

Liberate

A PUBLICATION OF THE BATON ROUGE OA INTERGROUP

VOLUME 1 ISSUE 1

The newsletter can be viewed on the website www.oabatonrouge.org

DONATIONS WELCOME

It's back!!!!



Welcome to the inaugural issue of the BRIG newsletter. This is the opportunity to use all of the tools needed to work your program of recovery. Liberate was chosen as a name because it means to free from confinement or control. With this simple program we can be free from the bondage of self and

free of this disease of compulsive overeating.

Did you just ask:

- What are these tools you speak of?
- What is a program of recovery?
- Do I belong in Overeaters anonymous?

These will all be addressed in your new newsletter.

Please send your writing contributions to BRIGnewsletter@gmail.com. We will publish quarterly for now.

Oct, Nov, Dec will cover steps 10-12. Deadline for submissions will be 2nd Saturday in Sept (13th)

Jan, Feb and Mar will cover steps 1-3. Deadline for submission will be the 2nd Sat in Dec (13th)

Apr, May, Jun will cover steps 4-6. Deadline is Mar 14th

July, Aug, Sept will cover 7-9 and the deadline is Jun 13th

Submit any topic at any time and we will hold the submission for future use to brignewsletter@gmail.com. Not all submission will be used, content will not be edited but spelling may. You may submit anonymously.

The Nine OA Tools

Liberate is designed to help you work your program using as many tools as possible. We give you lists of *meetings*, activities available where you can give *service*, *literature* for you to read, discussions on *actions plans* and *plans of*

eating. Soon as we develop, there will be a buddy list of members' phone numbers for you to provide outreach or call in times of need. And a newsletter will not function without writing submissions. Feel free to share your stories

of experience, strength and hope with your fellow compulsive overeater. Also you may write on the steps, traditions, concepts or principles for that quarter.



Congratulations BRIG for a Region Assembly well done!!!



In case you missed it our Intergroup just sponsored the SOAR Region 8 Assembly and boy, did we have a good time. If you missed it, the next one will be in Bogota, Columbia,

November 2014. Get those passports ready. If Bogota is not for you please follow the calendar of events for activities and retreats closer to home.



Don't dread it!! Skipping and avoiding steps delays the healing.

After making a list, I shared it with my sponsor. We went through it person by person. She helped me weed out the people I had not really harmed and did not owe amends. I learned that I judge myself the hardest and needed to put me on the list. The list got much shorter and I learned amends does not mean having to apologize for being me—

imperfect; I am not a mistake, I just make mistakes. I expect to make mistakes everyday, but can undo any harm that I may have incurred along the way.

~~Anonymous



DON'T LOOK FOR HAPPINESS. JUST LOOK TO DO GOOD. AND HAPPINESS WILL COME LOOKING FOR YOU!!!! ~Howard S, Brooklyn, NY (Lifeline)

Before OA, I was heading toward the path to fatality. The principle of self-discipline keeps me focused and gives me a new healthier way to live.

~~Elaine K.S (Lifeline)

Step 9 is a step about love. Making amends to my neighbor is a healing experience and brings me closer to those I've harmed. Everytime I've made amends, I've received forgiveness. In the past when making amends, I thought people would not accept them. Now, I realize most people are very understanding and do not retaliate. That's a blessing!~~*Focus on Recovery newsletter*, Triad Intergroup

Does work interfere with current meeting times?

Do you not have a meeting close to your home?

Don't have a ride?

Feel like picking up or taking that next bite?

OA Phone meetings occur almost all day long and are available from any phone, included the corded phone that hangs on your wall twisted into a tangled knot. Below are the most popular meetings, but a full list is available online. Also if you're more tech saavy online meetings occur as well.



OA Phone Meetings

More meetings listed at <http://www.oa.org/meetings/find-a-meeting-online.php>

Meeting Topic	Procedures for calling	Day & Time	Contact & Phone #
Daily Sunrise Meeting For Today, Voices Of Recovery	<u>712 432 5200</u> Pin: 4285115# (occ. marathon mtgs)	Daily 6:45 am EST	Larissa 914-682-8467 EST
Daily Recovery Relapse /12 Step Within	<u>712 432 5200</u> Pin: 51394#	Daily 5:00 pm EST	Tom 408-375-5370 PST
Daily Sunset Meeting For Today, Voices Of Recovery	<u>712 432 5200</u> Pin: 4285115#	Daily 6:45 pm EST	Felice 845-467-4525 EST
Seeking Spiritual Path	<u>712 432 5200</u> Pin: 4285115#	Sat 9:30 am EST	Ellen 301-509-9521 EST
Big Book / 90 Day	<u>712 432 5200</u> Pin: 6320348#	Sun 8:00 am EST	Sue 859-420-0522 EST
Lifeline Sampler	<u>712 432 5200</u> Pin: 4285115#	Mon 9:00 am EST	Theresa 561-598-9298 EST
Steps / Traditions	<u>712 432 5200</u> Pin: 4285115#	Tues 8:30 am EST	Debbie 214-912-3688 CST
100-Pounders	<u>712 432 5200</u> Pin: 4285115#	Wed 9:00 pm EST	Jim 703-204-0181 EST
90 Day	319-279-1000 Pin: 135103	Thurs 8:00 pm EST	Lori 210-829-4195 CST
OA H.O.W.	270-696-2525 Pin: 12128#	Fri 8:30 pm EST	Kathy 734-417-0679 EST

BRIG Area Meeting List

Baton Rouge

Monday	12pm	Jefferson United Methodist (JUMC) 10328 Jefferson Hwy; Jan225-389-1398
Tuesday	7pm	University United Methodist Church 3350 Dalrymple Dr (Trice bldg. 2nd flr); Bobby 225-754-1041
Wednesday	12pm	Broadmoor United Methodist church Mollylea Dr at Sharp Rd (Rm 107AB of Adult Education Bldg); Margaret 225-664-4393
	7pm	St. Patrick's Catholic Church 12424 Brogden Ln (Library to rght of fountain); Kirsten 225-924-6481
Thursday	7pm	Our Saviour Lutheran Church 3555 Jones Creek Rd; Stuart 225-975-8859 [Big Book]
Friday	12pm	JUMC
	6 pm	Trinity Episcopal Church 3552 Morning Glory Ave; Madeline 225-588-4721 [from Relapse to Recovery]
Saturday	1030am	JUMC
Sunday	430pm	University Presbyterian Church 3240 Dalrymple Dr (in Library); Tania 225-284-8035

Lafayette

Tuesday	6 pm	University Medical Center (UMC) 2390 W. Congress (Classroom 2); Susan 337-315-0471 [Big Book]
Saturday	10am	UMC (Classroom 2); Lou 337-684-5094 [OA Steps and Traditions]
Sunday	430pm	UMC (Auditorium); Susan 337-315-0471 [Big Book]

Upcoming Events

Sept 13th	Celebrate 37th OA Anniversary	Houma, LA
Nov 7-8th	COLA Retreat	Chatawa, MS
Feb 27-Mar 1st	25th FI State Convention	Orlando, FI
Feb 2015	BRIG retreat	Grand Coteau