

June 2008

# A Step One Letter to my HP

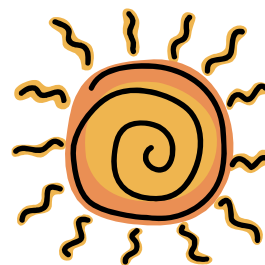
Dear God,

I need Your help. I am a food addict and compulsive overeater. Without Your help, Dear God, I know that I will return to old survival skills – numbing my feelings and isolating myself from your love and the love of others. I fear being abandoned, I fear being a burden to my family and I fear that the obsessive feelings of hopelessness will return.

Today, God, I accept that I have an incurable but treatable disease. Today, I know that I am powerless over food and that my disease is progressive, relapsing and even fatal. I know that surrendering to Your will, one day at a time, will lead me to a life of joy and purpose.

God, I ask for your help and your guidance. I pray that I always remember my powerlessness over my addiction and remember that I can overcome my weakness only when I am willing to surrender to Your will.

If I do not stay in Your will, my diseased thinking will ease You out of my life as it has before. Today, I pray to stay in Your light



– the light of Your loving kindness. Today, I know that staying in Your light will bring the joy of abstinence. I know, too, that abstinence will keep me in your light. Today I know that abstinence is the key to my freedom from despair. Today I know that when I surrender to Your will and walk the path that You have chosen for me, all things are possible.

God, I want never to forget and never again to feel the hopelessness that brought me to the rooms of Overeaters Anonymous. I place my life in Your loving care and I ask that You grant me the courage to change the things I can. I trust in You and I surrender to You and to your will for me.

~Your loving servant

EXPERIENCE, STRENGTH, HOPE

## Suncoast Intergroup of Tampa Bay Overeaters Anonymous Monthly



### Intergroup Trusted Servants:

Chair: Grace (727) 487-3207  
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Check out OA Online:

OA World Service: [www.aa.org](http://www.aa.org)

Region 8 News: [www.oaregion8.org](http://www.oaregion8.org)


Suncoast IG (hosted by Pinellas IG):  
[www.oapinellas.org/oasuncoast](http://www.oapinellas.org/oasuncoast)

*7th Tradition contributions  
can be mailed to:*

**Suncoast Intergroup  
PO Box 4762  
Tampa, FL 33677**




# Announcements & 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](http://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

**Sponsorship Workshop** with Boutique (Opens at 12:30pm), 1-4pm Saturday June 14, 2008


 Friendship United Methodist Church (On Druid between Belcher & Highland in Clearwater)


A sponsor is someone who is working the 12 Step & 12 Traditions of Overeaters Anonymous to the best of his or her ability and who has what you want. Everything you wanted to know.....But were afraid to ask!!! Find a sponsor or a sponsee: Ask-it Basket, Panel discussion. Identify your assets as a sponsor.


**Super Saturday Speaker Marathon** June 7th, 2008 9 am–1 pm


 Turning Point of Tampa—Marge Porter Resource Center, 6311 Sheldon Rd., Tampa, FL 33615

3 New Speakers, Opportunities to share. Suggested minimum donation: \$5. All proceeds will be used to carry the OA message of recovery. No one will be turned away for lack of funds. Basket Raffle, 50/50 Drawing, "Turn It Over" stones for sale. Feel free to bring your abstinent snack or lunch to eat whenever you need to. FMI, call Patti @ (813) 855-3239 or Sandra @ (813) 903-0478

 The **Suncoast IG By-laws Committee** needs trusted servants to draft an update/revision/refinement of the present by-laws. If you are willing to do this service, please contact one of the IG officers (names and contact info on page 1).

 The **Sunday 4:00 Temple Terrace meeting** is now a step study format using the OA 12 & 12 and also the 12 Step Workbook. The tool of writing will be used during the meeting! First, the step will be read from the 12 & 12, then writing will be done from the suggestions in the workbook. Additionally, this is now a chip meeting. Chips will be given out for surrender to the program (white), 30 days of abstinence or multiples thereof (blue), and 1 year or multiples thereof (red).

 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](mailto: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.



# Summary of Steps 1-3 Contract with my HP

Peggy, Compulsive Overeater and Food Addict and Higher Power make this Agreement on April 18, 2008 to assist Peggy to 1) become and remain abstinent; 2) heal in body, mind, and spirit; and 3) to develop a healthy relationship with food.

## PEGGY STATES:

- 1) I am a compulsive overeater and food addict and when I am not abstinent my life is both unmanageable and unsatisfying.
- 2) The specific problems I have are: health problems which are partially or completely the result of poor eating habits and which can all have serious and/or fatal consequences; disconnection from my emotions and the vital information they give me about myself and my life; negative self-image and self-confidence; inability to make independent decisions in my own best interests; shut down connection with my HP resulting in lack of drive and a sense of direction for my life.
- 3) I believe that God can and will help me but my belief is undermined by: fears and doubts; certain character defects; and certain character traits which are misaligned and dysfunctional.
- 4) What I need from my Higher Power is: an emotional awareness of God in my life; an intervention before I eat mindlessly or for emotional reasons; and strength and self-control greater than my own.

## DIALOGUE WITH HIGHER POWER

[The following dialogue was hand-written 4/17/08 at about 4AM using my dominant hand for myself and my non-dominant hand for my Higher Power. Before I wrote HP's words, I heard a quiet voice in the back of my head, saying the thought I was to write. The small bold, underlined numbers after certain sentences refer to explanatory footnotes at the end of the dialogue. - Peggy]

Dear God, I've asked you in the past for help and I always thought I got the answer "Do it yourself." So I think I doubted that you would help me. But now hopefully I'm older and wiser. I'm again asking for your help because 1) other people say you helped them and that they believe you will do likewise for me; 2) **I AM IN DIRE NEED OF HELP.** I'm afraid of losing everything I value; 3) I am willing to "act as if," "create in my own space," "resign from the debating society," and pretend that you will do what I ask.

## WHAT DO YOU ASK MY CHILD?

Well, you probably know but I guess you want a formal request. Here goes:

- 1) I need to be able to feel you in my life.
- 2) I need you to intervene, nudge, remind, and otherwise give me space between impulse and action.
- 3) I need you to be way stronger than I am.
- 4) I need you to help me control or tolerate my emotions.

I CAN DO THESE THINGS. YOU CAN RELAX AND RELY ON ME. REMEMBER YEARS AGO WHEN I TOOK AWAY THE TERRIBLE EMOTIONAL PAIN AS SOON AS YOU ASKED? IT WILL BE JUST LIKE THAT.

Yeah, that was pretty impressive. But how come you've ignored my more recent requests for help?

WHAT MAKES YOU THINK I IGNORED THEM? HAVEN'T I SENT YOU EVERYTHING YOU SEARCHED FOR?

Yeah, you have. I didn't think about that, but every time I looked for or even wished for information, I've found it very quickly. I have my "Stumped" book \*(Stumped is a list of big prayers God has answered for me over the years). You sure came through on all of those.

AND SO I WILL WITH THIS. DON'T BE AFRAID. I WILL BE WITH YOU. THAT'S WHY I MADE SURE YOU HEARD ABOUT *YANA (You are never alone)*. NOW GO TO BED DEAR CHILD. YOUR BODY IS TIRED AND NEEDS REST. I LOVE YOU.

Thank you HP. I love you, too. Good night.

## PEGGY FURTHER STATES:

I am willing and, I believe, able to do the following footwork to be done or begun as soon as possible:

- 1) Stop doing sudoku puzzles and computer games. These activities not only are time wasters but are compulsive actions which reinforce the dynamics of my disease.
- 2) Make the inventory about emotions that is about 20% finished my number one writing priority.
- 3) Write a set of affirmations about my Higher Power based on my needs and practice them five times each day through April 30, 2008.
- 4) Allow myself to believe that God is exactly the HP that I need God to be and surrender anything that gets in the way of that belief..
- 5) Begin using my new weight-lifting workout plan.
- 6) Begin using the nutritious food plan which is designed to accompany and support the weight lifting program.
- 7) Do three sessions of Psych-K therapy.
- 8) Engage in the following ceremony to celebrate this Agreement and to be a tangible reminder of HP's commitment to me and my commitment to HP:

Write my fears on papers and attach them to a helium balloon which I will then release. Write down my character defects on papers and burn the writing. Write down my misaligned character traits and how I would like them to be transformed and scatter the torn writing in natural running water.

Write my hopes and desires on paper, wad each one into a seed shape and "plant" them in my garden.



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



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

*Turning Point Wednesday, Seminole Heights Thursday, Temple Terrace Saturday, Temple Terrace Sunday*

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 Integroup, PO Box 4762, Tampa FL 33677. Thank You!

# Suncoast Intergroup of Tampa Bay Overeaters Anonymous

## Meeting List for June 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	"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 (727) 487-3207	St Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
		Tuesday 7:30 pm	"By the Book" Marianne (813) 684-7598	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 2<sup>nd</sup> 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		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 Gain Road 33625
		Thursday 7:30 pm	"Recovery & Abstinence" Chana (813) 375-9799	Jan Kaminis Platt Regional Library 3910 S Manhattan Ave 33611
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
	*Closed	Saturday 10:30 am <i>Abstinent Meals Welcome</i>	"Butterfly Group" Marianne (813) 684-7598	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	<b>Suncoast Intergroup Meeting</b> 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](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@yahoo.com](mailto:suncoast.tampabay@yahoo.com).  
You may also write to us at Suncoast Intergroup, PO Box 4762, Tampa, Florida 33677.