



# Liberate

A PUBLICATION OF THE BATON ROUGE OA INTERGROUP

VOLUME 1 ISSUE 3

The newsletter can be viewed on the website [www.oabatonrouge.org](http://www.oabatonrouge.org)

DONATIONS WELCOME

## HAPPY NEW YEAR!!

Well we have ushered in a new year, 2015!!

Many around us, including some of us, resolved to make changes. How many of us resolved to stop going to a certain restaurant, stop smoking, go to the gym, lose some weight, save some money? But, I love what recovery can provide. Recovery gives us a new year every day. Each day we can awaken to treat it like Jan 1st. Today, we can resolve to make more outreach calls, attend more meetings, find a sponsor, write in a journal or the all-dreaded become a sponsor. 2015 will be the year that you resolve to



strengthen your program. In doing that you will change your life: physically, emotionally, and spiritually.

We can do this one day at a time!!



## A New Beginning

- Nothing takes longer or requires greater effort than practicing the principles in all my affairs. Nor is there anything more satisfying than a life lived fully, free from compulsive overeating. *Welcome Home*
- The change came sometimes slowly for us, and sometimes quickly, but it did come. There was hope. There was help. Even in tears, there were

cheers, from our fellows. They were always there, and they always will be. There will be new faces among the old, but the spirit will be the same..

- Any one of us may give the first message, maybe the only message, that newcomer or suffering overeaters hear. Help them to stay with us. Help them to keep coming back. We need

them *Share the Whole Story*

- I know the twelve steps are designed to get me well, not keep me sick. My sanity was restored and my compulsion removed, together with my excess weight, as a result of living these twelve suggested steps.

-excerpts from *A New Beginning*

## 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.

- ◇ Newsletter
- ◇ Public information/ Professional outreach
- ◇ Retreat committee


 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](mailto:brignewsletter@gmail.com). Not all submissions will be used, content will not be edited but spelling may. You may submit anonymously.

Strengthen your program by helping another's


**Looking to kick your program up a notch?!**

**Join BRIG at the spring retreat in Grand Coteau, Feb 20-22, 2015. Stay in the newly remodeled Jesuit Spiritual Center!**

**Designed to take your program to the next level in a tranquil setting that will help you leave the stress of life in the city and focus on program.**

**Cost:** \$200 for 2 nights and 5 meals; \$75 for commuters includes 2 meals plus weekend attendance.

**Jan B.** at 225-328-0639 or [jlgbeatty1973@gmail.com](mailto:jlgbeatty1973@gmail.com) for more information. Register by 2/9/15.

WE CAN'T HANDLE LIFE THROUGH SELF-WILL ALONE.

In OA, God's healing power comes to us through a caring community of compulsive overeaters.

**Sponsors and Sponsoring**

I tried several times to work this program by myself. It didn't work. Part of my disease is isolating and beating myself up. I didn't believe anyone would want to bother with me, and I was not worthy of their time and attention. Then I went to a workshop where the speaker focused on sponsoring and told us that we should all have sponsors by the end of that day! I figured that working by myself hadn't gone so good so far, so what did I have to lose? I had seen the woman sitting next to me at several meetings and functions, and she had a sense of peace about her that really attracted me to her – so by the end of the day she had agreed to be my sponsor, and that's when I really started to recover!

As addicts, we tend to have problems with our thinking. My best ideas, plans and intentions got me to morbid obesity and diabetes. My sponsor helps me see the problems and inconsistencies in my own "stinking

thinking" and shows me alternatives. Sometimes I take her counsel, and sometimes I don't, but no matter what, it's always good to have that different perspective.

I was lucky to find my sponsor, but I know others who have had more difficulty. A few weeks ago, in a meeting of 15-20 people only 2 identified themselves as abstinent sponsors. We need more people willing to offer that service and be sponsors! And I am guilty too. Going back to those feelings of low self-worth, what do I have to offer anyone? I'm afraid I'm gonna screw someone up! I know that I have issues with not following through with things I've committed to, so I'm afraid to commit because I don't want to fail them... AND I'm a self-centered addict. I just don't want to put myself out for anyone else. But that's a character defect that I am asking my HP to remove! For the past couple of weeks I've been very quietly checking the "willing to sponsor" box on the meeting sign in sheet.

~~Sandy B.

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

Jan 10	Intergroup mtg	JUMC
Feb 20-22	BRIG retreat	Grand Coteau, LA
Feb 14	Intergroup mtg	JUMC
Feb 27-Mar 1	25th Florida State Convention	Orlando, Fl

feeling restless

the job that i love so much

is boring me now

i don't know if it's just the change of season

if it's dissatisfaction with life

the cravings i held at bay

are eating me alive right now

a taste for something sweet

a taste for something salty

a taste for something starchy

a thirst and a craving for something different

taboo to me because of addiction

i can't have the different

so i go for everything else

~~Ann B