

# Suncoast Intergroup

July 2009 Newsletter



## A Message of Hope in Recovery

### *For Today, pg. 3*

*“Strong hope is a much greater stimulant of life than any single realized joy could be. – Friedrich Nietzsche*

*Compulsive overeaters recovering in OA have reason to believe in the power of hope. It is the saving grace of our illness, a life-sustaining force that motivates us to keep going. Hope brought me to Overeaters Anonymous. I needed to believe that I had within me the power to change, to grow.*

*The joy of life today is in the constant flowering of hope. A problem is solved and immediately there is hope that an even together one will go the same way. When I most despair of finding a solution, the answer appears.*

*For Today: There is powerful hope in admitting defeat, in giving up my mad exertions to control situations that are not mine to control.”*

### **This month you will find:**

- Suncoast Intergroup Contacts
- Step and Tradition of the Month
- OA Birthdays
- Region 8 events
- A passage for reflection from the OA approved book *Abstinence*
- Service Opportunities
- A message from the editor
- Calendars of Events and Meetings
- An updated meeting list

## Intergroup Trusted Servants

**Chair:** Patti (813) 855-3239 [impattischu@yahoo.com](mailto:impattischu@yahoo.com)

**Acting Vice-Chair:** Sue (813) 579-5747 [suebrowndq@yahoo.com](mailto:suebrowndq@yahoo.com)

**Treasurer:** Jean (813) 932-6639 [jeanneeley@yahoo.com](mailto:jeanneeley@yahoo.com)

**Secretary:** Anna (813) 951-5459  
[awannos@yahoo.com](mailto:awannos@yahoo.com)

**Newsletter Editor:** Amy (813) 352-4404 [suncoast.tampabay@gmail.com](mailto:suncoast.tampabay@gmail.com)

**PI Chair:** Grace (813) 412-5213 [graceterry727@aol.com](mailto:graceterry727@aol.com)

### 7<sup>th</sup> 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)**



### Step of the Month



*Step 7:*

Humbly asked Him to remove our shortcomings

*OA 12 & 12, pg. 60*

“In OA we discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and the status-seeking.”

### Tradition of the Month

*Tradition 7:*

Every OA group ought to be fully self-supporting, declining outside contributions

*OA 12 & 12, pg. 165*

“The seventh tradition doesn’t simply apply to financial support, however. In order to be fully self-supporting, groups and individuals need to take on their share of service work as well.”



## OA Birthdays



*“Happy Birthday to you, Happy Birthday to you, Happy Birthday dear OAers...Happy Abstinent Birthday to you!”*

Pat C. June 2<sup>nd</sup>, 19 years  
Barbara H. June 29<sup>th</sup>, 13 years  
Sandra D. July 8<sup>th</sup>, 3 years  
Patti S. July 9<sup>th</sup>, 12 years

Happy Birthday to you All!!  
How inspiring ☺

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### 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](mailto:sarah.robinson2@gmail.com) or David at 850-363-1451 or [longhornd@gmail.com](mailto: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](http://www.campharrison.org) for camp details. For additional information contact:  
[retreat@triangleoa.org](mailto: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](mailto:BirminghamInfo@oacaig.org)

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## A Message from the Editor

Dear OAers,

Thank you for allowing me to be of service by working on the Newsletter. I am sad to report that we had no contributions this month. I am available via phone, e-mail or regular mail if you want to send something; a reflection, a note about a conversation with your sponsor or program friend, any spiritual awakening or even hardship on your path of recovery would be greatly appreciated. I had another idea too...maybe if you don't get a chance to share at a meeting you can pause and put a note in the envelope at your meeting about your burning desire – just a thought!!

Thank you again for your support and for choosing recovery – One Day At A Time!

- Amy ☺

## Abstinence

*Members of Overeaters Anonymous Share  
Their Experience, Strength, and Hope*

### **Pg. 35 Design For Living**

“I attended my first OA meeting four years ago just wanting to lose twenty pounds. I was a slow learner. Three months later I finally got a sponsor and embarked on the path of recovery. Abstinence was hard. I wanted it to be easy. I'd be abstinent for as long as sixty or ninety days, then I'd feel I deserved to burst out and do what I wanted: eat the foods I wanted, in the amounts I wanted, when I wanted them. The only thing I could really manage to do was to keep coming back to meetings....It is not two years since that time, and I'll shortly have two years of abstinence. The obsession with eating has been lifted. My mind is clear and open to new thoughts about living my life instead of thinking only about food. I plan outings with friends and family; go to movies, the beach, and even restaurants. I can hear my disease of compulsive overeating is talking to me and I can confront it. No more the victim role for me!”

### **SERVICE ANNOUNCEMENTS**

Service is slimming... ☺

- *Region 8 Assembly in November needs you (contact Grace)*
- *Florida State Convention Program needs you (contact Amy)*
- *Lifeline needs you (subscribe today ☺)*
- *Does your meeting need an intergroup representative?*
- *Are you available to sponsor?*
- *Get to a meeting (Friday night, "Thank H.P. It's Friday" meeting needs support!)*
- *Lead a meeting*
- *Use a tool ☺*
- *Choose abstinence...the best service you can give!*

# July 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 10:15am, 7:30pm, 7:45pm	2 5:30pm, 7:00pm	3 5:30pm, 6:30pm	4 9:30am, 10:00am, 10:30am Happy 4 <sup>th</sup> of July!!! Meetings still available
5 4:00pm, 7:00pm	6 Noon 7:30pm	7 5:30pm, 7:00pm, 7:30pm, 7:30pm	8 10:15am, 7:30pm, 7:45pm	9 5:30pm, 7:00pm	10 <b>Submit entries for August Newsletter to editor!</b>  5:30pm, 6:30pm	11 9:30am, 10:00am, 10:30am
12 4:00pm, 7:00pm <b>Florida State Convention Planning Meeting at 2pm at St. Catherine's call Amy for details</b>	13 Noon 7:30pm	14 5:30pm, 7:00pm, 7:30pm, 7:30pm	15 10:15am, 7:30pm, 7:45pm	16 5:30pm, 7:00pm	17 5:30pm, 6:30pm <b>SOAR 8 Convention in Atlanta</b>	18 <b>SOAR 8 Convention in Atlanta Assembly Planning Meeting @10am Intergroup @ 11am</b>  9:30am, 10:00am, 10:30am
19 4:00pm, 7:00pm <b>SOAR 8 Convention in Atlanta</b>	20 Noon 7:30pm	21 5:30pm, 7:00pm, 7:30pm, 7:30pm	22 10:15am, 7:30pm, 7:45pm	23 5:30pm, 7:00pm	24 5:30pm, 6:30pm	25 9:30am, 10:00am, 10:30am <b>Heart Health Extravaganza</b>  "Merrython" in Orlando 9am-4pm
26 4:00pm, 7:00pm	27 Noon 7:30pm	28 5:30pm, 7:00pm, 7:30pm, 7:30pm	29 10:15am, 7:30pm, 7:45pm	30 5:30pm, 7:00pm	31 5:30pm, 6:30pm	

# August 2009

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						1 9:30am, 10:00am, 10:30am
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23 4:00pm, 7:00pm	24 Noon 7:30pm	25 5:30pm, 7:00pm, 7:30pm, 7:30pm	26 10:15am, 7:30pm, 7:45pm	27 5:30pm, 7:00pm	28 5:30pm, 6:30pm	29 9:30am, 10:00am, 10:30am <b>GLAA 12:30- 4pm 1year celebration</b>
30 4:00pm, 7:00pm	31 Noon 7:30pm					

# Suncoast Intergroup of Tampa Bay Overeaters Anonymous

## Meeting List for July 2009

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

		<b>Day &amp; Time</b>	<b>Format &amp; Contact Person</b>	<b>Location &amp; Address</b>
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	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 <sup>st</sup> Baptist Church 503 N. Palmer Street Plant City, FL 33563
		Tuesday 7:30 pm	“Relapse Prevention through the Steps” Barbara (813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Wednesday	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 7:30 pm Elevator access to 2 <sup>nd</sup> floor	“12 Step Meeting” Retta (813) 633-8880	Prince of Peace Parish Center Rt 674 & Valley Forge Rd 2 <sup>nd</sup> floor Sun City Center FL 33573
		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
		Friday 6:30 pm	“Especially for Newcomers” (Everyone Welcome) Barbara (813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
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 <sup>rd</sup> Saturday of each month, 11:00 am	<b>Suncoast Intergroup Meeting</b> (Everyone Welcome) Grace (813) 412-5213	St. Catherine’s Episcopal Church 502 Druid Hills Rd. Temple Terrace
November Assembly		3 <sup>rd</sup> Saturday of each month, 10am	<b>Region 8 Assembly Planning</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.aa.org/online\\_meetings.html](http://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](mailto:suncoast.tampabay@gmail.com)  
 You may also write to us at Suncoast Intergroup, PO Box 4762, Tampa, FL 33677