

# Suncoast Intergroup

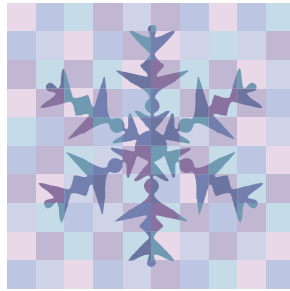
## Winter 2011 Newsletter

**T**he holidays can be a difficult time to be abstinent, with all the focus on food. As I make my way through my second holiday season in recovery, I am grateful for the program and the people that have made this all possible.

So much has changed in my life in the last 16 months since I became abstinent. I feel like a totally different person and I thank God every day for the opportunity to share my recovery with all of you.

God bless you all and  
YAY OA!

Lynn, Newsletter Editor



### **Serenity Prayer:**

*God, grant me the SERENITY to accept the things I cannot change, the COURAGE to change the things I can, and the WISDOM to know the difference.*

7th Tradition contributions can be mailed to:

Suncoast Intergroup  
PO Box 4762  
Tampa, FL 33677

### Online Resources

OA World Service: [www.oa.org](http://www.oa.org)  
Region 8 News: [www.oaregion8.org](http://www.oaregion8.org)  
Suncoast IG (Pinellas IG):  
[www.oapinellas.org/oasuncoast](http://www.oapinellas.org/oasuncoast)

## Intergroup Trusted Servants

<b>Chair:</b>	Arik	(813) 956-4297	<a href="mailto:ariksnic03@gmail.com">ariksnic03@gmail.com</a>
<b>Vice Chair:</b>	Pat	(813) 526-0367	<a href="mailto:patlandry02@yahoo.com">patlandry02@yahoo.com</a>
<b>Secretary:</b>	Amy	(813) 352-4404	<a href="mailto:ahoyt2@mail.usf.edu">ahoyt2@mail.usf.edu</a>
<b>Newsletter Editor:</b>	Lynn	(813) 363-0974	<a href="mailto:suncoast.tampabay@gmail.com">suncoast.tampabay@gmail.com</a>
<b>Region 8 Funded Chair/ Acting Treasurer:</b>	Patti	(813) 494-6518	<a href="mailto:impattischu@yahoo.com">impattischu@yahoo.com</a>

## Meeting Updates

### **New OA Meeting in Spanish Reunion en Espanol**

Comedores compulsivos anónimos- CCA  
Overeaters Anonymous-OA  
Miercoles, 6 de la tarde

Empezando el 5 de Enero de 2011  
Sitio: Esperanza Interfaith Center  
1217 Leisure Ave.  
Tampa, FL 33613

Contacte a Maria P. 813-293-9410,  
[LosDocePasos@hotmail.com](mailto:LosDocePasos@hotmail.com)

### **Possible Ebony Meeting**

Anyone interested in information about a possible new Ebony meeting should contact Ann G.

### **Monday 7:30 – New Book**

The Monday night 7:00 meeting will start reading from *Overeater's Anonymous* (the Brown book) once they complete the current reading of *Abstinence*.

## Tools of Recovery

### Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat.

There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See the pamphlets [Dignity of Choice](#) and [A Plan of Eating](#) for more information.) For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional, such as a physician or dietitian. Each of us develops a personal plan of eating based on an honest appraisal of his or her past experience. Many of us find it essential to take guidance from our sponsors to develop a plan of eating that reflects an honest desire to achieve and maintain abstinence.

Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.

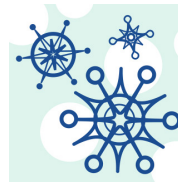
This tool helps us deal with the physical aspects of our disease and achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual life.

### Sponsorship

[Sponsors](#) are OA members who are living the [Twelve Steps](#) and [Twelve Traditions](#) to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. By working with other members of OA and sharing their experience, strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it. A member may work with more than one sponsor and may change sponsors. However, many of us choose to work with just one sponsor. In either case, it's helpful to avoid changing sponsors frequently.



Reproduced from:  
[www.aa.org/new-to-aa/tools-of-recovery.php](http://www.aa.org/new-to-aa/tools-of-recovery.php)

## Intergroup Help Wanted

### October Retreat

Suncoast Intergroup will be hosting a Serenity retreat in October of 2011 and we need people to do service in the following areas: Registration, Boutique, Golf Carts, 50/50. Contact Pat L. for more information

### IG Service Positions

Anyone interested in one of the service positions below should contact Pat L.

- ❖ Treasurer
- ❖ Public Information and Public Outreach (PIPO) Committee Chair

The requirements for IG Board Officer positions, such as Treasurer, are:

- ❖ Working the Twelve Steps of OA for 9 months.
- ❖ Familiarity with the Twelve Traditions of OA.
- ❖ Familiarity with the Twelve Concepts of OA Service.
- ❖ Six months of current abstinence.
- ❖ Regular attendee of an active group for a period of twelve months.

## Making It Through the Holidays – Alphabet Style

- A - Accept that ABSTINENCE is the most important thing in your life.
- B – Breathe in GOD. Balance activities. Believe in miracles.
- C - Choose abstinence. Celebrate progress. Call another compulsive eater.
- D - Decide to defer distorted thinking and diseased desires. Doubtful? Don't!
- E – Easy does it. Eat planned meals. Enjoy the moments. Envy not one person.
- F – Follow your food plan. Feed on faith and fun. Feel the freedom.
- G - Gather with gratitude for the gifts of oa. Guard against gluttony.
- H - Humbly ask for help. Honor your higher power with health and happiness..
- I - Identify feelings. Interrupt insane ideas with steps, traditions and slogans.
- J - Just for today, just say “NO.” Journal. Judge no other's motives.
- K - Keep it simple. Keep away from triggers. Keep on keepin' on.
- L - Let go and let GOD. Live and let live. Love yourself. Laugh!
- M – Move away from temptations. Meditate; don't medicate. MYOB.
- N -Nix nibbling. .Nourish and nurture your nature - your body, mind and spirit.
- O - One day at a time, offer to be of service. Open your heart to possibilities.
- P - Plan ahead. Pause and pray. Persevere. Practice program principles.
- Q - Quash resentments. Quickly quell unhealthy urges with quiet prayer.
- R - Rest and relax. Remember to remember. Read recovery literature.
- S - SLOW down. Surrender to the solution. Savor your serenity.
- T - Trust the process. To thine own self be true. Take time to tend to you.
- U - Use the tools. Untie the chains of compulsive eating and behaviors.
- V - Veto victimhood. Value your victories and visualize m0re of them.
- W - Work your program. Write what's eating you. Wake up without guilt.
- X - Xpress gratitude. Xperience being present. Xclude xcuses and xcesses.
- Y - Yield to your higher power. Yes, you can. You are not alone. Yell “YAY OA!”
- Z - Zealously zap dishonesty, self-pity, self-righteousness, pride, unkindness...

Janet O.

## For Today

Keep It Simple, p. 345

*There's no limit to how complicated things can get, on account of one thing always leading to another.*

*E. B. White*

One thing can lead to another only if I allow it. Celebrations needn't be the same from one year to the next. Festivities can be simpler; there can be a switch in emphasis, a change of values. Who says holiday meals must be heavy and elaborate? Why not a simple, satisfying dinner with only the company of those I care about? If I stop and think about what is important, I can put aside the useless, the heavy, the habit. I can plan the holidays so as to be closer to my OA family as well as my own.

**For today:** The true spirit of giving to myself and to others is in keeping it simple: to let nothing complicate my abstinence and my OA way of life.

## Tools Word Search

H C E V Q Q H M Q T A S C S K  
U V O B Z B L S N C G N T G T  
W R I T I N G U T R K L N N I  
Y X S O Z S R I N M E I N I O  
W T P P V I O V E Y P T P T L  
S M I F O N E N O H P E L E T  
B E F M P N Z P T D P R Y E K  
F G R L Y G S N S W A A F M E  
U Q A V M N A O J Q H T F H M  
U N V I I L O U R V C U X N O  
E V N O P C K N S S F R R Y U  
J N S D Q J E A A W H E P P F  
A D O Y I J O X D H Y I M N A  
J O T I W I N J D N A V P C T  
F G V H A H F W G X R Q S O B

### Word List

ACTIONPLAN  
ANONYMITY  
FOODPLAN  
LITERATURE  
MEETINGS  
SERVICE  
SPONSORSHIP  
TELEPHONE  
WRITING

Sherrie W

## Upcoming Events

SunCoast Intergroup  
Service Speaker Marathon  
January 22, 2011  
Venue TBA



**FLORIDA STATE  
CONVENTION**

**FEBRUARY 25-27 2011  
SHERATON ORLANDO NORTH**

600 North Lake Destiny Drive  
MAITLAND FL 32751 407 660 9000  
Toll free 1-800-325-3535

## Calendar

<b>January 2011</b>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
*Times indicate when a meeting is taking place in the Tampa Bay area...refer to a meeting list for details						1 9:30am, 10:00am, 10:30am
2 7:00pm	3 Noon, 5:30pm 7:00pm	4 7:00pm, 7:30pm, 7:30pm	5 10:30am, 7:45pm	6 2:30pm, 5:30pm, 7:00pm	7 5:30pm	8 9:30am, 10:00am, 10:30am
9 7:00pm	10 Noon, 5:30pm, 7:00pm	11 7:00pm, 7:30pm, 7:30pm	12 10:30am, 7:45pm	13 2:30pm, 5:30pm, 7:00pm	14 5:30pm	15 <b>Intergroup @ 11am</b> 9:30am, 10:00am, 10:30am
16 7:00pm	17 Noon, 5:30pm, 7:00pm	18 7:00pm, 7:30pm, 7:30pm	19 10:30am, 7:45pm	20 2:30pm, 5:30pm, 7:00pm	21 5:30pm	22 9:30am, 10:00am, 10:30am <b>Service Speaker Marathon</b>
23 7:00pm	24 Noon, 5:30pm, 7:00pm	25 7:00pm, 7:30pm, 7:30pm	26 10:30am, 7:45pm	27 2:30pm, 5:30pm, 7:00pm	28 5:30pm	29 9:30am, 10:00am, 10:30am
30 7:00pm	31 Noon, 5:30pm, 7:00pm					

<b>February 2011</b>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 7:00pm, 7:30pm, 7:30pm	2 10:30am, 7:45pm	3 2:30pm, 5:30pm, 7:00pm	4 5:30pm	5 9:30am, 10:00am, 10:30am
6 7:00pm	7 Noon, 5:30pm 7:30pm	8 7:00pm, 7:30pm, 7:30pm	9 10:30am, 7:45pm	10 2:30pm, 5:30pm, 7:00pm	11 5:30pm	12 9:30am, 10:00am, 10:30am
13 7:00pm	14 Noon, 5:30pm, 7:30pm	15 7:00pm, 7:30pm, 7:30pm	16 10:30am, 7:45pm	17 2:30pm, 5:30pm, 7:00pm	18 5:30pm	19 <b>Intergroup @ 11am</b> 9:30am, 10:00am, 10:30am
20 7:00pm	21 Noon, 5:30pm, 7:30pm	22 7:00pm, 7:30pm, 7:30pm	23 10:30am, 7:45pm	24 2:30pm, 5:30pm, 7:00pm	25 5:30pm	26 9:30am, 10:00am, 10:30am <b>Florida State Convention</b>
27 7:00pm <b>Florida State Convention</b>	28 Noon, 5:30pm, 7:30pm					

## Suncoast Intergroup of Tampa Bay Overeaters Anonymous

### Meeting List for November, 2010

\*Closed meetings are only for those with a desire to stop eating compulsively. Open meetings welcome all visitors.

		<b>Day &amp; Time WSO meeting #</b>	<b>Format &amp; Contact Person</b>	<b>Location &amp; Address</b>
<b>Monday</b>	Open	Monday 12:00 pm #39871	“Discussion/Step” Mary R (813) 931-3151	Sunlake Baptist Church 18908 Sunlake Blvd, Lutz 33558
		Monday 5:30 pm	“Seeking the Spiritual Path” Amy (813) 352-4404	St. James United Methodist Church 16202 Bruce B. Downs Blvd. Tampa, FL 33647
		Monday 7:00 pm #29328	“Abstinent Recovery” Arik (813) 956-4297	Lake Magdalene United Methodist Church, 1 <sup>st</sup> Mon. -Room 306 Other Mondays – Room 301-2 2902 W. Fletcher Ave 33618
		Tuesday 7:00 pm #46975	1 <sup>st</sup> Step of the month 2 <sup>nd</sup> Literature 3 <sup>rd</sup> Tradition of the month 4 <sup>th</sup> Speaker Newcomer’s mtg. at 6:30 pm Retta (813) 633-8880	Prince of Peace Parish Center Rt 674 & Valley Forge Rd 2 <sup>nd</sup> floor Sun City Center FL 33573
		Tuesday 7:30 pm #38923	“Basics by the Bay” Barbara (813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
		Tuesday 7:30pm #47875	New Hope Group Contact Mary Anne (813) 465-1100	Apostle Lutheran Church 200 Kingsway Ave. Brandon, FL 33510
	Open	Wednesday 10:30 am <i>Abstinent Meals Welcome</i> #02290	1 <sup>st</sup> Wed. Newcomers 2 <sup>nd</sup> Tradition 3 <sup>rd</sup> Step Study 4 <sup>th</sup> Writing 5 <sup>th</sup> Open discussion Judith (813) 251-3789	Christ the King Catholic Church Mary Martha House 2 <sup>nd</sup> floor boardroom 821 S. Dale Mabry Hwy 33609
	Open	Wednesday 7:45 pm #38520	“Voices of Recovery/For Today” Kiki (813) 476-0632	Turning Point of Tampa 6227 Sheldon Road 33615
<b>Thursday</b>	Open	Thursdays 2:30 pm Newcomer’s mtg at 2:15 pm #50680	“Big Book” Karen S (813) 671-3259	St. Anne’s Catholic Church 106 11 <sup>th</sup> Avenue NE Rm1 Religious Ed. Bldg Ruskin, FL 33570
	Open	Thursday 5:30 pm #34153	“Big Book Study” Grace (813) 412-5213	St. Paul Lutheran Church 5103 North Central Ave 33603
	Open	Thursday 7:00 pm #45695	“Voices of Recovery/For Today” Anne E (813) 920-0836	St. Mark’s Episcopal Church 13312 Cain Road 33625
<b>Friday &amp; Saturday</b>	Closed	Friday 5:30 pm #00269	“Thank HP It’s Friday!” Cheryl (813) 545-9588	St. Catherine’s Episcopal Church 502 Druid Hills Rd Temple Terrace
	Open	Saturday 9:30 am #00030	“AA Big Book” Grace (813) 412-5213	St. Catherine’s Episcopal Church 502 Druid Hills Rd Temple Terrace
	Open	Saturday 10:00 am #00826	“Literature & Discussion” GLBT friendly Jennifer 984-661-5525	The Rainbow Club (galaarainbowclub.com) 3644B Henderson Blvd Tampa 33609
	Closed	Saturday 10:30 am <i>Abstinent Meals Welcome</i> #47874	“Butterfly Group” Mary Anne (813) 465-1100	Apostle Lutheran Church 200 Kingsway Ave Brandon 33510
Sunday	Sunday 7:00 pm #33954	“For Today” Dennis (813) 875-9717	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629	
<b>Intergroup</b>	3 <sup>rd</sup> Sat. of each month, 11:00 am #09065	<b>Suncoast Intergroup Meeting</b> (Everyone Welcome) Grace (813) 412-5213	St. Catherine’s Episcopal Church 502 Druid Hills Rd. Temple Terrace	

**Online and Phone meetings:** The most current meeting lists can be found on the Overeaters Anonymous website at [www.oa.org/online\\_meetings.html](http://www.oa.org/online_meetings.html). Online meetings are held 24 hours a day, 7 days a week.

**Hot Line Numbers:** Hillsborough (813) 254-4190 Pasco/Pinellas 1-800-544-6353

**Spanish Contact:** llame para mas informacion Maria P. (813) 293-9410 **Queremos formar reunion en Español.**

For updates, changes, questions on the meeting list, or newsletter submissions: please send an email to

[suncoast.tampabay@gmail.com](mailto:suncoast.tampabay@gmail.com)

You may also write to us at Suncoast Intergroup, PO Box 4762, Tampa, FL 3367