

Suncoast Intergroup of Tampa Bay Overeaters Anonymous



Monthly Newsletter

November 2008

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**Overeaters
Anonymous®**

The Gratitude Path



It seems to me that the antidote to negative thinking is gratitude. I tend toward negativity, especially when I'm confused or stressed. I find that if I substitute thoughts of gratitude, my thinking goes from being fear-based to being Higher Power-based. By thinking myself into a state of gratitude, I am freed of my negativity.

It doesn't matter how childish or mundane my thanks are. I can begin with thoughts such as these: Thank you for the chair. Thank you for the stars. Thank you for my shoes. Thank you for the opportunity to serve. Thank you for new challenges. Thank you for guidance. These thoughts help me get out of my negative feelings and concentrate on that for which I am grateful. Then I end up in a spiritually high place, where I'm in a state of gratitude. Rather than taking all my blessings for granted, I feel the presence of a power greater than myself. I don't feel alone, vulnerable, insignificant, or negative. Instead, I feel full of faith, safe, and confident that I'm on the right path.

-Louisiana USA, *Seeking the Spiritual Path*, p. 88



Attitude of Gratitude

An attitude of gratitude serves me best. Sometimes, though, I forget that gratitude is a choice. I can get caught up in negativity, resentments, or complaining. At these times, I am focusing on the way things should be according to me! These attitudes eat away at my abstinence. I am thankful today that I can recognize the danger of an attitude of resentment. Today I know there is nothing about which to be negative, resentful, or complaining that makes it worth breaking my abstinence. Nothing! Every blessing, however, is noteworthy because it will strengthen my abstinence. I am thankful today that I can choose gratitude. In doing so, my blessing list grows, and I can actually enjoy life instead of grumbling my way through it. Thank you, Higher Power, for abstinence, for gratitude.

-*Voices of Recovery*, August 11, p. 224



Gratitude & Thanks

Online Resources

OA World Service: www.oa.org

Region 8 News:
www.oaregion8.org

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



**GRATITUDE
GIVING
SHARING
FELLOWSHIP
KINDNESS
GENEROSITY
THANKFUL
APPRECIATIVE
COMPASSION
MIRACLE**

A C E P L Z H B E M Z R P W D J G F S G
S P G D N T S D I Y L E R V G L E S B I
M M P I U K W E D S A W B H N L E X H V
P I S R Y T I S O R E N E G L N C Y K I
H Q R M E I I B X J E N V O D V C Y D N
G G T A I C G T P T H P W N A F X L Z G
P S A B C F I K A R C S I I P O I U F M
S B C C J L Q A U R H K T J B Q J F L I
K I Z R T M E Z T I G J U L H H U K A W
R M C V R C M B P I W F L Q I L W N D O
O I N E T C A X B I V X V W J J T A Q B
X Q N S E O E D Q H O E X S H J P H Q V
Z G F J R M M Y I T Q S P A M E K T O I
R E O U F P X O N B Q Z Q U H S T V N E
X U G L H A N V R O Y E Z W P N D B E T
A Y E Z W S A F G D J F O I Q C E H S J
B P C N T S H Z D G W H O K J A R I A B
A H R X C I M B X X R S P Z I Q K C Q X
K Z K O R O Q J A S H A R I N G L H T G
Y K W T E N B J G A M G E U Z Q U T U I



Tradition of the Month

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

Recovery Acronyms

One Members View

NUTS: "Not Using The Steps"

FEAR: To overcome fear, "Feel Everything And Recover"

BINGE: "Believing I'm Not Good Enough"

KISS: "Keep It Simple Sweetie"

HOPE: "Honesty, Openness, Perseverance, Effort"



Look for more Recovery Acronyms in December's newsletter!



The OA Promise

I put my hand in yours
and together we can do
what we could never do alone.

No longer is there a sense of
hopelessness.
No longer must we each depend
upon our own
unsteady willpower.

We are all together now,
reaching out our hands for power
and strength
greater than ours.

And as we join our hands,
we find love and understanding
beyond our wildest dreams.

Your Donations to Suncoast IG Helps to Carry the Message !

The Suncoast IG gratefully accepted 7th Tradition contributions
from the following meetings during September 2008:



Bayshore Groups
Brandon Butterfly Group
Temple Terrace Friday Night
Monday Night Abstinence
Suncoast Intergroup 7th Tradition
Suncoast Intergroup Sponsorship Workshop

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 !*

Upcoming Events

SOAR 8 invites you to: A **Voyage of Recovery**
(4 Night Cruise)

November 9-13, 2008

Departs from Port Canaveral, stops at Freeport-Nassau & Bahamas

\$349 interior, \$399 ocean view (\$200 deposit will hold your space)

All prices are per person double occupancy and includes port charges, taxes and fees of \$165.27. Enjoy workshops and meetings on board. For more information, contact Sandra D. at (813) 903-0478 or Judy P. at (407) 339-7164. You can also email Shirley@CruiseWoman.com or view the cruise flyer at www.oaregion8.org



OA Pinellas Events
oapinellas.org

Recovery thru the Holidays Workshop
October 25, 2008 10am – 4pm

Retreat / Summit focusing on Abstinence.
Five women will lead the retreat with over 100 year's experience.

April 17-19, 2009
Friday evening to noon Sunday

Contact Stephanie Doran (PTI Treasurer) for more information on both of these events:
sendhelp@internet.net

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

OA Regional Assembly

OVEREATERS ANONYMOUS
SPACE COAST INTERGROUP
HOSTING
"SOARING INTO SERENITY
BY THE SEA"



November 7-9, 2008
HOLIDAY INN
COCOA BEACH



Workshops begin on Friday at 4:00 pm.
Saturday workshops will commence at 8:00 am.

Flyers with more details & registration information have been distributed at OA meeting sites or you may go to www.oaregion8.org for more information.



Looking for an opportunity to do service and carry the message? The Suncoast Intergroup of OA would appreciate your service in the following upcoming events:

University Area Faith-based Coalition Fall Festival
University Community Center
14013 N. 22nd St., Tampa, FL
October 25, 2008 11am – 3pm

Diabetes Expo
First Baptist Church of College Hill
3838 N. 29th St., Tampa, FL
November 8, 2008 10am – 3pm

Contact Grace T. for more information at
(727) 487-3207



I.D.E.A. Celebration

Suncoast Intergroup of Tampa Bay is celebrating the International Day of Experiencing Abstinence at St. Catherine's Episcopal Church in Temple Terrace on Saturday, November 15, 2008 at 1:00pm. Make a day of it by attending the 9:30am OA meeting, stay for the 11:00am Intergroup meeting, bring your own lunch from 12:30-1:00pm & enjoy the special speaker at 1:00pm. For more info contact Sandra @ (813) 903-0478

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for November 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
		New → 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 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	“OA 12 & 12” No Contact	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	New → 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 (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.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, FL 33677.