OASIS

Overeaters Anonymous Suncoast Intergroup Shares

August 2017

OVEREATERS ANONYMOUS®
Suncoast Intergroup

Our Trusted Servants

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Announcements

Calling all newsletter entries!

We are looking for written entries for the next issue of *OASIS*. If you need an idea to get you started, our suggested topic for the next issue is **self love**, but you can write about anything. **Writing for *OASIS* is a fantastic service for the fellowship. Sharing your experience, strength, and hope inspires others to continue on their path to recovery. Please submit your entries by Oct. 1 (for the Nov. issue) via email to: distrooasc@hotmail.com**

Are you interested in OA service or just want to learn about how Intergroup works?

Join us at the next Intergroup Meeting! All are welcome. Intergroup meets on the **3rd Saturday of every month at 11 a.m. at Christ the King Church Youth Center.**

Board elections will be held at the Oct. 21 Intergroup Meeting. PLEASE NOTE: This meeting will be moved to the McLoughlin Center, classroom C at Christ the King Church.

Upcoming Events

Abstinence/Food Plan Workshop

Aug. 19, 1–4 p.m. Christ the King Church Youth Center
3809 West Morrison Ave. Tampa, 33609

Meditation Workshop

Oct. 7, 9 a.m.–noon, Marge Porter Center
6311 Sheldon Road Tampa 33615

SOAR8 Regional Assembly

Oct. 13–15, Miami Airport Marriott
1201 LeJeune Road (42 Ave) Miami, 33126

Come and enjoy recovery speaker workshops, fellowship, boutique and service opportunities! Don't miss Saturday evening's banquet and dance!

Gratitude Luncheon

Nov. 3, noon–3 p.m.
Christ the King Church,
Mary Martha Center

7th Tradition

According to our 7th Tradition, every OA group ought to be fully self-supporting through its own contributions. Donations are a perfect way to celebrate your recovery and support the recovery of others!

- Donations can be made to the Suncoast Intergroup, Region 8 (SOAR 8), or the World Service Office (WSO).

- When donating to WSO, you can designate how your contribution is used: toward the translation fund, the delegate support fund, or the professional exhibit fund.

To make a donation via mail:

WSO: PO Box 44020
Rio Rancho, NM 87174-4020

SOAR 8:
Attn: SOAR8 Treasurer
P.O. Box 40273
St. Petersburg, FL 33743

Suncoast Intergroup:
PO Box 18594
Tampa, FL 33679

To make an online donation, please visit:
oa.org/contribute

We welcome everyone who wants to stop eating compulsively.

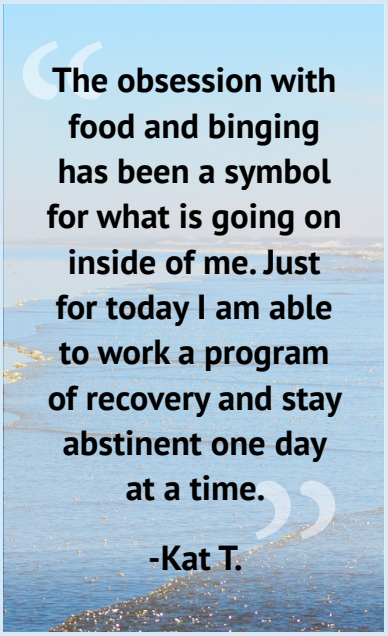
Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating and compulsive food behaviors.

OASIS presents experiences and opinions of OA members. Opinions expressed herein are not to be attributed to Overeaters Anonymous as a whole, nor does publication of any article imply endorsement, either by Overeaters Anonymous or *OASIS*.

Having a Food Plan Alongside Working the Steps

By Kat T.

I came into OA in 2013 with a deep desire to stop binging and purging. Even when I didn't want to I couldn't stop binging. I purged and exercised to get rid of excess calories. I felt scared, alone, depressed and like no one understood me. When I entered the rooms of OA I slowly began to understand the solution to my addiction. In the beginning I thought I could still eat sugary desserts, candy and various other salty high fat junk food. Now I know I cannot eat these binge foods without setting off a physical craving, and that it is nearly impossible to stop myself from binging on these foods again. Today, I abstain from the foods I find addictive. A food plan alongside working the steps is a solution to my food addiction.



For a year and a half I couldn't grasp how to get and stay abstinent. The food plan was something that I either didn't believe in or just never heard; it was in one ear and out the other. At one point, a fellow member introduced me to a weighed and measured food plan. I felt I found the key to the ever-illusive abstinence. I did get abstinent for a period of time, but I could not keep it. In the 3 years I have been in OA I have relapsed multiple times. However I never gave up on OA. A few things contributed to relapse—not going to face to face meetings, fighting against suggestions given to me, and holding in my emotions. I knew in my heart that the 12 steps had something to offer. It worked for the alcoholics so it must work for me.

Today I am abstinent because I have a food plan and I work the steps with my sponsor. I have a nutritionist who understands food addiction and eating disorders and who has created a food plan for me. I go to meetings in OA and other fellowships where I receive a spiritual solution to my disease of addiction. I need to network and talk with other addicts. I have a sponsor who I can be completely honest with about my life and who gives me honest feedback. Recovery is a way of life and it comes first. The obsession with food and binging has been a symbol for what is going on inside of me. Just for today I am able to work a program of recovery and stay abstinent one day at a time.

The Lights Were On, But Nobody Was Home

By Annie D.

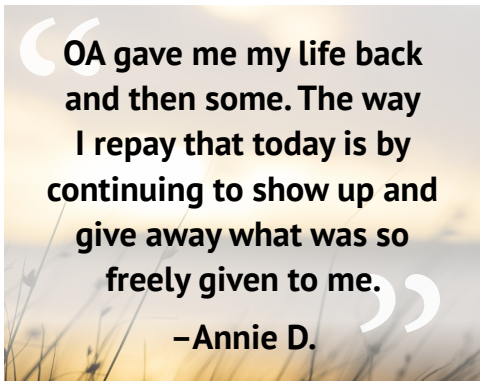
The lights were on, but nobody was home. This is the way I felt when I came to OA for the first time in the walls of a treatment center. It was September 2013. I wondered where this had all begun. At age 8, I recall skipping lunch because it made me "feel better". I began being bullied regarding my clothes not fitting properly. That's the first time I remember feeling like my body was different than others.

Fast forward a few years of body obsession and not doing anything about it, I got confronted by someone because she thought I was purging when I was in the bathroom for long periods of time. The truth is, I would stand in the bathroom and look at my body with all its imperfections. I had been binge eating without purging or restricting and was beginning to not like the way my body looked.

In 2012, a tragic event happened in my family and I took a plunge into the dangerous world of anorexia. I restricted my intake and exercised off every bite I took in. After only a few months, I was having a difficult time staying warm and keeping up my energy. Fast forward a year and I had a hard time sitting or finding a comfortable position because I was at a low body weight.

I met an angel on social media who suggested I seek help. I now look back and see this woman was placed in my life as an act of my Higher Power, whom I choose to call God. I was given the option of treatment or divorce. I chose treatment.

Having to eat full meals again was difficult. I expressed this to my sponsor, who I obtained at my first OA meeting. Following treatment, I did not stay abstinent. I relapsed over and over again before finally reaching my bottom. I stopped eating and was hiding it from my mother who was visiting me. I felt defeated and powerless.



I picked up my last white chip on February 2, 2014. I have worked the steps, have a sponsor, and sponsor women. Living a life in recovery has truly given me a life beyond my wildest dreams. Although it has not been a walk in the park, I appreciate every obstacle and growing opportunity God has placed in my path. Recovery has shown me I can walk through anything as long as I seek God, clean house, and help others. Today, I do not have to eat, restrict, over-exercise or anything of the sort to avoid what I'm feeling. I walk through and come out stronger on the other side.

OA gave me my life back and then some. The way I repay that today is by continuing to show up and give away what was so freely given to me. Today, I can have true serenity. Thank God.