

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Monthly Newsletter

October 2008

Promises! Promises!

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7th Tradition contributions can be
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Overeaters
Anonymous®

I've had one of those mornings this morning. I got up late, ran late, tried to do too many last-minute things, couldn't decide on an outfit to wear, had a car pull in front of me and then slow down when I was already running behind on time... So today's *For Today* reading (Thursday, July 24th) is especially good for me.

On days like today-when it is dreary and rainy, when my to-do list is long and all I want to do is put on my jammies and crawl back into bed with a good book- it is easy to forget that the life I am living is brand-spanking new, shiny and wonderful.

I have a bookmark with the promises posted in front of my desk here at work. After I read today's *For Today*, I looked at that and realized:

- I do know a new happiness and freedom.
- Although I sometimes still have regrets, I accept my past. And I now have a way of living that guides me when feelings of regret or resentment crop up.
- I comprehend the word serenity and I know peace...Regularly!
- I've seen my experience benefit others (and this is an awesome thing to behold!).
- I still have my moments of self-pity, but I no longer feel useless or worthless. I accept me and my place in this world - for today.
- I have gained a healthy interest in my fellows and have seen a decline in my selfishness and self-seeking.
- My attitude and outlook upon life has certainly changed. Today I am interested in living, not simply subsisting.
- Sometimes I still fear people, and economic insecurity is a core issue for me. However, I find that in my new life of recovery, I am able to face people in a way that I never have before. I am more social, more accepting, more daring to love. And I don't eat over these fears anymore (miracle of miracles!).
- I intuitively handled a baffling situation yesterday, just by letting my HP take over and give me the words and the courage to be honest.
- Oh how I realize that God is doing for me what I could never do for myself! The fact that I am here-where I am today-doing what I am doing; that is proof of God doing for me what I could never do alone!

My promises aren't perfect. My program isn't perfect. My pants aren't perfect. My hair isn't perfect. (And I'd still rather be in my pj's reading a good book today.) But my life has been transformed-my attitude, my actions, my outlook-all of it is new and wonderful. Even if it is not perfect.

I really do believe that I have "recovery beyond my wildest dreams." I could not have dreamed the goodness in my life today. In my disease, I didn't even know what was possible. I must admit that a part of me did think that when I got abstinent my life would be some sort of glamorous, perfect, the-sun-is-always-shining-but-still-I-don't-sweat kinda life. Not so much.

But this is better!

-A gratefully abstinent compulsive overeater and food addict

Online Resources

OA World Service: www.aa.org

Region 8 News:
www.oaregion8.org

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



Tradition of the Month

Tradition Ten: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

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.

Reminders

- The 12th Step Within Committee of SOAR 8 is asking for your help to carry the message of recovery to compulsive overeaters who are still suffering. The suggestion was made that all members on the 12th of each month do something that will share this message with others.
- The Suncoast Intergroup of Overeaters Anonymous would like to remind you that there is still an opening for the Vice Chair position. If you are interested in doing this service or if you have questions, please contact the IG Chair, Patti at (813) 855-3239.
- Other service positions open include Committee Chair for Ways and Means and Committee Chair for 12th Step Within. Contact IG Chair, Patti at (813) 855-3239 if you have any questions.



Recovery Acronyms

One Members View

YANA: "You Are Not Alone"

FEAR: "False Evidence Appearing Real"

HALT: Never allow yourself to get too "Hungry, Angry, Lonely, Tired"

SLIP: "Sobriety Loses Its Priority"

TRUST: "Try Really Using Step Three"

Look for more Recovery Acronyms in November's newsletter!



Your Donations to Suncoast IG Helps to Carry the Message !

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

YANA
Sun City Center
Temple Terrace Tuesday Night
Citrus Park Thursday Night
Suncoast Intergroup 7th Tradition
Individual Donation – Patti (11th Anniversary)

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

OA Mini Marathon
September 27, 2008

8:30 am – 2:00 pm

Unitarian Universalist Church
3975 Fruitville Road, Sarasota



\$5 donation suggested. Three formal meetings,
a workshop and an OA skit! There will be a
speaker on body image, a Big Book meeting, a
sponsorship workshop (panel with Q & A), a
surprise topic meeting and a totally entertaining
skit. There will be an open mike, so bring a
poem, a song or a musical instrument to share.
Bring your own bag lunch and beverage. For
more information, contact Anna D. at (941)
378-9944.

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
4013 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



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

Suncoast Intergroup of Tampa Bay Overeaters Anonymous

Meeting List for October 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.