methodist, 1717 Yulupa Ave. Room 8. Santa Rosa. Margaret 707-975-4440. 3/14, 5/9, 7/11, 9/12, 11/14
#51661 6:30-7:30 pm	Hope for Recovery Reading/writing/ reflection/sharing Scent-free Second Saturday of even months	Christ Church United Methodist, 1717 Yulupa Ave. Room 8. Santa Rosa. Heather 415-987-4047. 4/11, 6/13, 8/8, 10/10, 12/12 Needs Support

Distribution of OA funds for Individual Groups After paying the group's expenses,

*60% of the remaining funds should be sent to Sonoma County OA Intergroup, PO Box 7092, Santa Rosa, CA 95407

*30% goes to World Service Office, PO Box 44727, Rio Rancho, NM 87174 (note this is a change in PO box number)

*10% goes to Region 2 OA, 4733 Torrance Blvd, PMB 335, Torrance, CA 90503

Any group contributions for PIC, retreat fund, or sales tax can be included in the check to Intergroup. Indicate how much for each category. A universal 7th tradition distribution form can be found at www.oasonoma.org/documents.html

