

February 2008



EXPERIENCE, STRENGTH, HOPE

Suncoast Intergroup of Tampa Bay Overeaters Anonymous Monthly

Carry the Message, Start a Meeting!

Meetings at handy times and places are very important for my recovery. More than once I have started a meeting in order to have one that was convenient.

A.A. members sometimes joke that "the only things needed to start a new meeting are a resentment and a coffee pot." In O.A., all we need to start a new meeting is a desire to stop eating compulsively and a willingness to do a little bit of extra service.

Here is a simplified "to do" list if you want to start a new meeting:

Find your location. Churches where other Twelve-Step meetings are held are usually very receptive and hospitable.

Set a starting date. Start announcing it at the meetings you attend.

Register your new meeting with the O.A. World Service Office so that the WSO website will include your meeting. It is a simple 5-minute process on the www.aa.org website.

Notify the intergroup newsletter editor of your new meeting so that the next newsletter will include it on the intergroup schedule.

Ask the intergroup for help to provide "newcomers packets."

Print a copy of a meeting format. A sample for mat is available on the WSO website at <http://www.aa.org/pdf/2DSugMtgFormat.pdf>. Put the meeting format in clear plastic "sheet protectors" and put it in a 3-ring binder.

Put a current calendar in the binder so people can sign up to lead a meeting.

Put a copy of the Twelve Steps and the Twelve Traditions in sheet protectors and add them to the binder.

Get a spiral notebook to use for a "we care book."

Bring a small basket to collect the "Seventh Tradition" donations.

Print signs that say "O.A. meeting here" to post at the meeting site. Put these in clear plastic sheet protectors and put them in the binder.

Enjoy sharing your experience, strength, and hope at a place and time that is easy for you.

That's it! It's that simple. You are likely to find that other O.A. members need a meeting at the same time and location that is best for you. Also, newcomers will come to "check out" the new O.A.

meeting partly because it is convenient to them. Some of these newcomers would never attend an O.A. meeting if it were not at a place and time that fit easily into their schedules. Some newcomers will stay and will be a great blessing to you and to others.

Think about and pray about starting a new meeting. In my experience, the rewards of starting a new meeting are well worth the effort. For more suggestions, visit http://www.aa.org/pdf/How_to_Start.pdf. Also, contact your intergroup officers for support. We are here to serve you.

Grace T.,

grateful recovering compulsive overeater



Intergroup Trusted Servants:

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*7th Tradition contributions
can be mailed to:*

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Thoughts on Abstinence (in no particular order...)

(taken from www.oahouston.org)

- * Stay away from that first compulsive bite, taking the 1st step daily.
- * Attend OA regularly and get involved.
- * Progress is made ONE DAY AT A TIME.
- * Use the 24 Hour plan.
- * Remember, your disease is incurable, progressive and potentially fatal.
- * Do first things first.
- * Don't become too tired.
- * Eat at regular hours - according to your food plan.
- * Use the telephone. (not just after the fact but during too.)
- * Be active - don't just sit around. Idle time will kill you.
- * Use the Serenity Prayer.
- * Change old routines and patterns.
- * Don't become too hungry - stick to your food plan.
- * Avoid loneliness.
- * Practice control of your anger.
- * Air your resentments.
- * Be willing to help whenever needed.
- * Be good to yourself, you deserve it.
- * Easy does it.
- * Get out of the "IF ONLY" trap.
- * Remember HOW IT WAS. Your last binge, the feelings etc.
- * Be aware of your emotions.
- * Help another in his/her recovery, extend your hand, listen.
- * Try to turn your life and your will over to your High Power.
- * Avoid all mood-altering drugs, read labels on all medicines.
- * Turn loose of old ideas.
- * Avoid situations that may tempt you to binge.
- * Make lots of new OA friends.
- * Read the Big Book.
- * Try not to be dependent on another (sick relationships).
- * Be grateful and when not make a GRATITUDE list.
- * Get off the "Pity Pot" ...the only thing you'll get is a ring around your bottom if you don't.
- * See knowledgeable help when troubled and or otherwise.
- * Face it! You are powerless over food, people, places and things.
- * Try the 12 and 12, not just 1 and 12 or 1, 12 and 13!
- * Let go and Let God.



Please Note:

The Thursday 5:30 meeting in Seminole Heights is attracting LOTS of newcomers, but not so many experienced OA'ers. Please visit the meeting any time you can to share your experience, strength, and hope.

*Florida State Convention: February 22 – 24, 2008, Cocoa Beach Florida. For more info, go to www.oaregion8.org

*Suncoast IG spring retreat: April 11 – 13, 2008, Rotary's Camp Florida, Brandon. Trusted servants needed to help with registration, publicity and boutique coordination.

For more information, contact Grace (727-487-3207 graceterry727@aol.com)

TOOLS OF RECOVERY

This month I'd like to highlight the tool of food plan. The below is taken from the IDEA event last November.

FOOD PLAN

ADVANTAGES/BENEFITS/PAYOFFS OF USING THIS TOOL

- * We don't have to worry about decisions concerning food.
- * It reminds us to eat required foods and provides a balanced plan.
- * Preplanning gives us confidence.
- * It keeps us honest.
- * It helps us to be aware of intake and to not overeat.
- * It gives us structure of beginning and ending points.
- * Eating is not based on feelings.
- * It enables us to more easily say no / no thank you in social settings.
- * We have an opportunity to plan for a variety of foods.

HOW A FOOD PLAN CONTRIBUTES TO: PHYSICAL RECOVERY

- * A nutritionally balanced plan provides the nutrients for a healthy body.
- * Amounts are appropriate to each person's weight.
- * It brings us vitality and energy.
- * It keeps us regular.
- * It keeps us from being on a roller coaster of highs and lows.
- * It provides physical stability.

HOW A FOOD PLAN CONTRIBUTES TO EMOTIONAL RECOVERY

- * It lessens guilt felt around eating issues.
- * It eliminates eating for emotional reasons.

- * A food journal highlights and helps to identify what ones emotions are,
- * It teaches us to deal with emotions without abusing food.
- * Self esteem is improved.

HOW A FOOD PLAN CONTRIBUTES TO SPIRITUAL RECOVERY

- * When not using a food plan, food can become our idol. The plan and its use make us aware of our relationship with our Higher Power and strengthen our partnership.
- * It keeps us grounded.
- * It keeps us humble.
- * It makes us realize we can't do it on our own.
- * We keep connected with the fellowship when we share it with our sponsor.
- * It gives us clarity and takes away the fog/distress that can be caused by certain substances.



Suncoast IG has the opportunity to participate in **two large health fairs in March**. We will need trusted servants to staff the exhibits at both events. The community is literally DYING to get the O.A. message of recovery. Here are two great chances to share it.

March 7, 2008 - University Area Family & Community Wellness Forum—11:00 a.m. to 2:00 p.m. University Area Center Complex, 14013 N. 22nd. St., Tampa

March 25, 2008 - USF 17th. Annual Health Fair - 10:30 a.m. to 2:00 p.m. - Health Fair will be outdoors near the Student Health Services Building. They are anticipating 1000 in attendance.

For more information or to offer to serve, please call Grace at (727) 487-3207 or (813) 244-4584.

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for February 2008

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

	Open/ Closed	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 <i>(8:30 pm each 2nd Monday of month)</i>	"Abstinent Recovery" <i>No Contact</i>	Village Presbyterian Church 4115 S Village Dr, 33618
Tuesday	Open	Tuesday 5:30 pm <i>Abstinent Meals Welcome</i>	"OA 12 & 12" Grace (727) 487-3207	St Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
		Tuesday 7:30 pm	"By the Book" Maria (813) 650-0863	Apostle Lutheran Church 200 Kingsway Ave 33510
		Tuesday 8:15 pm	"Through the Steps" Mimi (813) 909-3928	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Wednesday		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 12:15-1:00 <i>Abstinent Meals Welcome</i>	"Big Book Study" Grace (727) 487-3207	Temple Terrace Presbyterian Church 420 Bullard Parkway, Temple Terrace
		Wednesday 7:30 pm	"12 Step Meeting" Mary (813) 634-7080 Retta (813) 633-8880	Prince of Peace Parish Center Rt 674 & Valley Forge Rd 2nd floor Sun City Center FL 33573
		Wednesday 7:45 pm	"OA 12 & 12" <i>No Contact</i>	Turning Point of Tampa 6227 Sheldon Road 33615
Thursday		Thursday 5:30 pm	"Big Book Study" Grace (727)487-3207	St. Paul Lutheran Church 5103 North Central Ave 33603
	Open	Thursday 7:00 pm	"Voices of Recovery/For Today" Clara (813) 903-9530	St Mark's Episcopal Church 13312 Cain Road 33625
		Thursday 7:30 pm	"Recovery & Abstinence" Chana (813) 375-9799	Jan Kaminis Platt Regional Library 3910 S Manhattan Ave 33611
Friday		Friday 5:30 pm	"Thank HP It's Friday!" Cheryl (813) 545-9588	St Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
		Friday 7:00 pm	"Recovery & Abstinence" Barbara B (813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Saturday		Saturday 9:30 am	"AA Big Book" Grace (727) 487-3207	St Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
	*Closed	Saturday 10:30 am <i>Abstinent Meals Welcome</i>	"Butterfly Group" Marianne (813) 684-7598	Apostle Lutheran Church 200 Kingsway Ave 33510
Sunday		Sunday 7:00 pm	"For Today" Dennis (813) 875-9717	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Intergroup		3rd Saturday of each Month, 11:00 am	Suncoast Intergroup Meeting Grace (727) 487-3207	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 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