OASIS NEWSLETTER

SPRING 2014

Together We blossom into awesome…

Spring Growth

Letter from the Editor

My recovery reminds me of a lotus flower. It grows in muddy water and uses this environment to rise and bloom above the murk to reveal its beauty. Without OA I could have been easily consumed by my "muddy" past. Instead, with the tools, I surrendered to use what is worst about me as rich soil to bloom. ~ Rachael

Did You Know?

There is a Voices of Recovery Workbook ! Companion workbook provides thought-provoking questions for each of the daily readings in *Voices of Recovery*; includes space on each page to answer questions. **$11; Also available as a downloadable PDF, $7.50. http://www.bookstore.oa.org.**

INTERGROUP TRUSTED SERVANTS

Chair	**Pat**	**Patlandry02@yahoo.com**
Vice Chair	Lynn	Paterson823@hotmail.com
Secretary	Barbara	b_wegener@yahoo.com
Treasurer	Ruby	auxihayn@gmail.com
Newsletter Editor	Rachael	Avery.rachael@gmail.com

CALENDAR OF EVENTS

March 21 – 23rd 2014 – Soar 8 Recovery and Business Convention. Little Rock, AR. More information at www.oaregion8.org.com

March 22nd 2014 – Suncoast Intergroup from 11:00am – 12:30pm at Christ The King Martha Center 717 S. Dale Mabry Highway, Tampa.

TBA – April we will be having a Spring Picnic. Stay tuned!

July 11 -13 2014 – Soar 8 Recovery and Business Convention at Baton Rouge, LA. More information at www.oaregion8.org.com

FOR ADDITIONAL INFORMATION:
www.SuncoastOA.org
(Region 8) www.oaregion8.org,
(WSO) www.oa.orgl

Suncoast Hotline (813) 254-4190

OVEREATERS ANONYMOUS®

GOD BOX IDEAS

Many OA members find it helpful to create a God box as a place to release thoughts obsessions, or all matters to the care of a higher power.

Here are 3 ideas you've shared on what a God box looks like to you.

Let your imagination bring you to your hearts healing and create one made just for you and your higher power.

1. *Use a crafting box or old jewelry box. Write thoughts on paper and drop it in the box!*
2. *Set up a word document on your computer or cell phone that says, "GOD BOX". Write what you wish to release.*
3. *Find a leaf to infuse your thought into and then hold it up to the wind and watch your HP take it away!*

Remember….What goes in the God Box stays in the God Box!

SEVENTH TRADITION GROUP DONATIONS:

The suggested disbursement of group funds, after expenses of rent, literature and others, as determined by group conscience, is 60% to Intergroup, 30% to Region and 10% to WSO. Donations may be sent to:

Suncoast Intergroup
PO Box 20525
Tampa, FL 33622

Region 8 Treasurer
PO Box 1375
Holmes Beach, FL 34218-1375

World Service Office
PO BOX 44020 Rio Rancho, NM 87174

Suncoast Intergroup would like to thank the following groups for their SEVENTH TRADITION DONATIONS during this period (Dec 2013 Jan & Feb 2014). The total amount of group donations for this period is $409.97. Is your group listed here?

00030	St. Catherine Episcopal (Sat)
46975	King Point
50159	Seventh Day Adventist
45421	Seventh Day Adventist
92290	Christ the King
38520	Turning Point

CELEBRATION DONATIONS: To celebrate recovery and/or specific periods of abstinence, yours or another member's, or to honor the memory of a member, you might consider making a donation to Suncoast Intergroup. To do so, checks may be mailed to Suncoast Intergroup, PO Box 16130, Tampa, Fl 33687 with a note designating "Celebration Donation." Please note that all such donations will
remain anonymous. It is the donor's option to inform recipients of the donation. The total amount of celebration donations for this period is $20.

Suncoast Intergroup of Tampa Bay Overeaters Anonymous
Meeting List for January 2014

*Closed meetings are only for those with a desire to stop eating compulsively. Open meetings welcome all visitors.

	Day & Time WSO meeting #	Format & Contact Person	Location & Address
	Sunday 7:00 pm #33954	"12 Steps and 12 Traditions" Barbara B.(813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Open	Monday 10:00 am #52828	Step Meeting/Twelve and Twelve Jan 813-633-3932	Sun City Center Chamber of Commerce 1651 Sun City Center Blvd Sun City Center, Fl
Open	Monday 12:00 pm #39871	Steps/Discussion Anne K 813-598-3166	All Saints Lutheran Church 5315 Van Dyke Road Lutz 33558
Open	Monday 5:30 PM #50159	Literature & Discussion Sharon 813-782-6005	Seventh Day Adventist Church 7333 Dairy Road Zephyrhills, Fl
Open	Monday 6:45 PM #52276	Focus on Abstinence Alina 941-323-1983	Rainbow Club 5101 W. Lemon Street Tampa, 33609
Open	Monday 7:00 pm #29328	"Abstinent Recovery" Ruby 813-516-0782	Lake Magdalene UMC, Elevator to 3rd floor 2902 W. Fletcher Ave 33618
Open	Tuesday 7:00 pm #46975	1st Step of the month, 2nd Literature 3rd Tradition of the month,4th Speaker Newcomer's mtg. after meeting Kathy 941-447-9138	Kings Point 1904 Clubhouse Dr. Sun City Center FL 33573
Open	Tuesday 7:00 pm #47875	New Hope Group Contact Sue 314-629-6216	Apostle Lutheran Church 200 Kingsway Ave. Brandon, FL 33510
Open	Wednesday 10:30 am *Abstinent Meals Welcome* #92290	Literature/Discussion/Writing Judith 813-251-3789	Christ the King Catholic Church Mary Martha House 2nd floor boardroom 717 S. Dale Mabry Hwy, Tampa 33609
Open	Wednesday 7:45 pm #38520	"Voices of Recovery/For Today" Hayley B. 727-452-3204 Overflow parking next door at Marge Porter Resource Center	Turning Point of Tampa 6227 Sheldon Road 33615
Open	Thursday, time TBD	Step Meeting Contact: TBD	Our Lady of Guadalupe Church 16650 U.S. 301, Wimauma, FL
Open	Thursday 7:00 pm #45695	"Voices of Recovery/For Today" Anne E 813-920-0836	St. Mark's Episcopal Church 13312 Cain Road, Tampa 33625
Open	Thurs 7:00 PM #52612	Jim 813-480-8708	The Hull House 2703 N. Thomas St. Plant City, Fl
Open	Thursday 7:00 PM #51055	Literature & Discussion Chrissy 813-436-9945	Atonement Lutheran Church 29617 State Road 54 Wesley Chapel 33545
Open	Friday 11:30 am #45421	Literature & Discussion Trish 813-263-3891	7th Day Adventist Church 7329 Dairy Road Zephyrhills 33540
Closed	Friday 5:30 pm #00269	"Thank HP It's Friday!" Cheryl 813-545-9588	St. Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
Open	Friday 6:00 pm #52251	New Beginnings Anne K 813-598-3166	Marge Porter Center 6311 Sheldon Road Tampa, FL 33615
Open	Saturday 9:30 am #00030	"AA Big Book" Anne E 813-920-0836	St. Catherine's Episcopal Church 502 Druid Hills Rd, Temple Terrace
Open	Saturday 10:00 am #00826	"Saturday Serenity" GLBT friendly Jennifer 954-661-5525	The Rainbow Club/Rainbow Room (galaarainbowclub.com) 5101 W. Lemon St., Tampa, 33609
Open	Saturday 9:00 am #52763	Acceptance Today (Use 12 &12 and BB) Mona 813-259-1000	Brandon Christian Church 910 Bryan Rd, Brandon, Fl 33511 Rm 7 (side door off Lumsden entrance)
	3rd Sat. of each month, 11:00 am #09065	**Suncoast Intergroup Meeting** (Everyone Welcome) Pat L 813-526-0367	Christ the King Catholic Church Mary Martha House 2nd floor 717 S Dale Mabry Hwy, Tampa 33609

For updates, changes, questions on the meeting list, or newsletter submissions: please send an **email** to: suncoast.tampabay@gmail.com
You may also **write to us a**t Suncoast Intergroup, PO Box 20525, Tampa FL 33622

A PERSONAL SHARE

I wrote this letter to myself sometime in the past to help me stop compulsively eating. I would like to share it with you.

• Choose life, not food.
• Bingeing—*Stop!*
• You're worth more.
• It doesn't fix me—it makes me unhappy.
• It makes my life unmanageable.
• It messes up my life.
• It takes away my happiness.
• *Don't do it!*
• Bingeing takes away from me.
• It steals from me.
• It produces sadness, fatigue and confused thinking.
• *If you put rubbish in, you get rubbish out!*
• Concentrate on your relationship with manageability, with your feelings.
• If you indulge, it *will* take away your shine.
• Concentrate on what you're building; every time you say "no," you grow stronger and shinier.
• Bingeing and overeating steal from you.
• They take away recovery and replace it with *dis-ease*.
• Work through the feelings you have now, do your food plan, call your sponsor, read some OA literature, do your morning readings, call a newcomer and *pray* . . .
• Work through the sadness and unmanageability, stay focused, get back on track by reaching out, use the OA Fellowship and be honest.
• You are a compulsive overeater.
• Go through the darkness.
• It's not about weight.
• Realize freedom exists at the end of this difficult time.
• Go to any lengths to not binge or overeat.
• When the madness comes, read this: It gets worse.
• *The manageable life God has given you will slip away if you choose food. Choose life!! The cravings will pass.*

I can do this, one day at a time. Today I can abstain from compulsive overeating.

~ Anonymous