



SONOMA SERENITY

February/March 2019

The Bi-Monthly 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.

Upcoming events in OA

A Day in OA: Recovering from Relapse

February 16, 2019 1-4 pm

Elim Lutheran Church, 504 Baker Street, Petaluma

Sonoma County Intergroup Recovery Retreat

"Smashing the Delusion!"

Friday thru Sunday, May 31-June 2, 2019

Santa Sabina Center, San Rafael, CA

Registration fliers will be available at local OA meetings and posted on our website (www.oasonoma.org) starting in February. Plan on joining us for a weekend of concentrating on recovery!

Wednesday Morning OA Walk and Talk

Currently on winter hiatus with plans to restart in March. Participants meet at the upper parking lot of Howarth Park at 9am. If questions, please call Mark at 860-202-8953. (restart March 6 weather pending!)

Honoring Our 7th Tradition

At the November Intergroup meeting, our new treasurer reviewed our finances. Our yearly income was less than had been expected in the proposed budget. Some meetings have not been sending in the 7th tradition funds for the year. There are a number of possible reasons this:

- Some meetings have increased rent, especially those meetings with location changes in 2018.
- The information about distribution of funds had been omitted from this newsletter, but is now back on this page.
- Individual donations may be limited due to members being on fixed incomes.
- High cost of living in Sonoma county.

Every meeting is encouraged to keep a prudent reserve equivalent to 2-3 month's rent. After paying the group's expenses of rent and literature, remaining funds are to be distributed as described at the end of this article. A larger group might submit it quarterly; smaller groups might choose a 6 or 12 month interval or coordinate with the service commitments so funds are paid before the groups' books are turned over to the next treasurer. The treasurer may elect to send personal checks for these funds or purchase money orders. Expenses for postage and fees should come from the group's money.

Donations to Intergroup, Region 2, and World Service office cover the printing of newsletters and meeting lists, conventions, printing and revision of OA literature, maintaining phone lines and websites to get the message of OA out to the larger community.

We must each decide if we are giving our share to our local meetings. It is important to our ability to offer a variety of times and locations for meetings that benefit all of us who are affected by compulsive eating and food disorders. Just as our personal expenses for housing, food, and daily living have increased, so have the group expenses.

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, P.O.Box 7092, Santa Rosa, CA 95407

*30% goes to World Service Office, P.O.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

The Taxman Cometh: Sales Tax on OA literature: This is not a new regulation, but it was not being widely followed. Statewide OA leadership is making a push for groups to comply with this law. Rates vary across Sonoma/Napa counties; Intergroup chose the 8.625% rate to make calculations uniform. We need to pay the sales tax on orders from August 1, 2018 going forward. The amount of sales tax can be forwarded to Intergroup and will be paid yearly to the state in a lump sum with our first payment in August, 2019. Some meetings have elected to add the price of sales tax and shipping to the literature price. Other meetings are covering the sales tax out of the 7th tradition funds, charging only the list price to buyers. Some groups are considering not selling literature since OA materials are available on line thru the OA bookstore or other public shopping sites. Each meeting is autonomous and can decide in their business meetings how they wish to handle this.

Next month we'll talk about something besides money!!

Please consider calling an OA friend you haven't seen in awhile and inviting them to the Day in OA "Recovery from Relapse."