

OASIS

Overeaters Anonymous Suncoast Intergroup Shares FEBRUARY 2018

Our Trusted Servants

Chair: Tara L.

(412) 260-8859

chair@oasuncoast.org

Vice Chair: Joanna R.

(631) 599-2886

vicechair@oasuncoast.org

Treasurer: TBD (position is open)

Secretary: Susan B.

(217) 853-9381

secretary@oasuncoast.org

SUNCOAST INTERGROUP GENERAL INFORMATION

(813) 254-4190

suncoast.tampabay@gmail.com

PO Box 18594 Tampa, FL 33679

Web: oasuncoast.org

Upcoming Events

SOAR8 REGIONAL ASSEMBLY

April 20-22 • Mobile, AL

www.oaregion8.org

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

Intergroup meets on the 3rd Saturday
of every month at 11 a.m. at Christ
the King Church Youth Center.

ALL ARE WELCOME!

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.

Accepting A Suggestion

Contributed by Dawn L.

"That telephone might as well be a 100 lb. barbell that I cannot pick up!" That's the thought I had as I began treatment at Turning Point of Tampa nearly 3 months ago, and they told me I had to make phone calls to a sponsor and another person in OA everyday. Every day? Yes, every day.

As I began to accept what they suggested I needed to do to become abstinent, I gathered phone lists at meetings I attended.

My housemate introduced me to people at the meetings. I called a woman I met at one of my first meetings and asked her to be my OA sponsor. I was surprised when she said yes! Did she know what she was getting into with me? We set a time to talk every night. Then I began making out reach calls daily, randomly calling OA members from the phone lists and introducing myself. I simply asked them about their day and shared about mine, sharing emotions, thoughts and asking questions. We talked about numerous subjects. As I did this, something miraculous happened! I couldn't wait for my daily weight lifts of the barbell phone, and the lifts became lighter and lighter the more I called people. Conversations built bridges, connections, and friendships. I looked forward to meetings and couldn't wait to see my new friends in person. Accepting the suggestion of using the telephone to build a network of support and talking with my sponsor every day has been a gift I treasure.

As my time in Tampa comes to a close and I return home to Jacksonville, I will miss my Tampa family. I do look forward to staying connected across the miles. I have learned so much from you all and thank you for sharing your experience, strength, and hope with me.

"Accepting the suggestion of using the telephone to build a network of support and talking with my sponsor every day has been a gift I treasure."

ACCEPTANCE IS THE ANSWER TO ALL MY PROBLEMS TODAY.

When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake.

— THE BIG BOOK OF ALCOHOLICS ANONYMOUS, PAGE 417

Accept the Things I Cannot Change

Contributed by Tara L.

Do I accept the things I cannot change? For today, I do. Take, for instance, the way my body looks. Body image has always been a huge part of my disease. Coping with all of my character defects was only possible with excess food. But this then led to hatred for my appearance. In my disease, I could not meet my own eyes in a mirror. The compulsive need for excess food and the unacceptability of what that did to my body drove me into compulsive exercise and work. These two things were able to compete for my time so effectively that I could not eat enough. The euphoria of under eating was powerful. I got thinner and thinner and yet I was still miserable. I could no more look at myself in the mirror when I was 30 lbs. lighter! There had to be another way, another solution.

Thanks to learning more about addiction, I eventually found my way into OA. When I finally began to work the steps, the obsession started to lift. Today, its absence is contingent on daily maintenance of my fit spiritual condition.

Through many years of abstinent living, I now accept that my weight, my shape, and my body image are none of my business. Higher power gave me green eyes and I can only accept that. In like fashion, today I accept that my job is to work the steps, use the tools and be of maximum service and integrity. When I feel uncomfortable in my body today, I do not micromanage my food plan (i.e. diet!), change my exercise plan, or berate myself. Amazingly, in ways I still don't understand, when I focus on the steps and cleaning up my side of the street, the obsession is lifted and my body changes in the way my higher power would have it change.

I am so grateful that I have other tools to use that do not I destroy me, but rather build me up, physically, emotionally, and spiritually. The less attention I pay to what my body looks like, the more I can appreciate how functional it is, how well it serves me, and how useful it is to help those around me. And for today, I accept that it is enough.

"The less attention I pay to what my body looks like, the more I can appreciate how functional it is, how well it serves me, and how useful it is to help those around me."

LOOKING FOR A WAY TO CELEBRATE YOUR SPONSOR OR SPONSEE'S ANNIVERSARY OF ABSTINENCE?

Consider making a donation to intergroup in their honor!

7th Tradition

According to our 7th Tradition, every OA group ought to be fully self-supporting through its own contributions.

Donations can be made to the Suncoast Intergroup, Region 8 (SOAR 8), or the World Service Office (WSO). Donations to the WSO can be designated toward the translation fund, the delegate support fund, or the professional exhibit fund.

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

To make a donation via mail:

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

Suncoast Intergroup: PO Box 18594 Tampa, FL 33679

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

A SPECIAL THANK YOU to the TOP 5 DONATING GROUPS in 2017!

FRI. 11:30 A.M. 7th Day Adventist Church, Zephyrhills

MON. 5:30 P.M. 7th Day Adventist Church, Zephyrhills

WED. 10:30 A.M. Christ the King, Tampa

THURS. 7 P.M. All Saints Lutheran Church, Lutz

MON. 7 P.M. Village Presbyterian Church, Tampa,

CELEBRATE groups with anniversaries in February, March & April!

41 YEARS! **WED. 10:30 A.M.** Christ The King, Tampa
Anniversary date: 2/30/1977

27 YEARS! **MON. 7 P.M.** Village Presbyterian, Tampa
Anniversary date: 2/22/1991

17 YEARS! **FRI. 11:30 A.M.**
7th Day Adventist Church, Zephyrhills,
Anniversary date: 3/2/2001

11 YEARS! **MON. 5:30 P.M.**
7th Day Adventist Church, Zephyrhills,
Anniversary date: 2/15/2007

11 YEARS! **WED. 7:45 P.M.** Turning Point of Tampa,
Anniversary date: 3/27/2007

5 YEARS! **MONDAY, 10 A.M.** Sun City Center
Anniversary date: 3/3/2013

CALLING ALL NEWSLETTER ENTRIES!

SUBMIT WRITING OR ART! Contributing to OASIS is a fantastic service. Please submit your entries by April. 1 (for the May. issue) via email to: newsletter@oasuncoast.org

Suggested topic for May newsletter: HONESTY
(or write about any topic of your choice!)