

May 2008

EXPERIENCE, STRENGTH, HOPE

Suncoast Intergroup of Tampa Bay Overeaters Anonymous Monthly



From the Retreat

The "Spring Forward" Retreat in Brandon, Florida, sponsored by the Suncoast Intergroup of Tampa and surrounding area, held on April 11-13, was absolutely fantastic! For me. And for others too according to their sharing. What a gift to spend the weekend with so many people dedicated to staying abstinent, enjoying life at goal weight or on their way to goal weight (shrinking before my eyes), being willing to do all the service necessary to put on the weekend, and sharing such enthusiasm for recovery with every breath and action. The meeting leaders were perfect, had done their homework, and offered a personal program of recovery with generosity and happiness. We, all together in the same building at night, in our PJ's, flossed, brushed, laughed and talked together. We shared intimate stuff with each other over the bonfire in the dark Sat. night. (Thanks Keith for carrying the paper towel torch from the kitchen stove to the woodpile and throwing with perfect aim those huge logs on the fire when needed). I brought you all and your solid abstinent recovery program home with me. You are right. It's a



"we" program. I will be there next year, just give me the date early so I can schedule it in. With love and service, Donna

From the 3rd Step Workshop

Re-Write of 3rd Step Prayer:

God, I commit these things to you today. I surrender my life; my will; my fears, woes, & worries; my loved ones and my enemies; my heart's desires and darkest thoughts. I pray that You use me for my intended purpose – whatever it may be, whether I like it and feel comfortable & competent or not. I ask that you remove from me my bondages of self – all of them, as I know there are more than I am currently aware of and that more will come. I ask that you carry the load that is too heavy and in return, I'll commit to share my experiences with others.

from an anonymous, grateful compulsive overeater.

From the Writing Workshop

Dear C.O.,

You make me feel cheap in the morning. You make me feel awful physically, emotionally, and spiritually. When I'm with you I miss out on life. I despise your smoke and mirrors. You are always promising what you can't deliver. When things are going well I forget your destructiveness. You rob me of my joy, and of myself. You are my false idol. I have learned that I won't die without you. You served a purpose, but that person is gone.

Love, recovering me

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

Newsletter Editor: Crystal (865) 789-5806
suncoast.tampabay@yahoo.com

*7th Tradition contributions
can be mailed to:*

Suncoast Intergroup

PO Box 4762

Tampa, FL 33677

 **OVEREATERS
ANONYMOUS®**

Upcoming Events

Take a look at all the wonderful OA events going on in our area! I encourage you to attend at least one. In my experience they are so encouraging and helpful! It is a gift to have this many opportunities to share experience, strength and hope. Hope to see you there!

2008 Conscious Contact Retreat

Sponsored by Freedom IG, Hernando and Citrus Counties

Friday, May 16 5PM—Sunday, May 18 11 AM, Franciscan Retreat Center, Tampa FL 33603.

Cost per person \$110 shared room; \$140 private room

Early Bird Registration Non-Refundable Deposit of \$50 by May 9th

For more information , contact Jeannine at (727) 849-3048,

Sharon at (813) 782-6005, or Barbara at (727) 937-1964.



THE SUNCOAST INTERGROUP OF OVEREATERS ANONYMOUS INVITES YOU TO A

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 O.A. 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

For more info, call Patti @ (813) 855-3239 or Sandra @ (813) 903-0478



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



Get Connected... Electronically! (save trees)

Would you like to receive this newsletter electronically? A color PDF of this newsletter is sent once a month via email. The list of email addresses is not shared for any other purpose. To be added to the list to receive this newsletter electronically, simply send an email stating the request to **suncoast.tampabay@yahoo.com**

Would you like to receive a daily OA meditation? Each day an email is sent with that day's reading from "For Today," the conference approved book with daily meditations. Those who receive the email sometimes choose to "reply to all" and do some online sharing. What a great way to have a virtual, on-demand meeting! (To be completely honest, my HP let me know I was to start this about a year ago. At that time I asked if anyone was interested and two people said sure, I'll sign up. I was discouraged at the lack of immediate participation. However, today there are 70 participants on this list in numerous states throughout the country. What a great way to connect to other compulsive overeaters!)

If you would like to receive the daily "For Today" email, simply send your request to **crystallion311@yahoo.com**



One Thing I know about OA... (from the retreat)

- I'm dead without it!
- I'm free to be myself, find myself, and like myself!
- I'm unconditionally accepted here.
- I'm not alone.
- Is that, for me, there is no easier, softer way.
- It is filled with hopeful, beautiful people!
- It's the first thing that's ever worked.
- It gives me hope.
- It works when I work it to death to life for one day!
- OA recovery and abstinence offers a life that never stops blooming and springing forward!
- I will see examples of what people can do rather than what they cannot do.
- The answers to all my struggles are here, when I want them.
- It proved the existence of God to me.
- It saved my life.

~anonymous from various participants at the Suncoast Intergroup Spring Retreat

Don't miss your chance to get this beautiful recovery t-shirt. Sizes available are M, L, XL, 2XL, & 3XL and are 4 colors. The cost is \$15 and the best part is that ALL PROCEEDS go to the carrying the message to those who still suffer. Quantities are limited so order now! (\$2 shipping and handling may apply)

To order, Contact Grace T. at 727-487-3207 or graceterry727@aol.com.



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

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

Temple Terrace Tuesday Night, Seminole Heights Thursday Night, Sun City Center, YANA, Citrus Park

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

All donations are greatly appreciated!

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for May 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 (Update: Now Every Monday at 7:30)	"Abstinent Recovery" Arik (813) 956-4297	Lake Magdalene United Methodist Church, Room 306 2902 W Fletcher Ave. 33618 NEW
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" Maria (813) 650-0863	Apostle Lutheran Church 200 Kingsway Ave, Brandon 33510
		Tuesday 8:15 pm	"Through the Steps" Chris (813) 597-1195	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		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 7:00 pm	"Recovery & Abstinence" Barbara B (813) 902-8808	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	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.