

January 2008



EXPERIENCE, STRENGTH, HOPE

Suncoast Intergroup of Tampa Bay Overeaters Anonymous Monthly

VISION 2008

A message from your Intergroup Chair

Dear Ones:

In last month's newsletter, I asked you to dream big dreams and imagine great possibilities for our Intergroup (IG) in 2008. I'm still waiting to hear from you.

In the meantime, here is my vision for our IG for 2008. I know that I am one person and I have one voice in decisions made by our group conscience. I offer my ideas to start a conversation with all of you so that we can collectively choose our IG goals and priorities.

In 2008, I see the Suncoast Intergroup joyfully accomplishing the following:

1. Continue publishing an outstanding monthly newsletter
2. Open more weekly meetings, especially in locations underserved by OA, e.g., Plant City and central Tampa
3. Increase 12-Step Within activities (carrying the OA message of recovery to those within the fellowship), e.g., workshops, spring retreat, speaker marathons, etc. These activities will provide experience, strength, and hope to the membership and will generate funds for IG needs
4. Increase public information/professional outreach (PI/PO) activities, including outreach to diabetic educators
5. Submit proposals to host the Florida State Convention and/or a Regional Assembly in 2009
6. Send at least one, and hopefully two, IG representatives to all three SOAR 8 Regional Assemblies

7. Increase financial support to the IG, Region 8, and the OA World Service office by applying the spiritual principles and following the suggestions in the OA pamphlet *Through Our Own Contributions, OA is Self-Supporting at All Levels*

Ambitious? YES! Unrealistic? Not a bit! We can achieve these and many other powerful, positive goals if we each give service and contribute what we can for the highest good of all.

I ask each of you to pray for knowledge of God's will for our IG and for the power to carry that out. Then attend an IG meeting (all are welcome), talk with your IG representative, or contact any IG officer about your visions, dreams, and wishes for our local fellowship. Decide what part you wish to play in making those dreams come true. Together we can! The possibilities are unlimited!

Your servant, Grace, grateful recovering compulsive overeater and "just another bozo on the bus"



Intergroup Trusted Servants:

Chair: Grace (727) 487-3207
graceterry727@aol.com

Vice Chair: Patti (813) 855-3239
impattischu@yahoo.com

Treasurer: Jean (813) 932-6639
alta_jn@yahoo.com

Secretary: Sandra (813) 903-0478
billandsandrad@tampabay.rr.com

*7th Tradition contributions
can be mailed to:*

Suncoast Intergroup
PO Box 4762
Tampa, FL 33677



12 Promises

"Whatever you do or dream you can, begin it! Boldness has genius, power, and magic in it."Goethe

The Twelve Promises

1. We know a new freedom and happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word "serenity".
4. We will know peace.
5. We will see how our experiences would benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations that used to baffle us.
12. We will realize that God is doing for us what we couldn't do for ourselves.

My life has changed drastically since these promises began to come true for me. I am no longer as afraid of other people. I think that people were my greatest fear. I was so afraid that they could all see right through me and see all those character defects, which none of them possessed. I somehow thought that I was the only one in the world who had a problem with food. That I was the only one in the world who could mess things up as badly as I seemed to be able to do. That I really didn't deserve to be happy. I now know that others have many of the same thoughts and problems that I have had, and, most importantly, that I deserve to be happy and to be respected. I have as much personal worth as anyone else and on the other side of the coin - others deserve my love and respect even when they don't do things my way.

*"We know a new
freedom and
happiness."*

Love, Dawn

The Suncoast Intergroup is collecting items to contribute to a basket that will be raffled at the Florida State Convention. The theme chosen at the Intergroup meeting was "A Basket of Serenity." Below is a list of suggested items to include in the basket. If you'd like to contribute, bring the item to any regular weekly meeting and give to the Intergroup rep, or bring to our Intergroup meeting, the third Saturday of each month. All are welcome, details of all meetings on back.

Suggestions: eye mask, essential oils, essential oil burner, fragrant candles, satin pillow case, bubble bath/bath salts, bath pillow, relaxation CD/DVD, scented soap/shower gel, lotion, serenity prayer plaque, picture or card, noise- canceling earphones, sun catcher, pretty light bulbs (blue, pink, green or stained glass), incense and incense burner, OA literature, back scratcher, noise machine, potpourri sachet packets, warm-up in the microwave neck wrap.



Reminders:

*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

The IDEA Event was a great experience. Below is some of the information shared about some of OA's eight tools of recovery: anonymity, sponsorship and meetings. Because there was so much wonderful sharing, we couldn't fit it all into one newsletter! Please stay tuned for more on OA's eight tools of recover in upcoming 2008 newsletters.

Tool	Benefit	Spiritual Recovery	Emotional Recovery	Physical Recovery
Anonymity	<ul style="list-style-type: none"> · Freedom to share what I need · Open to "keep coming back" · Focus on the disease not the people · No hierarchy or cliques · Seeing my disease in all shapes and sizes 	<ul style="list-style-type: none"> · Only my HP is known and therefore the focus is on faith · Seeing how faith is practiced in all variations/denominations · Freedom to believe and understand a God of MY understanding 	<ul style="list-style-type: none"> · Emotional safety, removal of judgment · My disease is there in varying stages (new comer to old timer) · Feel my feelings with people that know them · Confidentiality, what happens here stays here 	<ul style="list-style-type: none"> · Less concerned about what I look like · Removal of judgment · Physically going to the meetings · Ideas for exercise or even someone to do it with
Sponsorship	<ul style="list-style-type: none"> · The guide through recovery · Knows my disease better than me · Takes me through the steps as I need to go through them... not a race to get them done · Can speak TO my disease · Is my conscience · Benefit to both having and being a sponsor 	<ul style="list-style-type: none"> · Can be my HP · Guide to spiritual growth · Their **E/S/H demonstrates their belief in a HP · Example of keeping faith · Guides me to readings that help build my relationship · Helps me to accept I may not have an HP right away and that's OK 	<ul style="list-style-type: none"> · Feeling that someone REALLY knows · Understands my feelings/motives better than me · Sees where the disease stops and I begin · Promotes honesty with myself and my disease · Sponsoring reminds me where I am in my disease 	<ul style="list-style-type: none"> · Helps keep meetings a priority · Supports activities that benefit the program and my recovery · Encourage the building of a support network
Meetings	<ul style="list-style-type: none"> · Forum for needed sharing · Single place for like needs · Building of relationships through Home Group · First step in telling on my disease · Someone understands when I think nobody does · Learn to cope using meetings and not food · No hierarchy, not a "popularity contest" · No dues or fees 	<ul style="list-style-type: none"> · Can be my HP · Guide to spiritual growth · Others' **E/S/H demonstrates belief in HP · Encourage recovery by giving what I know away to others · A sound base for seeing the miracles in the room · Provide spiritual lift when needed 	<ul style="list-style-type: none"> · KNOWING I have somewhere to go reduces some emotions · Safety in expressing emotions I identify as common among others · Telling on my disease takes some of its power away · I can learn to laugh at the commonalities at times · I find value in sharing my story · Feeling of acceptance · I am not alone 	<ul style="list-style-type: none"> · A place to go and reason to go there · Gets me out of the house and out of my head · Opportunity to practice the steps · Laughter and tears help healing · It's NOT about how I look · Lots of hugs and love

****E/S/H = EXPERIENCE, STRENGTH, HOPE**



Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for January 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
South Tampa		Sunday 7:00 pm	"For Today" Dennis (813) 875-9717	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
		Tuesday 8:15 pm	"Through the Steps" Mimi (813) 909-3928	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
		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
		Thursday 7:30 pm	"Recovery & Abstinence" Chana (813) 375-9799	Jan Kaminis Platt Regional Library 3910 S Manhattan Ave 33611
		Friday 7:00 pm *** <i>please call contact before attending</i> ***	"Recovery & Abstinence" Barbara B (813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
North Tampa	Open	Monday 12:00 pm	"Discussion/Step" Mary R (813) 931-3151	Lutz Library 101 Lutz Lake Fern Road, Lutz 33548
		Monday 7:30 pm <i>(8:30 pm each 2nd Monday of month)</i>	"Abstinent Recovery" Steve (813) 843-9294	Village Presbyterian Church 4115 S Village Dr, 33618
	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
		Wednesday 7:45 pm	"OA 12 & 12" <i>No Contact</i>	Turning Point of Tampa 6227 Sheldon Road 33615
	Open	Thursday 7:00 pm  meeting time	"Voices of Recovery/For Today" Clara (813) 903-9530	St Mark's Episcopal Church 13312 Cain Road 33625
		Thursday 5:30 pm	(To Be Determined) Grace (727) 487-3207	St. Paul Lutheran Church 5103 North Central Ave 33603
		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 9:30 am	"AA Big Book" Grace (727) 487-3207	St Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
Brandon		Tuesday 7:30 pm	"By the Book" Maria (813) 650-0863	Apostle Lutheran Church 200 Kingsway Ave 33510
	*Closed	Saturday 10:30 am <i>Abstinent Meals Welcome</i>	"Butterfly Group" Marianne (813) 684-7598	Apostle Lutheran Church 200 Kingsway Ave 33510
Sun City Center		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
		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

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