



SONOMA SERENITY

November/December 2018
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.



Holiday Meeting Schedule!

Thanksgiving Day, November 22, 2018 Thursday

12:15 pm meeting at 2000 Humbolt Street, Santa Rosa, will be meeting.

6:30 pm meeting at 2000 Humbolt Street, Santa Rosa, will be meeting.

The Petaluma 7:30 pm meeting will be moved to 9:30 am for Thanksgiving Day only.

Christmas Eve, December 24, 2018 Monday

And New Year's Eve, December 31, 2018

12:15 meeting in Cotati will be meeting as usual.

7:00 pm Santa Rosa meeting will be meeting as usual.

Christmas Day 12/25 and New Year's Day 1/1/2019

Tuesday

9:00 am Santa Rosa will be meeting as usual.

4:00 pm Healdsburg meeting will NOT be meeting on 12/25 and 1/1/2019

5:00 pm Santa Rosa Big Book Study will NOT be meeting on 12/25 and 1/1/2019

(full addresses and information on back page)

Our Disease Does Not Take a Holiday!

Often the holidays can be a difficult time for many people. If you are needing a boost in your program, consider participating in one of the special holiday meetings held in Oakland and San Francisco. If you have ever attended one of the holiday marathons, you know how inspiring they can be. Consider getting a group of several OA members and making a new holiday tradition.

Holiday "Thankathons"

Held on Thanksgiving Day, Christmas Day, and New Year's Day from 10 am to 12 noon.

St. Paul Lutheran Church, 1658 Excelsior Avenue

Oakland, California

Donation at door but no one turned away for lack of funds. Childcare is available. Contact kaydee@sonic.net if questions, but no reservation is required.

Thanksgiving Marathon, November 22, 2018

Marathon meeting on Thanksgiving Day, November 22, from 10 am to 1 pm at St. James Church, 4620 California Street, San Francisco, California, 94118.

Facing Holiday Challenges

The holiday season can be a challenge for those of us who have compulsive food issues. How do you face those parties, family get togethers, or work events that seem to be so focused on food?

- Consider making something that is compatible with your food plan to take along to share.
- Consider eating something before the event so you aren't so hungry.
- Don't stand near the food tables. Mingle with others and attempt to talk to as many people as possible.
- If you are given food gifts, accept them graciously and give them away to neighbors, co-workers, homeless shelters, etc.
- If you must bake certain holiday treats, try doing the baking with friends or grandchildren, immediately packing up the goodies for mailing or giving as soon as complete! (this was suggested by our recent retreat leader!)
- Call your sponsor or make outreach calls before heading to these events. Discuss what your plan will be.

OA's 59th Birthday Party!

January 18-20, 2019

Hilton LAX, Los Angeles.

Panel discussions, workshops, marathon meetings, and more. More information available online on the Region 2 webpage.

There are Sonoma county OA members who attend this event every year and give it rave reviews.

What is in the plans for 2019?

Intergroup has been looking into several plans for the coming year.

- Possibility of OA presence on various social media. This is also being worked on at Region 2 level to see how this can be accomplished but still honor our traditions and anonymity.
- A Day in OA sometime this year. Additional help being sought. Please ask your intergroup rep if interested in helping.
- A PIC (Public Information Committee) event sometime in 2019.
- Looking into having Spanish language literature available in some meetings.

Celebrations are about the *people*, not about the *food*!