

July 2008



EXPERIENCE, STRENGTH, HOPE

Suncoast Intergroup of Tampa Bay Overeaters Anonymous Monthly

Suncoast Intergroup invites you to The Independence Day "SAFE HOUSE"

*Celebrate your freedom from the
bondage of self!*

When: Friday July 4, 2008

Time: 11AM until...

(Come and go as you wish.)

Where: Home of Janet O.

7002 Edenbrook Court, Tampa, FL 33634*

Phone (813) 886-6286

OA meetings at 11AM & 3PM

Seventh Tradition will be collected at each meeting. Suggested minimum donation is \$2 per person at each meeting to help carry the message of OA recovery.

What to bring (Optional): Abstinent meals/snacks (if you attend during your meal or snack times), sugar-free/caffeine-free drinks to share, family (including children), friends, board games, cards, musical instruments, your favorite CD's....

Coffee, water, & ice will be provided.



R.S.V.P. BY TUESDAY JULY 1

Call Janet O. at (813) 886-6286 or email Janet at jowen004@yahoo.com (and put "OA" in the subject line)

*DIRECTIONS: From North Dale Mabry, go west on Waters Ave. Go under the Veteran's Expressway (Hwy. 589) to the 4th quick light (Twelve Oaks Blvd.). Turn left at the light into Twelve Oaks subdivision. Take the first right (Kirkwood Dr.) and then the third right (Edenbrook Court). It is the first house on the left (a one story house).

Special note from Janet: Welcome to my home! To avoid getting a Traffic ticket in our community, please...

- Park with the flow of traffic.
- Do not block mailboxes.
- Do not block sidewalks.

Thank you so much. See you there!



Check out OA Online:

OA World Service: www.oa.org

Region 8 News: www.oaregion8.org

Suncoast IG (hosted by Pinellas IG):

www.oapinellas.org/oasuncoast

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

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billandsandrad@tampabay.rr.com

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suncoast.tampabay@yahoo.com

*7th Tradition contributions
can be mailed to:*

Suncoast Intergroup

PO Box 4762

Tampa, FL 33677

 **OVEREATERS
ANONYMOUS®**

ENJOY TRAVELING ABSTINENTLY



You can be abstinent on vacations and business trips! Believe in yourself and trust your OA program. I hope my words will encourage you to

enjoy your traveling and not to be anxious about maintaining your abstinence.

I have traveled extensively during my lifetime; as a child of a military family, for our business and on vacations. In the past, traveling was always an excuse to live differently from being at home. It meant that I slept more, ate more and absolved myself of daily commitments. This change in my daily routine made me believe that I could indulge in anything I wanted to eat because I was on vacation or on a business account. Needless to say, this resulted in bingeing during my time away. I would come home full of self-loathing about the way I had eaten, vowed to go on a strict diet and felt so depressed about facing my time at home and getting back into my normal activities.

But I did find a solution! I have been continuously involved in OA for almost four years. During that time I have lost 50 lbs. I did experience over a two-year relapse that began on a vacation. I know how easy it can be to lose abstinence on vacation. But I can now tell you that we can keep our abstinence, take it with us, and bring it home again! During my seven months of abstinence, I have been on an abstinent cruise, abstinely visited relatives during the Holidays and spent over three weeks in California, abstinely. What a miracle for me! In the past, I would be tense and obsessed with getting my binge foods, but traveling abstinely kept me focused on the present, enjoying each and every special moment. Being abstinent helped me to relax and feel the serenity and peace this OA way of life brings me.



My tools are so important when I am traveling. I listened when friends told me how they traveled abstinely. I found that changing my watch to the time zone of my destination helped so much in planning my meals. If the day happened to be longer because of time zones, I would supplement my four meals a day with a protein drink in between. I would bring program foods with me or plan to eat an abstinent lunch or dinner at an airport or on the road. Having a cooler (some OAers also

travel with a small microwave) that you can plug into your car's lighter can be a real benefit. Collapsible measuring cups and spoons are easy to pack. We are so blessed to have so many portable foods in small portions available now. Take advantage of them! Keep spiritually fit while you are away. Take your literature and devotionals and remember to pray throughout the day for strength and protection from your Higher Power. Use your tool of writing when you are relaxing to get your feelings on paper, whether they are joys or difficulties. OA meetings are held all over the world. Have a list of the meetings in the area you are visiting (available on the OA website), take along the OA Phone Meeting List (also available on the OA website) and make a phone meeting if you can't get to a face-to-face meeting. If you have a laptop, take it with you; make an OA group of friends to connect with—there is such comfort and support for you when you reach out! Use your cell phone and call your sponsors, sponsees and friends, even if it costs you more money—don't forget the hundreds of dollars we spent on binge foods and diet clubs. Your abstinence is so worth it! Another tool I use personally is exercise. I try to walk briskly often while I am away. If you have a layover in an airport and someone can watch your belongings, take a walk. Most hotels have an exercise room; try to get some walking in on the treadmill. It helps me so much mentally and physically to move my body in some form of exercise.



An OA friend told me how grateful she felt about her abstinent vacation on her plane trip home. I thought about her and had the same experience when I returned. The gratefulness, physical and mental health (the clothes I wore when I left still felt comfortable!), self-love and joy were overwhelming! There is no food that could have ever given me the wonderful inner feelings and satisfaction that being abstinent brought me! Happy trails to all of you; my prayer is that you have amazingly abstinent travels!

Ellie



Saving Trees... & \$!

We've noticed in recent months that sometimes we have too many copies of the newsletter printed and some months too few are printed. When all of the reps attend the monthly Intergroup meeting, the 125 copies we have been printing are not enough for each of them to take the number required for their meetings. When only a few attend, there are many left over...wasting paper, trees and money. This fluctuation in attendance makes it difficult to determine what the "magic" number of printed copies should be each month.

So, in an effort to eliminate the waste and/or shortage that often occurs, your Intergroup trusted servants have voted to stop printing multiple copies of the monthly newsletter. How will this impact you?

If you send an email to suncoast.tampabay@yahoo.com, you will be added to the on-line newsletter list and you will continue to receive a **full color** copy of the newsletter right on time every month. With this option you'll never have to worry about missing a copy because you weren't able to attend the meeting, or not enough were printed, or your rep was unable to attend the IG meeting and pick up his/her copies!

If you prefer to receive a printed copy each month or don't have email access, please give a SASE (self-addressed stamped - **business sized** envelope) to your IG rep or another IG officer and he/she will take it to the next IG meeting and a black and white printed version will be mailed to you. You can send one SASE to the IG meeting each month, or if you wish, send several at one time so that you won't miss any issues in the event your group rep misses a meeting or you don't connect with your rep in time for the next IG meeting. In this way we will only print enough newsletters to accommodate the number of envelopes we receive.

We will continue to distribute printed copies of the weekly meeting list (which is found on the last page of the newsletter) to the meetings for Newcomers and Visitors.

Submitted by Patti S., your trusted servant

Upcoming Events

SOAR 8 Invites You To: **A Voyage of Recovery**, Nov 9 -13 2008—4 Night Cruise on a major cruise line

Departing from Port Canaveral with stops at Freeport & Nassau
Prices: \$349 for interior; \$399 Ocean view

All prices are PER PERSON Double Occupancy and Includes: Port charges, taxes & fees of \$165.27. Workshops and meetings on board. A \$200 deposit will hold your space! For More Information, contact Sandra D. at 813-903-0478 or Judy P. at 407-339-7164 or email Shirley@CruiseWomen.com or see the cruise flyer at www.oaregion8.org

The Promises Are Your Fate In 2008—SOAR 8 Business Assembly & Recovery Convention; July 18-20, 2008

Hosted by Gold Coast & Palm Beach Intergroups

Early Bird Registration Package price is \$69. This includes all sessions, Saturday luncheon and Banquet. Early Bird Sessions Only cost is \$35. Early registration ends June 20. The Assembly will be held at the Courtyard by Marriott at 2440 W Cypress Creek Rd, Fort Lauderdale, FL 33309 (800) 627-7468. Rooms are \$79 + tax (up to 4 people per room). Use code SOAR 8 when making reservations. For more information, contact Helene: (561) 703-8817 or Paul: (954) 592-3881

Want to stay in the loop with all that is happening at **Intergroup**? Can't make it to the monthly meetings? You can stay connected to what's happening in our local OA fellowship by joining the Intergroup distribution list. We send out email messages twice a month with updates on the events, activities, and happenings of the Suncoast Intergroup including electronic copies of flyers, the meeting agendas, minutes, and treasury reports. To sign up, send an email to the IG Secretary, Sandra, at BillandSandraD@tampabay.rr.com.

Our IG has accepted the service opportunity to plan the program (workshops, speakers, etc.) for the February 2009, **Florida State Convention**. If you are willing to serve on this important planning committee, please call Amy H. at (813) 352-4404.

Your Donation to Suncoast IG Helps to Carry the OA Message!

The Suncoast IG gratefully accepted donations from the following meetings during May 2008:

Sunday Temple Terrace, Monday Abstinence, Tuesday Temple Terrace, Thursday Seminole Heights, Thursday Citrus Park, Friday Temple Terrace


...and a heartfelt *THANK YOU* to the anonymous donation sent to our P.O. Box.

All donations are used to carry the OA message of recovery to those who still suffer. To make a donation, mail your check payable to: Suncoast Intergroup, PO Box 4762, Tampa FL 33677. Thank You!

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for July 2008

*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
		Monday 5:45 pm	"Open Discussion" Ann D (813) 232-3816	The Journey Home 1012 E Jean Street 33604
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" Marianne (813) 465-1100	Apostle Lutheran Church 200 Kingsway Ave, Brandon 33510
		Tuesday 8:15 pm	"Relapse Prevention through the Steps" Barbara (813) 902-8808	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 7:30 pm <i>Elevator access to 2nd floor</i>	"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	Open	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
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!) Becky (813) 205-1248	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Saturday	Open	Saturday 9:30 am	"AA Big Book" Grace (727) 487-3207	St Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
	Open	 Saturday 10 am ***Starts July 5***	Literature and 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		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 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@yahoo.com.
You may also write to us at Suncoast Intergroup, PO Box 4762, Tampa, Florida 33677.