



# SONOMA SERENITY

July/August 2018

The Bi-Monthly Newsletter of Sonoma/Napa Counties Overeaters

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.



## **OA IS ON THE MOVE!!!!**

Starting July 1<sup>st</sup>, our 6:30 pm meetings on both Thursday and Friday evenings will be held at the First Congregational Church, 2000 Humboldt Street in Santa Rosa. This location is at the corner of Humboldt and Silva, a few blocks east of Mendocino Avenue. It is also where the Thursday 12:15 meeting is held. There is a small parking lot in front of the church and there is ample street parking in all directions from the church. Please arrive early on your first visit to the new location to find parking and locate the meeting room. The church has meeting rooms of various sizes that it rents out to groups. If it seems like there are many cars in the lot, please be aware that another group may be meeting at the same time as OA. There will be signs at the entrance.

A couple months ago, Sonoma OA was notified by the Earle Baum Center that their leadership had decided to close to all outside groups. Immediately we had a number of our members working to call on various churches and other meeting venues across the county. The committee also had to consider the distance, the size of meetings rooms, parking at the venue, accessibility, and cost. They discovered that many places are no longer allowing groups to rent their facilities and that some of the ones who would consider taking us on had rents far above what we could afford.

It is with great relief and gratitude that we can announce no disruption in our Thursday and Friday night 6:30 meetings! As of yet, there is no location for the meetings that were held on the second Saturday night of the month, so those meetings are on hiatus until further notice. (the Hope for Recovery and the Recognition Meetings.) We hope to resume these meetings if we can find a new location. If you know of any possible location we should contact for these meetings, please inform your intergroup rep or email to the editor.

A big thanks to ALL who had a part in the search for our new "home" for these meetings, and a special "shout out" to Mark R., Laura, and Kent who went the extra mile.

**THANK YOU FOR YOUR SERVICE!!**

## **The 2018 Retreat Report**

This was the first year that the Sonoma County OA retreat was held in San Rafael at the Santa Sabina Center on the campus of Sonoma State University. There is always trepidation about changes, but attendees gave a big "thumbs up" on the evaluation for the facilities and the food service at this location. There were many comments requesting we choose this venue for next year. We had about 40 persons attending the weekend retreat focusing on the 12 Steps as outlined in the first few chapters of the Big Book of AA. Some of the activities were our traditional ones, like the arts and crafts room which always gets positive ratings on the evaluations, as well as the 50/50 drawing, the talent show, and the clothing exchange. New this year was a choice of optional breakout sessions on Saturday evening. This year three discussion groups were featured: sexuality, co-dependence, and food plans. Equal numbers attended each of these sessions and they all received high ratings on the evaluations.

Planning for next year's retreat is already underway since we have to put a deposit on a location many months in advance. Some members have already signed up to work on the next retreat committee. If this is something you might be interested in, ask your intergroup representative about it or email [editor.newsletter@sonomaoa.org](mailto:editor.newsletter@sonomaoa.org).

## **Spotlight on Thursday night meeting!**

Looking for a way to add strength to your personal OA journey? Consider adding another meeting to your week or attending a meeting with a different focus. The Thursday evening meeting has a variable format each week. There is some reading, a time for writing and/or meditation, followed by open sharing. Members can share about what they wrote or on other OA topics. As already stated in this issue, the Thursday meeting is at 6:30 and at the new location at Humboldt and Silva.

## **Special message for meeting secretaries:**

Please check ALL the information listed on the back page for your meeting! Is the location, meeting format, contact person correct? Are you getting enough copies of the Sonoma Serenity? If changes needed, please email [editor.newsletter@sonomaoa.org](mailto:editor.newsletter@sonomaoa.org) Or contact Sherrill at 707-479-9370.

Also, PLEASE check your fliers and newsletters that are set out at meetings. Please throw away (or recycle!) old newsletters and the blue half sheet fliers for the Saturday night meetings. We do not want to mislead newcomers or others with outdated meeting lists right now when we have new locations and meetings on hiatus. Thank you for your service to OA!

## 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	City	Focus	Directions/Contact
<b>Sunday</b> 7:30 pm – Open	Santa Rosa #23322	Men's Focus Meeting	Westview Christian Church, 3950 Doubles Dr., off Sebastopol Rd, near Wright Rd. Mark R. 860-202-8953
<b>Monday</b> 12:15 – 1:15 pm	Cotati #31481	Wk 1 <i>Lifeline</i> , other weeks <i>For Today</i> + Discussion. Brown Bag Lunch <i>Scent-free</i>	Church of the Oaks, 175 Page St., Laurie 707-664-9211
7:00 – 8:00 pm	Santa Rosa #46306	Speaker/Discussion. <i>Scent-free</i>	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Dana 707-543-0988
<b>Tuesday</b> 9:00 – 10:00 am	Santa Rosa #48664	Women's: literature and sharing. <i>Scent-free</i>	Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Glo 707-548-8911
4:00 – 5:00 pm	Healdsburg # 54099	Alternating Steps & Traditions/Speakers	American River Bank, 412 Center Street, conference room Rita M 707-327-7800
5:30-6:30 pm	Santa Rosa #56328	Big Book Step Study.	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Michelle 707- 292-1324
<b>Wednesday</b> 9:00 – 10:30 am	Santa Rosa #00731	<b>OA Walk and Talk. Needs support. Please join us for a walk in the park!</b>	Spring Lake Walk - Meet at upper Howarth Park parking lot. Mark R. 860-202-8953
7:30 – 8:30 pm	Sebastopol #12292	Speaker, Ask-it-Basket, Steps, OA Literature <i>Scent-free</i>	Community Church, 1000 Gravenstein Hwy N, Rm 6 (near back parking lot). Dana 707-543-0988
<b>Thursday</b> 12:15 – 1:15 pm	Santa Rosa #26186	Step study –1 step @ week OA 12X12, sharing. Brown bag lunch. <i>Scent-free</i> , <b>needs support!</b>	First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva) Glo 707-548-8911
6:30 – 7:30 pm	Santa Rosa #48663	Reading, writing/meditation & sharing	<b>New location!</b> First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva) Mark R. 860-202-8953
7:30 – 8:30 pm	Petaluma #28652	Step & Tradition Study; Speaker	Elim Lutheran Church, 504 Baker St, on left upstairs, Parking Lot on Stanley Street Margee 707-763-7161
<b>Friday</b> 9:00 – 10:00 am	Santa Rosa #48662	Short reading, 10 minutes meditation, then sharing; <i>Scent-free</i>	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Glo 707-548-8911
6:30 – 7:30 pm	Santa Rosa #00156	Speaker, Topic Discussion alternating with reading Step and Tradition of the month.	<b>New location!!</b> First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva) Brian H. 707-688-2789
<b>Saturday</b> 8:15 – 9:15 am	Rohnert Park #38906	Steps & Traditions: Discussion <i>Scent-free</i>	Rohnert Park Senior Center, 6800 Hunter Dr., Suite C (at back of building) Catherine 707-332-7416
9:30 – 10:30 am	Napa #22186	Literature Meeting	First United Methodist Church, 625 Randolph Street, Napa (follow signs) Eleanor 707-255-5524
10:30 – 11:30am (now 1 hour meeting)	Santa Rosa #24116	Women's Focus Meeting <i>No Childcare &amp; Scent-free</i>	Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Rita M 707-327-7800
7:00 – 8:00 pm	Santa Rosa #46859	<b>Recognition Meeting</b> /Speaker Second Saturday of odd months	<b>This meeting currently on hiatus.</b>
7:00 – 8:00 pm	Santa Rosa #51661	<b>Hope for Recovery</b> Reading/writing/ reflection/sharing <i>Scent-free</i> Second Saturday of even months	<b>This meeting currently on hiatus</b>

### Use your telephone as an OA tool!

The following members are willing to receive <u>calls</u> to help fellow compulsive eaters:		Members below are willing to receive <u>texts</u> to help fellow compulsive eaters – Please sign your name to texts. (Please do <b>NOT</b> use this list to make phone calls.)	
Name	Telephone	Name	Telephone
Andrea	707-526-7397	Catherine T.	707-338-1554
Barbara B.	707-331-9537	Catherine W.	707-332-7416
Catherine W.	707-332-7416	Dawn	415 419-6159
Gigi	707-623-9400	Deborah	707-360-7605
Glo	707-548-8911	Elaine	707-753-1160
Kristina	415-497-0032	Fionn	707-548-2177
Laurie B.	707-664-9211	Glo	707-548-8911
Michele	707-292-1324	Julie D	707-280-4866 or email @julie94954@yahoo.com
Rita M.	707-327-7800	Kathy	707-849-6243
		Kristina	415-497-0032
		Megan	707-331-4491
		Rita M.	707-327-7800
		Sara	415-205-8740

To add/remove your name to/from either of these lists, please email your contact information and preferences to [editor.newsletter@oasonoma.org](mailto:editor.newsletter@oasonoma.org). Thank you to all the members who have added themselves to our outreach list for phone calls and texts. It is a valuable service to OA.

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