



NOTES OF HOPE



OVEREATERS ANONYMOUS NEWSLETTER

A Life Without...

By Melissa H.

What has blossomed for me out of the recovery from working the 12 steps of OA? A life. A life full of opportunity to grow, explore, be present, and learn to cope with the ups and downs we all experience. All this, without having to use food compulsively.

When I think about the compulsion I had, and how it has been lifted, I am reminded of how much freer my life is today. Ironically, this weekend, I am out of town attending a friend's wedding. One of the last weddings I attended before getting into recovery, I was obsessed about getting enough to eat. So much so, that after I went through the buffet line I wanted to go through for seconds and the bride asked me to wait until everyone else had gone through at least once. The humiliation....and today, I don't have to live like that.

This weekend, my focus is on being supportive of my spouse who is in the wedding party. It is also taking care of myself (making sure I get my basic food plan met, prayer, meditation, and working out). The program tells me to keep in a fit spiritual condition. By doing that, I am promised freedom from compulsive eating.

I am actually enjoying the day so much today, because it is rainy and cold outside. I am snug inside, with my computer, doing some service, and enjoying some extra time off. Can you imagine? All without food obsessions.

Meeting List

SUNDAY

9 AM—Intergroup Office/ **NASHVILLE**/ Contact: Jason at 615-665-9604 or Pat 615-886-4175
4PM—“The Trudgers” Men’s Group/ **NASHVILLE** / Contact: Brian at 615-589-7640
5 PM-- Sherith Israel Synagogue— Exploring Abstinence 3600 West End Ave. / **NASHVILLE**/ Contact: Carol at 615-289-9818

MONDAY

7:45AM—West End United Methodist Church/ **NASHVILLE**/ Contact: Russell 615-251-8821
12PM—Intergroup Office/ **NASHVILLE** / 392 Harding Place/ Contact: Margaret 615-832-3902 (45 min. meeting)
5PM—Trinity United Methodist Church/ **MURFREESBORO**/ Contact: Rick 615-653-5041 or Felicia 615-904-9604. Address is 2303 Jones Blvd. (Newcomer Meeting)
6PM—Sherith Israel Synagogue—3600 West End Ave. / **NASHVILLE**/ Contact: Evelyn 615-383-7939 (@ West End & Bowling--Synagogue faces West End, enter through door in the back)
7PM— The Church at Grace Park/ **WHITHOUSE**/ Contact: Trina 615-429-7946/ 506 Hester Dr. (Big Book Study)
7PM—Grace Episcopal Church/ **SPRING HILL** / Contact: Angie 931-215-6832/ 5291 N. Main St. (across from the Co-Op- Literature Meeting)

TUESDAY

12PM—West End United Methodist Church/ **NASHVILLE**/ Contact: Mary K. 615-292-5262/ 23rd and West End Ave., Room LL2 (45 min., OA Literature Study)
5PM—Intergroup Office/ **NASHVILLE**/ 392 Harding Place (12 Step Study)/ Contact: Jo H. 615-331-3617
5:30PM—Grace Pointe Worship Center/ **FRANKLIN**/ Recovery Seekers/ Contact:

Pamela B at 615-377-6826/ 1213 Country Dr. Rm. 3.

WEDNESDAY

12PM—West End United Methodist Church/ **NASHVILLE**/ Contact: Russell/ 615-251-8821/ 45 min. meeting--Literature Study Meeting.
6PM—Sherith Israel Synagogue—3600 West End Ave. / **NASHVILLE**/ Contact: Becky 615-423-4627 or Evelyn 615-383-7939/ Literature meeting.

THURSDAY

5PM—Trinity United Methodist Church/ **MURFREESBORO**/ Contact: Estelle at 615-867-4837 at 2303 Jones Blvd.
6PM—Sherith Israel Synagogue—3600 West End Ave. / **NASHVILLE**/ Contact: Peggy at 615-463-3112
6:30PM—Intergroup Office/ **NASHVILLE** 392 Harding Place *Contact: Lee T. 615-383-8292 ** (Speaker/Newcomer meeting)
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7PM—Old Spring Hill High School/ **SPRING HILL**/ Contact: Bea B. 931-486-1629 1220 School Street (Newcomer Meeting)

FRIDAY

12PM—Intergroup Office/ **NASHVILLE** / 392 Harding Place/ Contact: Bob 615-720-2114/615-332-7460 (45 min. meeting--*For Today* and *Voices of Recovery*—OA daily readers)
5:30PM— **HENDERSONVILLE** *Contact: Kathy B. 615-243-2191/ First United Methodist Church of Hendersonville @ Indian Lake & Gallatin Rd
6:00PM—Intergroup Office/ **NASHVILLE** 392 Harding Place/ Contact: Cindy at 615-310-2617

SATURDAY

9 AM—Intergroup Office/ **NASHVILLE**/ 392 Harding Place/ Contact: Jo H. 615-331-3617 **Newcomer Meeting**
11 AM— Intergroup Office/ **NASHVILLE**/ 392 Harding Place / Contact: Angie B. at 931-215-6832 angieboo401@yahoo.com (12-Step Within Meeting—Relapse & Recovery)



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3:30 PM—Intergroup Office/ NASHVILLE/
392 Harding Place/ Contact: Angie B. at
931-215-6832 or Chair@oanashville.org
"100 Pounder Meeting"—1st and 3rd
Saturdays focus topic is 'sex and
relationships'; for more info go to
www.oanashville.org



Special Events

Friday Social

The 1st Friday of each month some
OA members will meet at the Ruby
Tuesday's in Green Hills at 7:30 PM
on November 6, 2009. Anyone
interested in joining the get-together
can contact Sarah for more
information at 615-383-7860.

Getting Abstinent

At 10:15 AM November 7, 2009, a
lecturer will offer their understanding
of food plans and maintaining
abstinence with anyone interested.
This meeting is on the 1st Saturday of
each month at the Middle Tennessee
Intergroup Office.

Step 10 Workshop:

Step 10 Workshop November 28th –
1:30 – 3:00 PM at the Middle
Tennessee Intergroup Office. A step
study workshop will be held the 4th
Saturday of each month.

Step 10:

*Continued to take moral inventory and
when we were wrong, promptly admitted
it.*

Intergroup Meeting

The next meeting will be on Monday,
November 23, 2009 at 6:30 PM. If
anybody wants to be added to the
Middle Tennessee Intergroup e-mail
list please sign up at the Intergroup
office or let Angie B. know
at angieboo401@yahoo.com.

II. RESPONSIBILITIES

1. Maintains checking account and
pays all Intergroup bills.
2. Provides a financial report at
each monthly Intergroup
business meeting. At the
moment. This report consists of 4
parts and is set up in Excel.
3. Chairs the Budget Committee
which mainly presents an annual
budget to Intergroup to approve.

SERVICE OPPROTUNITY

Chair Position

Available:



Treasurer

I. REQUIREMENTS

1. Must have been working the 12
steps of the recovery program as
an active member of a group for
a minimum of one year.
2. Must have been abstinent for at
least 6 months.

NEXT MONTH'S TOPIC

Do you have creative juices flowing?
Would you like to share on topic of

INTEGRIT

Y for the December Notes of
Hope edition? Drop off written
material in the Notes of Hope Folder
next to the front door of the Middle
Tennessee Intergroup Office by
11/25/09. Also, you can e-mail Nila
J. at nilabritt@gmail.com with
submissions.

