



# SONOMA SERENITY

June, July, August 2019

The Bi-Monthly Newsletter of Sonoma/Napa Counties Overeaters Anonymous

Anonymous

[www.oasonoma.org](http://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 OA Events

East Bay Unity OA Intergroup presents 12 Step Marathon Saturday, Sept 14 in Oakland, CA 10 am – 3:30 pm  
First Unitarian Church, 685 14<sup>th</sup> Street  
Contact [kaydee@sonic.net](mailto:kaydee@sonic.net)

Bay Area OA and HOW presents its 17<sup>th</sup> annual Men In Recovery retreat. Oct 25-27, 2019 in Santa Cruz, CA. Contact Don@415-246-3086 or Bob@510-825-6959

Save the date! Sonoma County Intergroup 2020 Retreat Feb 28-Mar 1, 2020 in San Rafael.

## Report from Sonoma County Retreat 2019

37 participants were registered for our retreat at Santa Sabina Center May 31-June 2. Our speaker shared a strong message of abstinence and recovery. Her personal motto is "leave no overeater behind!" Even though the retreat was several weeks ago, people are still talking about it our meetings, and many members made some changes in their food plans and program practices from what they learned that weekend.

The evaluations indicated most were very satisfied with the location, food, and staff. Many liked the meeting room set up this year with tables and the use of a sound system. Suggestions included more small group breakouts, more time for getting know the other participants, more time for questions.

Planning has started for next year's retreat, which will be in the spring for 2020.

## Changes to our Serenity Newsletter

Intergroup decided to publish this newsletter with meeting list 4 times a year instead of every other month. This will save money on printing. There is less need for paper meeting schedules because many people access them online. Please be sure your group members get the latest copies of our newsletter, and also please clear out the old editions from your meetings.

The current editor would like to pass this service on to a new member as her time of service is done. The editor position requires some computer skills and knowledge of Microsoft Word. If interested, call Sherrill at 707-479-9370. Assistance will be provided for the transition.

## The Public Information Committee Needs Everyone!

In order to keep our recovery in the OA program, we must share the OA message to overeaters who are still suffering. This means not only welcoming newcomers in our meetings but also getting the OA program into the public eye so people can find help for dealing with their disease. PIC members did some brainstorming and came up with a possibilities:

- having a newcomer's event this fall with speakers, Q&A, written information, maybe Nov 2<sup>nd</sup> or 16<sup>th</sup>.
- buying ad space in area newspapers

- looking for local papers and community newsletters that print free public service ads.
- putting posters with OA contact information on bulletin boards at stores, churches, laundromats, libraries, schools, exercise gyms.
- having an information table at public events such as health fairs, farmers' markets, etc.
- distributing information packets to area medical clinics and physicians.

Please help us search for places to spread the word: bulletin boards that allow public posting, local papers and newsletters from your communities, churches, organizations, community calendars. Your local meetings should also have pamphlets and business cards with OA information that you can hand out to anyone you would like to invite to OA. To keep our Sonoma county meetings strong and vibrant, we need to bring in new members who can benefit from our 12 step program of recovery.

The Healdsburg meeting recently staffed a table at a health fair for the employees of the Healdsburg Hospital that was attended by over 100 people. They were able to give written information and answers to those who asked about OA. Person to person is best!

**Hope for Recovery meeting** has a revised format and a new secretary. One member who attended the last meeting said "I went kicking and screaming because I did NOT want to attend a meeting focused on relapse and recovery!" But she found the meeting was exactly what she needed. Through the writing exercise and the ending section of the meeting where members focus on a new change to maintain abstinence, she was able to finally let go of a food she had been trying to eliminate from her food plan. This meeting is the 2<sup>nd</sup> Saturday of even months, 6:30 pm. Details on back page. Please support this meeting with your attendance!

## 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 7<sup>th</sup> tradition distribution form can be found at

[www.oasonoma.org/documents.html](http://www.oasonoma.org/documents.html)