



A PUBLICATION OF THE BATON ROUGE OA INTERGROUP

VOLUME 1 ISSUE 2

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

DONATIONS WELCOME

The holiday season has arrived



Ok! So that is not exactly the picture of the current weather situation. But it reminds me of the season that is approaching. We have entered in the season of holidays: Halloween, Thanksgiving, Christmas, Valentine's, Mardi Gras. This is a season for gift giving, time with friends and family, continuous grazing and stretchy pants for planned binges. But in program it doesn't have to be. A few weeks ago

BRIG hosted a workshop on how to stay abstinent through the holidays. What a wonderful time was had from members throughout the region. We heard great speaker shares, participated in an arts and craft project creating recovery beads and had good fellowship with others that know the insanity in my head. This issue will address tips to maintain your abstinence during this season. And it begins my maintaining my conscious contact with my higher power. This is helped by working the tools:

- * Meetings
- * Telephone (as light as it is it feels so heavy)
- * Sponsorship
- * Literature
- * Anonymity
- * Plan of eating
- * Plan of action
- * Service
- * Writing

Not only is this a season of happiness and cheer but reminders of loss and depression can creep in. REMEMBER- Together we get better!!

HELP WANTED

If you are looking for ways to give service, intergroup offers many opportunities. Below is a listing of committees seeking assistance. For full details please stop by an intergroup meeting or check out the website.

- ◇ Gratitude dinner would love help setting up
- ◇ Newsletter
- ◇ Literature
- ◇ Public information/ Professional outreach

Plugged into recovery

To each her own, is something I've learned through twenty-nine years in the program. I'd like to share some of the other things recovery has taught me.

- To be gentle with myself. I realize that I'm not bad if I stray or good if I abstain.
- To give up trying to control anything or anyone outside myself
- To become increasingly honest and

open with at least one other person: my sponsor.

- To accept myself exactly as I am without hiding, distorting or rejecting any part of myself.
- To forgive myself and others. By blessing those who have harmed me, I find peace instead of resentment.

- To live a joyous, peaceful, fulfilled life, I must engage in a search for my inner strength that I now call God.

- That a power greater than myself is guiding my life whether I recognize it or not

-excerpt from *Abstinence* 1st ed

Want to share your experience in program with others? Submit your letter, poem, article to the *Liberate* newsletter. Submit any topic at any time to brignewsletter@gmail.com. Not all submissions will be used, content will not be edited but spelling may. You may submit anonymously.

Jan, Feb and Mar issue will cover steps 1-3.

Apr, May, Jun issue will cover steps 4-6.

July, Aug, Sept will cover 7-9

Strengthen your program by helping another's

I MUST STAY
CONNECTED...BECAUSE I
KNOW THAT I'LL NEVER
SURVIVE ANOTHER FALL!

**I can't change the
beginning of my story,
because it already
happened! But, I can
change the ending!**
-Howard S. Brooklyn, NY

Here are some tips from the OA rooms on surviving and thriving during the holidays.

- ⇒ Keep it simple
- ⇒ Ask for God's helps to abstain
- ⇒ Have a game plan and tools in place
- ⇒ Get rid of temptations in the house
- ⇒ Remember, "when in doubt, leave it out."
- ⇒ Realize you cannot please others so why die trying
- ⇒ Think of it as "just another Thursday or Saturday"
- ⇒ Recall the natural high or "holy

awe" you get from being around junk food and not eating it. Ours is a positive choice.

- ⇒ Remember, making even the littlest room for HP helps!
- ⇒ HALT if you are Hungry, Angry, Lonely, or Tired.
- ⇒ Our "diseased brains" thinks celebrating means getting sloppy; but real celebration is living happy joyous and free
- ⇒ Look up words like "joy", "happiness", "hope" in OAs For Today or voices for Recovery, to anchor your mind and heart in satisfying reality

We don't need extra food or "fabricated delight" to savour what is meaningful about the holidays no matter our creed or religion.

-Edited and reprinted from *Calling* newsletter South Central PA intergroup, 2010

- ⇒ I'd add sneak off to the bathroom and make a call if you're in a situation and you need help.

THOSE UNDESERVED
JOYS WHICH COME
UNCALLED AND
MAKE US MORE
PLEASED THAN
GRATEFUL ARE THE
ONES THAT SING
-Henry David Thoreau

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	12pm	Main Library 7711 Goodwood Blvd; Beth 225-802-7367
	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 right of fountain); Kirsten 225-954-6481
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]

Carencro

Wednesday	530pm	St. Peters Church 102 N. Church St (side door upstairs hall); Kathy 337-896-5370
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Upcoming Events

Nov 15	Gratitude Dinner	Jefferson UMC
Dec 13	Intergroup mtg	JUMC
Dec 24-25	OA phone mtg marathon	
Jan 10	Intergroup mtg	JUMC
Feb 20-22	BRIG retreat	Grand Coteau,
Feb 27-Mar 1	25th Florida State Convention	Orlando, Fl

Simple prayers

Now I wake me up to say
I pray HP for help today
To do the next right thing all day
In everything I do or say.
For this each day I'm glad to
pray!

Now I lay me down to sleep
I pray HP my soul to keep,
Content because my street I
sweep,
And happy with the day I sleep.
Guide me, HP, through the night,
And wake me with the morning
light!

~Barbara, Ashland, OH