



SONOMA SERENITY

April/May 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.

Sonoma County Intergroup Recovery Retreat

"Smashing the Delusion!"

Friday thru Sunday, May 31-June 2, 2019

Santa Sabina Center, San Rafael, CA

Registration fliers are available at local meetings and posted on our website (www.oasonoma.org) Register now to reserve your space! Join us for a weekend concentrating on recovery!

Wednesday Walk and Talk Meeting is closed due to lack of participation.

Report on The Day in OA

The Feb 16th Day in OA in Petaluma got rave reviews from the 35 attendees.. Our leader discussed his struggles with relapse while in OA. He gave us hints on recognizing when a relapse is coming (it's never just ONE thing) and stressed the importance of not feeling embarrassed to come to meetings while in relapse. The key factor in recovering from relapse is to talk with OA members, be honest about your struggle, and "keep coming back!"

Cultivating Strong Meetings

Some local meetings have experienced a reduction in average weekly attendance. This is occurring across other regions as well. One intergroup in the south bay reported they had lost about 30% of their members. Region 2 recently had to cancel a planned convention because they were unable to fill the necessary service positions. What is happening here? Some think OA members are relying on podcasts, telephone or online meetings instead of the traditional face-to-face meetings. Others report the local meetings weren't concentrating on the fundamentals of OA (12 steps, Big Book, abstinence). Lack of available sponsors was another reason stated.

What can we do to strengthen our local meetings to insure the program is available to newcomers as well as the members who rely on the fellowship to help them with compulsive eating and compulsive food behaviors? There are suggested actions we can take both as individuals and groups to strengthen our meetings.

- Get to as many meetings as you can. Not only your "regular meeting," but try to get to other meetings you don't usually attend. Having the chairs occupied is the best way to keep the meetings going!
- Consider one of the meetings currently needing support (Tuesday 5:30pm; Healdsburg Tuesday 4pm, Hope for Recovery meeting, second Saturday even months. See meeting list for details.)
- Volunteer for a service position. Meeting secretary, treasurer, literature, speaker-getter positions all need to be filled and rotated. Does your meeting have an Intergroup rep? If not, your

group is missing out on announcements, changes, and decisions.

- Do your meetings have current copies of our newsletters and flyers? Throw out outdated copies so meeting lists are current.
- If your meeting doesn't already do this, consider adding someone to call newcomers and anyone who has been missing from the meetings. Look at your "we care" lists from 1-2 years ago. Who used to come regularly but is now absent? Maybe they need encouragement to return to the rooms.
- Make it a point to arrive early to help set up, use the bathroom, etc so that you are in your seat at the start time plus available to greet visitors.
- Are members encouraged to silence cell phones and put them away? Scrolling thru phone screens during the meeting does not give the impression that members are giving full attention to whoever is speaking.

About those dollars \$\$\$\$\$\$\$\$\$

After the January Intergroup meeting, we reported the expected income was down about 40% with some meetings not contributing to Intergroup. One important fact was inadvertently left out of that report. The **biggest** expense we have is our annual insurance premium, which is about \$800. We are required to have liability insurance. Without it, none of our meetings would be able to rent spaces for the regular meetings or special events such as Day in OA, retreats, etc. We are required to show proof of insurance, which protects us if there are personal injuries while we are occupying the spaces (slips, falls, etc) and also protects our groups should we be sued.

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

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 |
|---|------------------------|--|---|
| Sunday 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 |
| Monday 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 |
| Tuesday 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 NEEDS SUPPORT, PLEASE ATTEND! | 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. <i>Scent-free</i> NEEDS SUPPORT, PLEASE ATTEND! | Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Michelle 707- 292-1324 |
| Wednesday | Santa Rosa #00734 | OA Walk and Talk. – On hiatus until spring! This meeting is closing. | Not meeting during winter months. Plans for resuming March 6, 2019 Call Mark R. 860-202-8953 for more information. |
| 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 |
| Thursday 12:15 – 1:15 pm | Santa Rosa #26186 | Step study –1 step or tradition each week OA 12X12, sharing. Brown bag lunch. <i>Scent-free</i> , | 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 | New location! 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 |
| Friday 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. | New location!! First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva) Brian H. 707-688-2789 |
| Saturday 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 & Scent-free</i> | Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Rita M 707-327-7800 |
| 6:30 – 7:30 *note time change | Santa Rosa #46859 | Recognition Meeting /Speaker Second Saturday of odd months | New location! Christ Church United Methodist, 1717 Yulupa Ave. Room 8. Margaret 707-975-4440 May 11, July 13, Sept 14 |
| 6:30-7:30 pm *note time change | Santa Rosa #51661 | Hope for Recovery Reading/writing/ reflection/sharing <i>Scent-free</i> Second Saturday of even months | New location! Christ Church United Methodist, 1717 Yulupa Ave. Room 8. Mark R. 860-202-8953 April 13, June 8, Aug 10 This meeting needs support. |

Use your telephone as an OA tool!

| The following members are willing to receive calls to help fellow compulsive eaters: | | Members below are willing to receive texts to help fellow compulsive eaters – Please sign your name to texts. (Please do NOT 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 |
| Laurie B. | 707-664-9211 | Fionn | 707-548-2177 |
| Michele | 707-292-1324 | Glo | 707-548-8911 |
| Rita M. | 707-327-7800 | Julie D | 707-280-4866 or email @julie94954@yahoo.com |
| | | Kathy | 707-849-6243 |
| | | 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. 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.