OASIS NEWSLETTER

OA Suncoast Intergroup

Fall 2015

New Beginnings

Letter from the Editor

This time of year is always so exciting, as children are returning Back to School and our days transition from the lazy days of summer to the hectic days of Fall, filled with after school activities, events, and preparations for the Holiday Season. This is also a season for New Beginnings. I am reminded of a quote from our literature, "I can begin now to follow those directions that seem to work for others and that I have been resisting." (For Today, 2/23) As you venture into the New Beginnings that this season brings, I hope you will consider surrendering yourself to ideas that have benefitted others, so that together, we may strengthen our recovery.

- Julia S.

OVEREATERS ANONYMOUS®

Contact Us:

Intergroup Website: www.oasuncoast.org
Region 8 Website: www.oaregion8.org
World Service Office www.oa.org

Suncoast Intergroup Info Line: (813) 254-4190

Upcoming Events

October 16th, 2015

10:00am SOAR 8 Convention Planning
11:00am – Intergroup Meeting
Hilton Tampa Westshore

November 6th – 8th, 2015

SOAR 8 Business Assembly and Recovery Convention - Tampa, FL.
Hosted by Suncoast Intergroup

January 15th – 17th, 2016

Winter Retreat – Bradenton, FL
Christian Retreat Center

February 26th – 28th, 2016

26th Annual Florida State Convention – Orlando, FL

Intergroup Trusted Servants

Interim Chair: Lynn
paterson823@hotmail.com

Secretary: Barbara
b_wegener@yahoo.com

Treasurer: Ruby
auxihayn@gmail.com

Newsletter Editor: Julia
julias1119@gmail.com

OA Suncoast Intergroup of Tampa Bay

Meeting List for July 2015

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

	Day and Time WSO Meeting Number	Format Contact Person	Location Address
Open	Sunday 7:00pm #33954	12 Steps Open Discussion Barbara B 813-902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd, Tampa, 33629
Closed	Monday 10:00am #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 12:00pm #39871	Steps/Discussion Anne K 813-598-3166	Keystone Presbyterian Church 7509 Van Dyke Rd, Odessa, FL
Open	Monday 5:30pm #50159	Literature & Discussion Sharon 813-782-6005	Seventh Day Adventist Church 7333 Dairy Road, Zephyrhills, FL
Open	Monday 7:00pm #29328	"Abstinent Recovery" Ellie 813-760-4808	Village Presbyterian 13115 S Village Dr, Tampa, 33618
Open	Monday 7:00pm #52276	Literature & Discussion Alina 941-323-1983	Rainbow Recvoery Club 5101 W Lemon Street, Tamp, 33609
Open	Tuesday 7:00pm #47875	New Hope Group Joe 813-784-0648	Apostle Lutheran Church 200 Kingsway Ave, Brandon, FL 33510
Open	Wednesday 10:30am #02290	Literature/Discussion/Writing Abstinent Meals Welcome Nancy 813-841-6808	Christ the King Catholic Church Mary Martha House, 2nd Floor Boardroom 717 S Dale Mabry Hwy, Tampa, 33615
Open	Wednesday 7:45pm #38520	Peace, Love and Abstinence Alina 941-323-1983 Overflow parking next door at Marge Porter Center	Turning Point of Tampa 6227 Sheldon Road, Tampa 33615
Open	Thursday 7:00pm	Voices of Recovery/For Today Anne E 813-920-0836	St. Mark's Episcopal Church 13312 Cain Road, Tampa, 33625
Open	Friday 11:30am	Literature & Discussion Trish 813-263-3891	7th Day Adventist Church 7329 Dairy Road, Zephyrhills 33540
Closed	Friday 5:30pm	"Thank HP it's Friday!" Cheryl 813-545-9588	St. Catherine's Episcopal Church 502 Druid Hills Rd, Temple Terrace
Open	Saturday 9:00am	"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 10:00am	"Saturday Serenity" GLBT friendly Jennifer 954-661-5525	Rainbow Recovery Club 5101 W Lemon Street, Tampa, 33609 (galarainbowclub.com)
Open	3rd Saturday each month 11:00am	**OA Suncoast Intergroup Meeting** (Everyone Welcome) Pat L 813-526-0367	Christ the King Catholic Church Youth Center 721 S Dale Mabry Hwy, Tampa

For updates/changes/questions on the meeting list, and newsletter submissions, email us at:
suncoast.tampabay@gmail.com
You may also write to us at Suncoast Intergroup, PO Box 20525, Tampa FL 33622
Website: http://oasuncoast.org Info Line: 813-254-4190

7th Tradition Group Donations

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 made May – July, 2015

Meeting	Group Number	Donation
Mon. Night – VillagePresbyterian	29328	$240
Sun. Night – Bayshore Presbyterian	33954	$60
All Saint's Lutheran Church	39871	$50
Thursday Night – St. Mark's	45695	$60
Apostle Lutheran Church	47875	$60
Seventh Day Adventist	50159	$90
Sun City	52828	$73.80
Saturday morning: St. Catherine's	00030	$120
Friday night: St. Catherine's	00269	$33.23
Saturday morning: Rainbow Club	00826	$142
Monday Night: Rainbow Club	52276	$15.69
Total		**$944.72**

Celebration Donations

Making a 7th tradition donation to Intergroup is a wonderful way to honor the memory of an OA member, designate a specific period of abstinence for either yourself or a fellow member, or simply to celebrate milestones in recovery!

Celebration Donations may be mailed to Suncoast Intergroup, PO Box 20525, Tampa, FL 33622

** Please include a note so we may anonymously recognize your celebration in the next newsletter. **

Opportunity for Service:

With the SOAR 8 Convention is right around the corner, Suncoast Intergroup has scheduled a day for members to come and help put together decorations, raffle baskets, and other preparations for the Convention. This is a great opportunity to visit with OA friends while you give service. Many hands make light work.

Saturday, October 10th 1-3 pm
At Janet's home
Abstinent Meals Welcome beginning at noon

For more info, call/text Julia (813) 679 - 0539

YOUR TALENTS ARE NEEDED!!

The SOAR 8 Convention, which will be hosted by the Suncoast Intergroup, is rapidly approaching. There are many of opportunities to get involved; such as working in the boutique, fundraising, hugger/greeter, assisting in the hospitality suite, helping with set-up/decorations, and so much more! To find out how you can be of service, email Ruby at auxihayn@gmail.com or come to the next Convention Planning Meeting:

Saturday September 19th at 10:00am

Christ the King Church

821 S Dale Mabry Hwy

Youth Center

Submissions Wanted:

Do you have experience, strength, and hope to share? Submit your story to julias1119@gmail.com to have it featured in a future issue of the OASIS newsletter. **The Submission Deadline for the Fall 2015 issue is December 14th, 2015.**

Baskets Needed

One of our main fundraising efforts for the SOAR 8 Convention will be a basket raffle. The Suncoast Intergroup is requesting that all groups consider donating a basket, which will be raffled at the convention. Baskets should be filled with **items that support recovery/abstinence.** In lieu of a basket, monetary donations are gratefully accepted; Intergroup can purchase the items to fill a basket on behalf of your group. Ideas for baskets which are usually popular include:

Summer (beach towel, sunscreen, flip flops, sunglasses)

Spring (gardening tools, seeds, watering can, umbrella)

Fall (scarves, hats and gloves, cozy socks, fall themed décor items)

Winter (scarves, hats and gloves, winter themed décor)

Spa or Mani/Pedi: (Candles, bubble bath, lotions, nail polishes, spa robe, body scrubs, nail files)

Car-Care: (soap, sponges, tire cleaner, wax, chamois, etc.)

Home Improvement: (measuring tape, hammer, nails, duct-tape, screwdriver, etc.)

Writing/Literature: (OA-approved Literature, journal or notepaper, pens or pencils, etc.)

Adult Coloring: (adult coloring books, markers, colored pencils, etc.)

Tools for Abstinence: (measuring cups, spoons, scale, water bottle, tupperware, etc.)

"We are not a Glum Lot" Basket: (board games, word searches, Sudoku, etc)

*** All Baskets should include at least 1-piece of OA Approved Literature ***

And don't forget to "Think outside the basket!" "Basket" items can be packaged in many creative vessels (e.g. placing items for a care-care kit in a big plastic bucket, placing items with a summer theme in a large mesh beach bag.) In addition, large single items can be raffled off individually (e.g. food processor.)

Donated baskets/donations should be given to an Intergroup Member. No later than October 9th would be ideal, but we will accept Baskets and/or monetary donations up until the day of the Convention.