

SONOMA SERENITY

September, October, November 2019

The Tri-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.



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 14th Street Contact kaydee@sonic.net

Sonoma County Intergroup Retreat Santa Sabine in San Rafael from February 28-30, 2020

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

2020 Region 2 Convention: Oakland Airport Hilton, July 10-12. Lynn is Co-chair. Please call to step up to service on one of the Event Committees: 707-327-6643

Announcements

Next Intergroup Meeting is September 23

All members who would like to form a group of “Atheist, agnostic, freethinker” meeting. Please contact Cathleen at 510-334-2789

Healdsburg Tuesday New Location and New Time beginning 12.3.19 Healdsburg Hospital Conference Room 5:30-6:30 pm

Meetings available on Thanksgiving Day; Petaluma meeting moving to 9:30 Elim Lutheran Church, 504 Baker St, Petaluma

Santa Rosa 12:15- 1:15pm and 6:30-7:30 pm First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva)

Submissions for Lifeline Magazine

September 15 How OA Changed My Life Describe life before and after being in OA and share your threefold recovery.

My OA Birthday OA’s 60th birthday will be celebrated January 18–19, 2020. Share about your OA birthday—what it took to reach this milestone and its significance for you.

Send your story to info@oa.org with subject “Lifeline.” Download the Writers’ Guidelines for more information

The telephone is an important OA tool. Reach out for support!

Use the numbers below or take numbers at your meetings. Consider calling people attending their first meetings to welcome them to OA and make them feel welcomed and ready to come back. Call before that first compulsive bite!

These members are willing to receive calls to help fellow compulsive eaters

Andrea	707.526.7397
Barbara B	707.331.9537
Catherine W	707.332.7416
Gigi	707.623.9400
Glo	707.548.8911
Laurie B	707.664.9211
Michele	707.292.1324
Rita M	707.327.7800
Margaret S.	707.975.4440
Sherrill	707-.79.9370



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.

These members are willing to receive texts to help fellow compulsive eaters – Please sign your name to texts.

Catherine T.	707.338.1554
Catherine W.	707.332.7416
Deborah	707.360.7605
Fionn	707.548.2177
Glo	707.547.8911
Julie D.	707.280.4866 or julie94954@yahoo.com
Kathy	707.849.6243
Rita M.	707.327.7800
Margaret S.	707.975.4440
Sherrill	707.479.9370



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	Focus	Directions/Contact
Sunday		
#23322 7:30 pm–Open	Men's Focus Meeting	Westview Christian Church, 3950 Doubles Dr., Santa Rosa off Sebastopol Rd, near Wright Rd. Mark R. 860-202-8953
Monday		
#31481 12:15–1:15 pm	Wk. 1 <i>Lifeline</i> , other weeks <i>For Today + Discussion</i> . <i>Brown Bag Lunch Scent-free</i>	Church of the Oaks, 175 Page St., Cotati Laurie 707-664-9211
#46306 7:00–8:00 pm	Speaker/Discussion. Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Santa Rosa Dana 707-543-0988
7:00-8:00 pm 4th Monday monthly (no meeting Dec)	Intergroup meeting. Attended by intergroup representatives, but any OA member may attend. This is a business meeting.	Rohnert Park Senior Center, 6800 Hunter Drive, Suite C, at back of the building. Sherrill 707-479-9370
Tuesday		
#48664 9:00–10:00 am	Women's: literature and sharing. Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Santa Rosa Glo 707-548-8911
# 54099 4:00–5:00 pm	Alternating Steps & Traditions/Speakers	American River Bank, 412 Center Street, conference room Healdsburg Rita M 707-327-7800 Location and time change 12.3.19
Wednesday		
#12292 7:30–8:30 pm	Speaker, Ask-it-Basket, Steps, OA Literature Scent-free	Community Church, 1000 Gravenstein Hwy N, Rm 6 Sebastopol (near back parking lot). Dana 707-543-0988
Thursday		
#26186 12:15–1:15 pm	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 (door may be locked. Please knock!)
#48663 6:30–7:30 pm	Reading, writing/meditation & sharing	First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva) Mark R. 860-202-8953 Door may be locked, please knock!
#28652 7:30–8:30 pm	Step & Tradition Study; Speaker	Elim Lutheran Church, 504 Baker St, Petaluma on left upstairs, Parking Lot on Stanley Street Margee 707-763-7161
Friday		
#48662 9:00–10:00 am	Short reading, 10 minutes meditation, then sharing; <i>Scent-free</i>	Christ Church United Methodist, 1717 Yulupa Ave, Room 8 Santa Rosa Glo 707-548-8911
#00156 6:30-7:30 pm	Speaker, Topic Discussion alternating with reading Step and Tradition of the month.	First Congregational Church, 2000 Humboldt Street, Santa Rosa (corner of Humboldt and Silva) Brian H. 707-688-2789
Saturday		
#38906 8:15–9:15 am	Steps & Traditions: Discussion Scent free	Rohnert Park Senior Center, 6800 Hunter Dr., Suite C (at back of building) Catherine 707-332-7416
#22186 9:30–10:30 am	Literature Meeting	First United Methodist Church, 625 Randolph Street, Napa (follow signs) Eleanor 707-255-5524
#24116 10:30–11:30 am	Women's Focus Meeting No Childcare & Scent-free	Christ Church United Methodist, 1717 Yulupa Ave, Room 8. Santa Rosa, Rita M 707-327-7800
#46859 6:30–7:30 pm	Recognition Meeting/Speaker Second Saturday of odd months	Christ Church United Methodist, 1717 Yulupa Ave. Room 8. Santa Rosa Margaret 707-975-4440 July 13, Sept 14, and Nov 9 2019
#51661 6:30-7:30 pm	Hope for Recovery Reading/writing/ reflection/sharing Scent-free Second Saturday of even months	Christ Church United Methodist, 1717 Yulupa Ave. Room 8. Santa Rosa Heather 415-987-4047 Aug 10, Oct 12, and Dec 14 2019

Please send your experience, strength, hope, and the tools you use the most. Please share meetings happening on Christmas Eve or Day and New Year's Eve or Day please send all of the above to editor.newsletter@oasonoma.org. by November 02, 2019. Thanks!



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, PO Box 7092, Santa Rosa, CA 95407
- *30% goes to World Service Office, PO 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