OASIS NEWSLETTER

WINTER 2014

Together We Soar Like Never Before…

New Beginnings All Year Round

Letter from the Editor

I've had more new beginnings and "firsts" in OA than any other time in my life. The first time I felt my raw emotions, the first time I shared that deep dark secret to another soul, the first time I surrendered to making friends and letting someone really in, and the first time I saw a picture of myself and cried because I could actually think I was beautiful. I like to think that all these "firsts" in OA are like mini new beginnings and that every tear is my heart thawing revealing serenity, truth, and recovery that sets my heart to love and be loved like never before. OA has taught me that new beginnings don't just happen once a year. On the contrary, new beginnings can happen daily, hourly, even in this second I sit in. Sometimes I forget this, but as long as I keep coming back I can be sure that you, as my OA brother and sister will remind me. Thank you in advance for another new beginning. ~ Rachael A.

CALENDAR OF EVENTS

February 15th, 2014 – Suncoast Intergroup from 11:00am – 12:30pm at Christ The King Martha Center 717 S. Dale Mabry Highway, Tampa.

February 21-23, 2014 – Florida State Convention located at the Cocoa Beach Hilton Oceanfront, 1550 N Atlantic Avenue Roberta L. 561-776-6371. Ral0626@verizon.net oaregion8.org for more information.

March 14-16, 2014 – Little Rock, Arkansa Business and Recover Convention: Relax, Refresh, and Recover located at Clarion Hotel Medical Center 925 S. University Ave Little Rock, AR 72204.

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

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

Suncoast Hotline (813) 254-4190

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
Region 8 Treasurer/ WSBC Delegate	Patti	impattischu@gmail.com
Newsletter Editor	Rachael	Avery.rachael@gmail.com

OVEREATERS ANONYMOUS®

FIND THE FEELINGS FEEL THE HEALING

OA WORD SEARCH FUN

F	R	X	U	D	W	N	B
W	E	Q	U	J	D	C	B
F	S	R	U	E	F	A	S
F	E	S	Z	A	R	D	D
U	N	R	D	L	T	E	A
C	T	O	E	O	B	V	S
O	F	J	T	U	O	O	H
L	U	T	I	S	R	L	A
U	L	W	C	J	E	C	P
F	O	O	X	N	D	A	P
E	P	R	E	X	D	L	Y
P	R	R	R	N	K	M	Q
O	U	I	W	Y	M	K	Q
H	C	E	P	T	X	K	V
H	G	D	Y	L	B	Z	M

Can You Find These Emotion Words?

bored	jealous
calm	loved
excited	resentful
guilty	sad
happy	safe
hopeful	worried

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

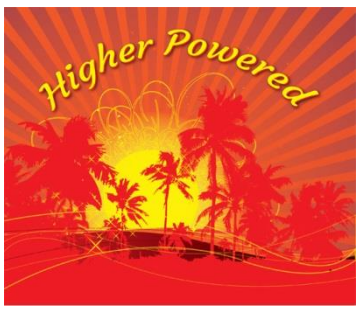
Region 8 Treasurer
PO Box 1375
Holmes Beach, FL 34218-1375

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 (September, October, November 2013). The total amount of group donations for this period is $706.88. Is your group listed here?

52251	Marge Porter Center (Friday)
47875	Apostle Lutheran church
00826	Rainbow Club (Saturday)
29328	Lake Magdalene
46975	King Point
50680	SSC Closed Meeting
52276	Rainbow Room (Monday Night)
39871	All Saints Lutheran Church
50159	Seventh Day Adventist
92290	Christ the King

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



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 http://oasuncoast.org

A PERSONAL SHARE

During this past Thanksgiving I got together for lunch with a very long time friend whom I have known since High school. To my amazement as we were having our wonderful lunch, she expressed how much my demeanor has changed since we last saw each other in August. She explained she did not know what to expect this time and did not know how I would handle all the problems I had faced since last year. I realized that this turned out to be the best time to do service for a program that has allowed me to survive and has given me so much that goes "beyond my wildest dreams." Although I am still a baby in the program, I have realized that the way I see things, and the way I think has completely changed in one year.

It took this time with my friend to make me realize that the one major aspect that has changed with me is the fact that I am happier or should I say more joyous than before.

The very next day after meditation I looked back at what I wrote one year ago from that day. This is the paraphrase to what I wrote exactly one year earlier:

> Well at this time I really did not know what happiness meant and had no idea what happiness meant to me. I thought that having a job, having friends, going out, being abstinent, going out and my group was happiness, but I realized that those are things that make me happy but is not the true meaning of happiness. Then I though the act of being free and the ability to do whatever I want was happiness. I had asked my Higher Power to help me define happiness and then realized that there was one thing I did equate with happiness and that was having a man in my life.

So fast forward a year after reflecting on this For Today reading "Happiness makes its own terms… The greater likelihood, however, is that happiness arrives as the unannounced guest of some humble heart." (For Today, p336) This made me realize that the definition of happiness is no longer tied to materialistic things or from someone. It comes from me and the fact that I have grown in my emotional and spiritual aspects of my life. I have accepted the fact that I can be happy with myself and yes, my abstinent and my fellowship brings me so much happiness that is expressed more as joy.

But now I can define happiness as the state of acceptance of myself and acceptance of my spiritual growth as well as emotional. The state of being happy is no longer tied to things or someone.

Also the fact, that many of the promises have come true. So I have to say that I am very thankful to this program and to the fellowship of this program because without it I would not know the happiness and joy I feel today. Keep coming back because your miracle will happen. Mine did and it keeps on coming and my life is one that I could have not imagined. As stated in the OA Promise it is beyond my wildest dream. I want it to continue to become way more beyond which I know my Higher Power can do.

Keep coming back,
Anonymous