OASIS NEWSLETTER

SUMMER 2014

Together We Shine Into Divine Healing.

Rays of Hope

Letter from the Editor

The sun reminds me of my higher power; powerful, always there, and follows me relentlessly. Dark clouds and night sky may make it feel like hope is nowhere in sight sometimes. As long as I am willing to open the morning curtains of my heart, the warm rays of hope and recovery can shine through.

~ Rachael

OVEREATERS ANONYMOUS®

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

July 11 - 13, 2014: Soar 8 Assembly and Convention in Baton Rouge, LA. Flyer can be downloaded on www.oaregion8.org. Event is also in EventBrite.

July 26, 2014 What is in Your Toolbox? Sponsored by Suncoast Intergroup at 9:30 am till 3:00 pm at Christ the King Mary Martha House Room 201 and 202.

September 27th 8am – 2pm Garage Sale. Donations accepted 8/1-9/20. Email jeri.a.turner@gmail.com for drop off arrangements.

Await a Speaker Marathon Retreat TBD September or October!

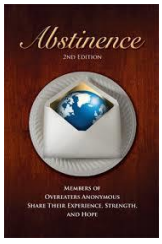
November 14 - 16, 2014 Soar 8 Assembly and Convention in Colombia, Bogota Flyer will be able to be found in the www.oaregion8.org website. Event is also in EventBrite. Early registration ends in July 1, 2014.

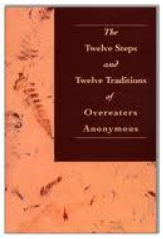
FOR ADDITIONAL INFORMATION:
www.SuncoastOA.org
(Region 8) www.oaregion8.org,
(WSO) www.oa.orgl

Suncoast Hotline (813) 254-4190

HOW MUCH LITERATURE DO WE HAVE GAME?

Match the number from the left hand column to the phrase on the right.
**Answers are listed on page 4.*





32	_____*The **number of books** OA has published.*
3	_____*The **number of workbooks** OA has published.*
7	_____*The **number of manuals/handbooks** OA has published.*
9	_____*The **number of pamphlets** OA has published.*
8	_____*The **number of pocket sized cards** OA has published.*
7	_____*The **number of specialty packets** of literature.*

You may purchase literature at

http://bookstore.oa.org

or at a meeting if stocked.

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 of March, April, and May 2014. The total amount of group donations for this period is $893.72 vs $409.97 from last quarters report. Is your group listed here?

00030	St. Catherine Episcopal (Sat)
52828	Sun City Center Chamber
46975	King Point
52763	Brandon Christian Center
50159	Seventh Day Adventist
47875	Apotlle Lutheran Church
45695	St. Marks Episcopal Church
39871	Keystone Presbyterian
92290	Christ the King
29328	Lake Magdalene UMC

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.

OA Suncoast Intergroup of Tampa Bay

Meeting List for June 2014

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

	Day & Time WSO Meeting Number	Format Contact Person	Location & Address
Open	Sunday 7:00 PM # 33954	12 Steps & 12 Traditions Barbara B 813-902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd, Tampa, 33629
Open	Monday 10:00 AM # 52828	OA Literature, Leader's Choice 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	Keystone Presbyterian Church 7509 Van Dyke Road, Odessa, FL
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	AA Big Book, Read & Discuss Alina 941-323-1983	Rainbow Recovery Club 5101 W Lemon Street, Tampa, 33609
Open	Monday 7:00 PM #29328	"Abstinent Recovery" Patrick C 415-652-4624	Lake Magdalene UMC Elevator to 3rd floor 2902 W Fletcher Ave, Tampa, 33618
Open	Tuesday 7:00 PM # 47875	New Hope Group Sue 314-629-6216	Apostle Lutheran Church 200 Kingsway Ave, Brandon, FL 33510
Open	Wednesday 10:30 AM # 92290	Literature/Discussion/Writing *Abstinent meals welcome* 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	Peace, Love and Abstinence Hayley B 727-452-3204 *Overflow parking next door at Marge Porter Center*	Turning Point of Tampa 6227 Sheldon Road, Tampa 33615
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	Thursday 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	Saturday 9:00 AM # 52763	"Acceptance Today" 12 &12 and Big Book Mona 813-259-1000	Brandon Christian Church 910 Bryan Rd, Brandon, FL 33511 Rm 7 (side door off Lumsden entrance)
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	Rainbow Recovery Club 5101 W Lemon Street, Tampa, 33609 (galaarainbowclub.com)
Open	3rd Sat each month 11:00 AM # 09065	**OA 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 and newsletter submissions: please send via **email** to:

suncoast.tampabay@gmail.com

You may also **write to us a**t Suncoast Intergroup, PO Box 20525, Tampa FL 33622

Website: http://oasuncoast.org

Who I Really Am

A Personal Share

Before I found OA, I tried everything to stop bingeing and I mean *everything*. I went to psychologists and psychiatrists, I tried medication, hypnosis, acupuncture, I tried only eating certain foods, only bingeing every other day, bingeing but not purging. For close to eight years, I attempted to recover in the "standard" eating disorder model of becoming a "normal eater." This is what the eating disorder specialists and treatments preached. I tried with every ounce of my being to be a normal eater, to have no "bad foods" and eat all kinds of foods without prejudice. To occasionally indulge, like "normal people." But I never *felt* normal. I even told my ED specialist psychologist that I felt like an addict. He told me bulimia was not an addiction. Thankfully, I eventually found OA. More thankfully, I found it before I'd given up. OA told me I *was* an addict, that I was *not* a normal eater and that I never would be. This was so freeing for me to hear. Finally I didn't have to pretend anymore. I didn't have try to be a normal eater. I could abstain from the foods and behaviors that made me crazy. I didn't have to "overcome" them and learn to east them and be okay. I found a stability and peace with my food for the first time in my life. OA showed me how to live as the eater that I am, not by someone else's standard. OA gave me sanity and allowed me to embrace who I really am. I am forever grateful"

~ Anonymous

LITERATURE GAME ANSWERS

OA has nine books, three workbooks, seven manuals/handbooks, eight specialty packets of literature, 32 pamphlets and seven pocket-size cards to help members get and stay abstinent. WOW!

(Source: A Step Ahead Newsletter from www.oa.org V.18 #2)

A Girl Who Learned To Give

I had an overwhelming sense of lack in my life before working the OA program. There was never enough food, money, time, or love. I don't even remember the 7th tradition prompt my first year of meetings. I didn't care to be honest. I was here to somehow survive this pain, and technically the meetings were free. I never to rarely contributed to 7th tradition. I was raw from a place of nothingness. I never carried cash with me so I could easily say to myself it was more about, "*ooops. I don't have any cash on me today*" except it happened 90% of the time. I needed the meetings so badly and had so many feelings of never having enough money. I thought 7th tradition was for people who had money. I thought certainly "God understands". A year or so went by of healing, working the steps, and watching members so graciously place cash in the basket as it went around. Gradually as I healed, there was a place inside me I never met. I finally felt, through the grace of this program, that I was no longer helpless. I had tools, resources, and all of a sudden one day I became grateful for that. I subconsciously began tucking a dollar, then two, then 5's away in my purse. I wanted to offer appreciation to a program that saved my life. All of a sudden I felt strong donating instead of fearful. I always thought since I was a little girl that giving and contributing was for rich people. I guess in a way I was right. What I didn't know was that rich comes in so many other forms than money. I am rich in recovery, healing, and choices and since I am now rich because of OA I offer in grateful grace a 7th tradition. Not out of obligation or fear but because my heart has finally been nourished enough to give. Two years into my recovery I started attending intergroup and found a new place to give from. I saw how contributions actually work to create workshops, literature, and places for people like me to heal and gather with other OA members. I never thought me, always financially strapped, could feel rich by giving. I heard people say it all the time but I always felt it was for "those" people and I certainly never thought it was going to be a part of my healing and recovery. My higher power gently taught me through the 7th tradition that I am rich and I have A LOT to give. Thank you OA for teaching me how to give. It truly only takes willingness to give.

~ Anonymous

You Know You're Abstinent When…

With half of my family from a very small town in Kentucky, there has been more than one occasion where Jeff Foxworthy's "You Might Be a Redneck If…" jokes have been shared at family events – no matter how many times I rolled my eyes in protest. Recently, during one of my daily conversations with my sponsor – the kind that you think will be simple, but turns out to be amazing – I shared about a mini vacation from which my husband, son, and I had just returned. I made the comment that "You know you're abstinent when…..after vacation, you immediately unpack your bags and do your laundry." I shared this comment because so often, when in the food, I would come home from a vacation completely full of sugar and regret. Bags would be unpacked weeks "later", and laundry would be done "as soon as I feel better." I went on to share that I often think of filling in the blank of "You Know You're Abstinent When…" Almost immediately, my sponsor suggested I complete some of those blanks and share with our Newsletter. Since one blank could now read "You Know You're Abstinent When you are up for a new challenge," I decided to take pen to paper – or in this case, finger to keyboard!

- You know you're abstinent when you no longer get bagged meals through a window.
- You know you're abstinent when you consider trying something as weird looking as quinoa. You REALLY know you're abstinent if you actually like it!
- When you realize there is more than one color of apple, and that "berry" is not just a flavor of candy…you might be abstinent.
- If you feel stuff – A LOT – you very well could be abstinent.
- You know you're abstinent when you've named your disease. Mine is named Hopper.
- When your trash can is a one way entry (things go in, not OUT), you could be abstinent.
- If your family and friends now know that you will NOT share your meals – they're weighed and measured and you want it ALL – then you just might be abstinent.
- You know you're abstinent when you "splurge" on Butter Lettuce.
- When you make a "To Do" list and actually DO it, you might be abstinent.
- In the event you find yourself envying other people's Tupperware and/or lunch bags, there is a good chance that you are abstinent.
- If you brush your teeth at night (because you actually stop eating before you fall asleep), you could possibly be abstinent.
- You know you're abstinent when you say things like "I just love my measuring cups."
- If you break out a scale at a restaurant, you might be abstinent.
- You might be abstinent if you no longer get angry at new binge food inventions.
- There's a chance you are abstinent if you: have a new passion for life; you are present in each moment; you say "sorry" and mean it; you ask "how are you" and care; you are grateful; you have dates with friends, not food; and you are open to growth and change.

How do you know when you are abstinent? How would <u>YOU</u> fill in the blank? ~ Anonymous