



Suncoast Intergroup

August 2009

Intergroup Trusted Servants

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7th Tradition contributions can be mailed to:

Suncoast Intergroup
PO Box 4762
Tampa, FL 33677

Online Resources

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

Step Eight

*Made a list of all persons we had harmed
and became willing to make amends to them all.*

Tradition Eight

*Overeaters Anonymous should remain
forever nonprofessional, but our service centers
may employ special workers.*

OA Birthdays

Susan S. Aug. 20th, 4 years



TO BE ABSTINENT IS ABOUT WILLINGNESS, NOT STRUGGLE

If you are willing to be abstinent, this is a state of great humility.

A willingness to be abstinent implies that you do not know how to do it.

If you are willing to be abstinent, you are open to receive.

Simply be willing to learn how the old ways may be replaced with ways of peace.

If you are willing to be abstinent, no setback is a problem, for you know that you will be shown.

If you are willing, you are asking for guidance.

Being willing to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer.

When you are willing, there is acceptance.

If you are willing to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your willingness to be abstinent each day.

Excerpt from an OAer's internet article

PRINCIPLES BEHIND OUR STEPS AND TRADITIONS

(one member's view)

Steps

1. ACCEPTANCE
2. HOPE
3. FAITH
4. HONESTY
5. HUMILITY
6. SINCERITY
7. WILLINGNESS
8. COURAGE
9. CHARITY
10. VIGILANCE
11. SERENITY
12. ACTION

Traditions

1. UNITY
2. DIRECTION
3. RECOVERY
4. DECISION
5. SHARING
6. SIMPLICITY
7. INDEPENDENCE
8. SELFLESSNESS
9. SERVICE
10. SURVIVAL
11. SELF-RESTRAINT
12. HUMILITY

Region 8 Events

WHAT: CENTRAL FLORIDA INTERGROUP presents Gratitude in Action, our fall retreat

WHEN: October 16-18, 2009

WHERE: LAKE YALE CONFERENCE CENTER, 39034 County Road 452, Leesburg, Florida

For more information go to: <http://retreat2009.eventbrite.com> For Directions go to <http://www.lybcc.com/> or <http://retreat2009.eventbrite.com>

WHAT: "Serenity on the Suwannee" YANA OA Intergroup annual retreat

WHEN: February 5 – 7, 2010

WHERE: Suwannee River Conference Center at Advent Christian Village, Dowling Park, FL (near Live Oak)

For more information contact Sarah at 850-385-8421 or sarah.robinson2@gmail.com or David at 850-363-1451 or longhornd@gmail.com

WHAT: The Promises Fall Retreat, Raleigh North Carolina Triangle Intergroup

WHEN: November 13-15, 2009

WHERE: Camp Harrison at Herring Ridge, Boomer, North Carolina 28606

Please visit www.campharrison.org for camp details. For additional information contact: retreat@triangleoa.org Registration includes 2 nts lodging & 5 meals. By 8/1: \$155, after 8/1: \$165. Limited Scholarships are available. Email for details.

WHAT: The Annual Central Alabama OA Retreat

WHEN: November 7-8, 2009

WHERE: The Retreat will be held at the beautiful Rolling Hills Conference Center that features an on-site motel and a private meeting room/dining facility. Rolling Hills Conference Center sits on a beautiful 80 acre wooded site 25 miles south of Birmingham and 60 miles north of Montgomery in Calera, AL. We will have motivational OA speakers, fun activities, and you will have the opportunity to spend some quality time with members of OA from all over the Central Alabama region! We will send out more detailed information soon, but we just wanted you to SAVE THESE DATES so that we can look forward to seeing you in November!!

Central Alabama Intergroup P.O. Box 36594, Birmingham, AL 35236

OA Hotline: (205) 823-7226OA

Email: BirminghamInfo@oacaig.org

I'VE NEVER SEEN YOU SO HAPPY

"Recently, I attended an out-of-state family celebration. Before I went, I talked with my sponsor about how I would handle the challenges of the party. Shortly after I got there, I offered to prepare the tossed salad. By the time I had chopped and sliced everything, safely removed from the temptations of the appetizers, everyone else had finished them up! Then, I bumped into an old friend whom I hadn't seen for several years. We were so involved in catching up that we almost missed the buffet. Before I had a chance to tell him about joining OA, he told me that he had never seen me so happy. In return, I told him that I had never been this happy in my whole life. Then I shared with him the miracle of being led to OA.

The weekend before I joined OA, I attended a reunion where I saw a friend I hadn't seen in 20 years. I was struck by a powerful difference in her. Previously, she had been jumpy and agitated. Now, she radiated peace and serenity. I asked her what had happened, and she began sharing with me the power of the Twelve Steps. I had reached the point of desperation in my own struggle with compulsive overeating and food addiction, even though I couldn't put a name to the cause of my distress. When I returned home at the end of the weekend, I immediately looked up the OA website.

As I read (and I read the entire website that evening!), I was thunderstruck! Who had crawled inside my head and taken notes??!! I was stunned as I read descriptions of my own behavior, my own feelings! I wasn't alone after all. The closest meeting wasn't until Thursday, and during the days leading up to that first meeting, I became more and more nervous. When Thursday evening finally arrived, walking into that meeting room was one of the hardest things I have ever done in my life. I shouldn't have worried, because as I soon found out, I had come home. I encountered a group of warm, loving people who literally welcomed me with open arms. Listening to their stories, and seeing how they shone with peace and joy as they described living abstinent lives each day, I knew this was what I had needed and wanted for my entire life.

It has been two months since my Higher Power led me to OA. During these last eight weeks, I have experienced a deep sense of peace and happiness as I use the Tools of Recovery to live my new life. So often, little things happen which remind me of who is really in charge of my life, and it isn't me."

- ANONYMOUS

Soar 8 Reflection

I recently had the opportunity to attend the SOAR 8 (Southeastern Overeaters Anonymous Region 8) Assembly and Recovery Convention in Atlanta, GA. This is the same assembly and recovery convention we will be hosting in Tampa from November 6-8 at the Clarion Hotel on Fowler Avenue.

Being with almost 200 OA fellows is always an uplifting experience. Listening to the speakers and the individual shares in the workshops certainly strengthens my commitment to my OA program and my recovery.

Over 50 delegates from our southeastern region (NC, SC, GA, FL, TN, AL, MS, AR, LA, The Caribbean Islands, Central America and South America) attended a separate assembly meeting. They voted on many issues dealing with the business aspects of OA. To see this significant aspect of our OA organization made me realize the importance of our Bylaws and Traditions. So many OAers dedicate their time to insure that our organization runs in an efficient and effective manner. OA will be here for years to come and will become stronger and grow larger because of the efforts of our delegates.

Let's all volunteer to make our Tampa SOAR 8 Assembly and Recovery Convention a huge success in November! We need you! Registration forms are now available. Also available are scholarship rebates for those with limited funds who volunteer at least two hours during the convention. Please come to enjoy fellowship, fun and recovery!

Ellie

Voices of Recovery, pg. 158

“We then find, that to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it...” – Overeaters Anonymous, Second Edition, p.g 2-3

It seems that all my life had been a series of reactions from fear, anger, or resentment toward others or situations, or from my own negativity or shame. To deal with my despair and inner turmoil I had to stop blaming life and find a new way of thinking.

With help from OA program and my Higher Power, I learned that I can accept others as they are. I learned that I am not a victim to life. I can care for and be responsible for myself and my thinking. I can consciously choose positive thoughts and decisions that enable me to act on life one day at a time.

Any time that my food obsession returns, it is a sign for me that I need to look at my reactions to people and things. I need to willingly take responsibility for my part, and for my happiness. I need to own my own power to take action. Today I follow the Twelve Steps and act on life.

August 2009

<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 4:00pm, 7:00pm	3 Noon 7:30pm	4 5:30pm, 7:00pm, 7:00pm, 7:30pm	5 10:15am, 7:45pm	6 5:30pm, 7:00pm	7 Submit entries for August Newsletter to editor! 5:30pm, 6:30pm	8 9:30am, 10:00am, 10:30am
9 4:00pm, 7:00pm	10 Noon 7:30pm	11 5:30pm, 7:00pm, 7:00pm, 7:30pm	12 10:15am, 7:45pm	13 5:30pm, 7:00pm	14 5:30pm, 6:30pm	15 Assembly Planning Meeting @10am Intergroup @ 11am 9:30am, 10:00am, 10:30am
16 4:00pm, 7:00pm	17 Noon 7:30pm	18 5:30pm, 7:00pm, 7:00pm, 7:30pm	19 10:15am, 7:45pm	20 5:30pm, 7:00pm	21 5:30pm, 6:30pm	22 9:30am, 10:00am, 10:30am
23 4:00pm, 7:00pm	24 Noon 7:30pm	25 5:30pm, 7:00pm, 7:00pm, 7:30pm	26 10:15am, 7:45pm	27 5:30pm, 7:00pm	28 5:30pm, 6:30pm	29 9:30am, 10:00am, 10:30am GLAA 12:30-4pm 1year celebration
30 4:00pm, 7:00pm	31 Noon 7:30pm					

Upcoming Events

COME JOIN THE 1ST ANNUAL GALAA
Rainbow CLUB OA 1 YEAR BIRTHDAY
CELEBRATION - SPEAKER MEETING

SATURDAY AUGUST 29TH

12:30 PM. TO 4:00 P.M.

PLEASE COME CELEBRATE THE FIRST ANNUAL OVEREATERS
ANONYMOUS BIRTHDAY CELEBRATION SPEAKER MEETING MARATHON.
THREE SPEAKERS WILL SHARE THEIR EXPERIENCE, STRENGTH, AND
HOPE.

A SUGGESTED DONATION OF \$5.00 (ALL PROCEEDS WILL BE USED TO
CARRY THE MESSAGE OF RECOVERY).

(FOR MORE INFORMATION CONTACT NANCY @813-395-1734)

Location: The Rainbow Club
Address: 3644b Henderson Blvd
Tampa, FL

Suncoast Intergroup of Tampa Bay Overeaters Anonymous Meeting List for August 2009

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

		Day & Time	Format & Contact Person	Location & Address
Monday	Open	Monday 12:00 pm	"Discussion/Step" Mary R (813) 931-3151	Sunlake Baptist Church 18908 Sunlake Blvd, Lutz 33558
		Monday 7:30 pm	"Abstinent Recovery" Arik (813) 956-4297	Lake Magdalene United Methodist Church, Room 306 2902 W. Fletcher Ave 33618
Tuesday & Wednesday	Open	Tuesday 5:30 pm <i>Abstinent Meals Welcome</i>	"OA 12 & 12" Grace (813) 412-5213	St. Catherine's Episcopal Church 502 Druid Hills Rd, Temple Terrace
		Tuesday 7:00 pm	"Literature and Discussion" Andrea: (813) 757-3186	1 st Baptist Church 503 N. Palmer Street Plant City, FL 33563
		Tuesday 7:00 pm	"12 Step Meeting" Retta (813) 633-8880	Prince of Peace Parish Center Rt 674 & Valley Forge Rd 2 nd floor Sun City Center FL 33573
		Tuesday 7:30 pm	"Relapse Prevention through the Steps" Barbara (813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
	Open	Wednesday 10:15 am <i>Abstinent Meals Welcome</i>	"YANA Discussion" Judith (813) 251-3789	Good Shepherd Lutheran Church 501 S. Dale Mabry Hwy 33609
		Wednesday 7:45 pm	"Voices of Recovery/For Today" Kiki (813) 476-0632	Turning Point of Tampa 6227 Sheldon Road 33615
Thursday	Open	Thursday 5:30 pm	"Big Book Study" Grace (813) 412-5213	St. Paul Lutheran Church 5103 North Central Ave 33603
	Open	Thursday 7:00 pm	"Voices of Recovery/For Today" Becky (813) 205-1248	St. Mark's Episcopal Church 13312 Cain Road 33625
Friday	Closed	Friday 5:30 pm	"Thank HP It's Friday!" Cheryl (813) 545-9588	St. Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
Saturday	Open	Saturday 9:30 am	"AA Big Book" Grace (813) 412-5213	St. Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
	Open	Saturday 10:00 am	"Literature & Discussion" GLBT friendly Stan (813) 230-7929	The Rainbow Club (galaarainbowclub.com) 3644B Henderson Blvd Tampa 33609
	Closed	Saturday 10:30 am <i>Abstinent Meals Welcome</i>	"Butterfly Group" Marianne (813) 465-1100	Apostle Lutheran Church 200 Kingsway Ave Brandon 33510
Sunday		Sunday 4:00 pm	"Step Study/Discussion" Amy (813) 352-4404	St. Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
		Sunday 7:00 pm	"For Today" Dennis (813) 875-9717	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Intergroup		3 rd Saturday of each month, 11:00 am	Suncoast Intergroup Meeting (Everyone Welcome) Grace (813) 412-5213	St. Catherine's Episcopal Church 502 Druid Hills Rd. Temple Terrace
November Assembly		3 rd Saturday of each month, 10am	Region 8 Assembly Planning (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.aa.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

For updates, changes, or questions on the meeting list, please send an email to suncoast.tampabay@gmail.com
You may also write to us at Suncoast Intergroup, PO Box 4762, Tampa, FL 33677