



Suncoast Intergroup



June 2009 Newsletter



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7th Tradition contributions can be mailed to:

**Suncoast Intergroup
PO Box 4762
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Online Resources

OA World Service: www.oa.org

Region 8 News: www.oaregion8.org

**Suncoast IG (Pinellas IG):
www.oapinellas.org/oasuncoast**

Serenity Prayer

God... Grant me the serenity to accept the things I CANNOT change, the courage to CHANGE the things I can, and WISDOM to know the difference.

This issue includes:

- Tradition/Step of the Month
- Service Announcements
- *In Memory of A Cherished Friend*
 - *When Corner*
- *A Member shares about a 'psychic change'*
- *Learn about the Structure of OA*
 - *Meditation Reading*
 - *Thought for the Month*
 - *Summer Reading List*
 - *Editor Announcements*
 - *Upcoming Events/Calendars*
- *Meeting List with contact information*

Tradition of the Month

Tradition 6: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Step of the Month

Step 6: Were entirely ready to have God remove all these defects of character.

SERVICE ANNOUNCEMENTS

Service is slimming... ☺

- Have fun in Atlanta next month @ the Region 8 Assembly July 17-19
- 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
- Lead a meeting
- Use a tool ☺
- Choose abstinence...the best service you can give!

In Memory of a Cherished Friend

Pat C. would have celebrated 19 years of abstinence on June 2nd, but some months ago she developed a rare brain disease that ended her human journey. Pat passed over, peacefully, on May 17, 2009.

Our Thursday night OA group, at St. Mark's Episcopal Church (Pat's home meeting) dedicated a meeting to Pat. There were about 13 of us and except for one newcomer, we all knew and loved Pat, some having had a closer relationship with her than others, but everyone's life and recovery had been touched by her love and support.

We put a purple shawl (her favorite color) on one of the chairs in our circle and left it empty for Pat. We all shared memories and stories about what Pat meant to us and how her life and recovery touched ours. It was a beautiful thing to hear how much she was loved. Afterwards I felt both uplifted and comforted. Pat will be very missed in our OA rooms and lives, but she will continue to live on in our hearts and memories.

As I walk through my grief, I also trust in God's plan for all of us. A line from a meditation book comes to mind: "There is no such thing as death, only a change of worlds." I believe that Pat is in a joyful, beautiful world now.

Today I feel Pat's presence, her spirit and her loving energy. She lets me know that it's safe to pass over and that she'll be there when it's my time. Pat is love now and she was love when she was in her physical form. I am blessed to have been her friend.

- Clara W.

"I received a delightful note from one of our newsletter readers and thought her idea was great. I encourage you all to e-mail me or share with your Intergroup representative what you think about this "When Corner..." and place your own "When (such and such) happens to me I do/use (such and such) from the program to get through it. Write in and share, it can be anonymous or not. Thank you for reading and for being part of my recovery. The answer lives in the solution...let's stay there for today!" - Amy, Newsletter Editor

When Corner



When I surrender and not take that first compulsive bite....I will recover one day at a time.

When I focus on letting God guide me and be in charge of my life....I will recover one day at a time.

When I pray, follow my food plan, attend meetings and reach out....I will recover one day at a time.

When I share my experience, strength and hope....I will recover one day at a time.

When I see rays of sunlight and feel God's grace shining on me....I will recover one day at a time.

Keep Coming Back

A “psychic change...”

“Our thought-life will be placed on a much higher plane when our thinking becomes cleared of wrong motives...”

A.A Big Book, pg. 86

Just wanted to share about the fears I recently talked about at a Thursday night meeting. I was sharing about the fact that I had this cruise coming up, and that even though I'd been doing very well with my new food plan at home, I was concerned that I would lose the willingness once we set sail. I did start by calling the cruise line and they told me that at dinner the first night I should ask my waiter about the light and lean selections and he would see that I got whatever I needed :) I also called the airlines to arrange for special meals...

Anyway, I've been planning this trip for quite a while, but it just dawned on me that hey, guess what I'm doing three days before I leave on my trip?? Spending three days at the Region Assembly...so is HP looking out for me or what?

Of course I've known about that for some time as well, I even thought at first that I couldn't go because of all the travel that had already been planned around it, but I actually rescheduled my daughter and grandsons' visit for a week earlier so that I could do both...

But I still hadn't seen it as the gift it is...that I'll probably still be on my Region "high" when I leave for Barcelona! And I've already got a list of meetings in Barcelona and a phone number to call about English speaking ones!

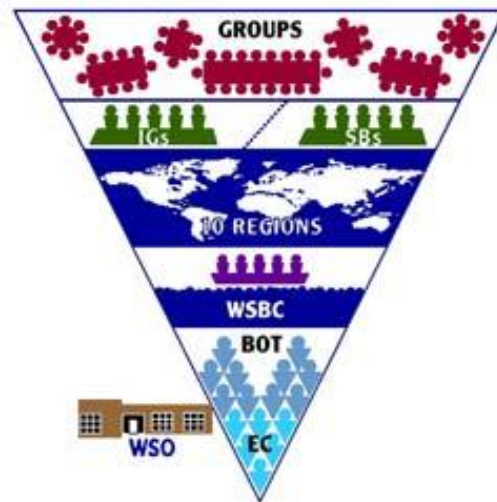
This has been another psychic change, I'm confident. Because the willingness I had to make the changes ensuring my ability to get to Atlanta is really huge for me. The old me would have looked for an excuse not to go, but I have been so inspired by these meetings, especially the one in Little Rock, that I didn't want to miss it!!

You are all in for a treat in November, if you haven't ever been to a Region convention, or even if you have! So, fasten your seatbelts, it's going to be a wild (and wonderful) ride :)

Thank you all for being in my life, and what a life it is...definitely beyond my wildest dreams!

Patti

Structure of OA



(Lifted from the oa.org website)

OA.org has provided some great information for those of us that are a part of the fellowship but might not know about the various service levels within OA. Please read on to know more and refer to the pyramid above for a more visual representation.

Individual Members

OA's diverse membership consists of more than 6,500 registered groups in over 75 countries.

Groups

A group consists of two or more people. Each group practices the Twelve Steps and Twelve Traditions of OA. No member of a group is required to practice any actions to remain an OA member or to have a voice at a meeting.

Intergroups and Service Boards

Intergroups and Service Boards consist of two or more groups. Intergroups are usually formed of meetings within a general geographic area. Service Boards are service bodies that provide support for groups and/or intergroups that are not otherwise served within the existing service structure. This includes national service boards (NSBs), language service boards (LSBs), and virtual service boards (VSBs). NSBs serve groups and intergroups that speak one language (usually not English). LSBs serve groups and/or IGs, usually in different countries, that share a common language. VSBs serve virtual groups (those that are linked via the Internet) irrespective of geographic boundaries.

Regions

OA has 10 regions worldwide that maintain direct communication with groups and intergroups. Regions sponsor local conventions and assemblies. Regional assemblies also nominate trustee candidates to serve on OA's Board of Trustees (BOT), whose members are elected at the World Service Business Conference (WSBC).

World Service

The WSBC, attended by delegates from around the world, meets annually each May to conduct the business of OA and to elect the 16-member Board of Trustees. The board acts on behalf of all members of the OA Fellowship. The World Service Office (WSO) works with the BOT to provide quality support and services to the entire OA Fellowship.

Meditation Reading: For Today

Topic: Wanting pg. 366

There is no telling what price I may have to pay for breaking my abstinence "just this once." It could be nothing at all, or a trip back to the pits of compulsive overeating.

But the truth is, I do not have to take that chance. It is irrational to feel guilty about refusing food and drink I don't want. If absolutely pushed to the wall, I can say, "I'm sorry, it doesn't agree with me." Which is all too true.

I have already paid dearly for the "pleasures" of compulsive overeating. Then, when I could no longer pay the price, I surrendered, admitted my powerlessness and turned myself over to the Power that still directs my life.

For Today: No holiday dinner, no party, no celebration can persuade me to give up the freedom I enjoy as long as I am abstinent.

"Thought for the Month"

It's not about food or eating, it's about how I live my life. During difficult moments I must not want to be someone else, I must not want to do something else, and I must not want to be somewhere else. **Acceptance is the answer to all my problems today.**

- Anonymous

Summer Reading List

Overeaters Anonymous, 2nd Edition

Seeking the Spiritual Path

Abstinence

Lifeline Sampler

AA's Big Book

These and more are available online at www.aa.org...If you can't order them ask your meeting to order it for you ☺

Editor's Announcements

"Hello! I'm Amy a grateful compulsive overeater and food addict. I am glad that I can be of service and appreciate those that sent in writings for this month's edition of OUR Suncoast Intergroup Newsletter. I would like to extend an invitation to you all for more contributions. Those envelopes are there in your meetings for a reason. Consider it a 'God Box' that we can share together.

I did not include a birthday section because I did not get any birthday announcements from anyone so if I missed you I am sorry...please let me know for next month.

Please look at the calendars for upcoming events...these are new for the newsletter and I think I will be using this format until I hear from many people that they would prefer a bulleted list of events.

Again, thank you for this service opportunity and for letting me share!"

- Amy

June 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 Noon 7:30pm	2 5:30pm, 7:00pm, 7:30pm, 7:30pm	3 10:15am, 7:30pm, 7:45pm	4 5:30pm, 7:00pm	5 5:30pm, 6:30pm	6 9:30am, 10:00am, 10:30am
7 4:00pm, 7:00pm	8 Noon 7:30pm	9 5:30pm, 7:00pm, 7:30pm, 7:30pm	10 10:15am, 7:30pm, 7:45pm	11 5:30pm, 7:00pm	12 Submit entries for July Newsletter to editor! 5:30pm, 6:30pm	13 9:30am, 10:00am, 10:30am
14 4:00pm, 7:00pm	15 Noon 7:30pm	16 5:30pm, 7:00pm, 7:30pm, 7:30pm	17 10:15am, 7:30pm, 7:45pm	18 5:30pm, 7:00pm	19 5:30pm, 6:30pm	20 Assembly Planning Meeting @10am Intergroup @ 11am 9:30am, 10:00am, 10:30am
21 4:00pm, 7:00pm	22 Noon 7:30pm	23 5:30pm, 7:00pm, 7:30pm, 7:30pm	24 10:15am, 7:30pm, 7:45pm	25 5:30pm, 7:00pm	26 5:30pm, 6:30pm	27 9:30am, 10:00am, 10:30am
28 4:00pm, 7:00pm	29 Noon 7:30pm	30 5:30pm, 7:00pm, 7:30pm, 7:30pm	Start Packing for the SOAR 8 Convention next month 		Lifeline Subscriptions for 1 year are \$15.00...	... did you know you can get lifeline sent via e-mail? Check it out at oa.org 

July 2009

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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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 Submit entries for August Newsletter to editor! 5:30pm, 6:30pm	11 9:30am, 10:00am, 10:30am
12 4:00pm, 7:00pm Florida State Convention Planning Meeting at 2pm at St. Catherine's call Amy for details	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 SOAR 8 Convention in Atlanta	18 SOAR 8 Convention in Atlanta Assembly Planning Meeting @10am Intergroup @ 11am 9:30am, 10:00am, 10:30am
19 4:00pm, 7:00pm SOAR 8 Convention in Atlanta	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
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	

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for June 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	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 7:30 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 nd floor	“12 Step Meeting” Mary (813) 634-7080 Retta (813) 633-8880	Prince of Peace Parish Center Rt 674 & Valley Forge Rd 2 nd 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 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