# OASIS

Overeaters Anonymous Suncoast Intergroup Shares

MAY 2018

OVEREATERS ANONYMOUS®
Suncoast Intergroup

## Our Trusted Servants

**Chair: Tara L.**
chair@oasuncoast.org

**Vice Chair: Joanna R.**
vicechair@oasuncoast.org

**Treasurer: TBD (position is open)**

**Secretary: Susan B.**
secretary@oasuncoast.org

**SUNCOAST INTERGROUP GENERAL INFORMATION**

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Web: oasuncoast.org

## Thoughts on Self Acceptance

(Inspired by *Voices of Recovery* p.59)

"One of the most wonderful gifts I have received in this program is accepting and even loving myself."

This is a great reading from *Voices of Recovery*! It's a reminder that I am perfectly imperfect and gives me permission to be me. It reminds me that I am imperfect but growing, and progressing to be the best person I can be. I thank God for helping me to see this truth and to come closer to loving and accepting myself just as I am. It's a relief not to have to be perfect. I can still be critical of myself and my mistakes but I am a lot better than I used to be.

My former sponsor used to say,"there are no mistakes, only lessons." I am thankful to know that if I do trip up, God is there to catch me and grant me a new lesson. It is my responsibility to receive it and make a decision to change. Practice makes progress, not perfection. Thank you God for the steps, the program, the fellowship, and that I don't have to be perfect anymore, just the best me I can be.

– Anonymous contribution

## PUBLIC INFORMATION AND PROFESSIONAL OUTREACH (PIPO) IN ACTION!

Thanks to the efforts of our PIPO committee, OA signs are posted on 10 bus benches throughout Tampa. The signs were graciously donated to OA by the public service arm of a local company.

### Spot our signs at the following locations!

1. Henderson Road north of Waters on north side (at entrance to Target)
2. Memorial & Waltham/Dana Shores Drive (SE corner)
3. Linebaugh west of Anderson (north side)
4. West Hillsborough Ave. (south side) 100 feet west of Habana
5. Gunn Highway. east of Sheldon Road (south side)
6. Sheldon Road, west side & south of Old Linebaugh (across from Costco)
7. North Himes (east side, south of Hillsborough at Higgins Hall/St. Lawrence)
8. Nebraska at Fletcher (SE corner)
9. Florida & Fletcher (NW corner)
10. Fowler & Nebraska (SW corner)

## 8TH ANNUAL OA FRANCISCAN CENTER RETREAT "GROWING IN RECOVERY"

### A PINELLAS TRADITIONS INTERGROUP EVENT

the Franciscan Center

Three days of fabulous speakers, crafts, the usual Pinellas Pizazz, serenity and peace on the river

**Franciscan Center Campus,**
**3010 Perry Ave., Tampa, FL 33606**

**Fri., July 27– Sun., July 29**

### FOR MORE INFORMATION VISIT:

**franciscancentertampa.org/events/events-calendar/**
**or oapinellas.org/upcoming-events**

# World Service Business Conference Recap

Contributed by Tara L.

The annual WSBC took place from April 23-28 in Albuquerque, NM at the Embassy Suites Resort. In attendance were 188 voting representatives, including reps from all 50 states of the US + DC and 16 other countries.

The WSBC was overall a fantastic service experience and it was so powerful to see Higher Power at work among this room full of people. No matter the decision, the group accepted it gracefully once the matter was closed and moved on to the next matter. It was so lovely to see "thy will not mine be done" at work on such a large scale. I can't wait to go back next year.

### STATE OF THE ORGANIZATION

The number of groups and service bodies is continuing to decrease. Financially we have utilized savings in the past few years to make the budget balance. This year to create a balanced budget the board had to make several cuts. Donations are up but literature sales are down (although this may change with the publication of the new 12&12). The board is looking for other new ways to trim expenses and raise funds. They would like all groups to please consider publicizing the availability of automatic recurring contributions (ARCs), and the possibility of including OA in your will.

**The WSBC collected a 7th tradition donation totaling $15,978.59!**

## *What's New?*

**Here are just a few new business items addressed at the WSBC:**

- The OA policy defining open and closed groups was amended to ensure newcomers understand they are welcome in a closed group meeting.
- A policy stating that OA has no opinion on weight loss surgery was adopted
- The Finance Committee was disbanded.
- The Web/Tech committee was not disbanded.
- Unity Day will now be celebrated on the last Saturday in February in even years and the last Sunday in February in odd years, at 11:30 am local time.
- The OA Birthday, Sponsorship Day and IDEA Day were extended to a whole weekend to allow specific groups/intergroups/regions to decide when they would like to celebrate.

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.

# 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.

**Show your OA love and gratitude with a recurring donation. Find details at oa.org/contribute**

Suncoast Intergroup and its contributing groups donated a total of **$1,136.38** to the World Service Office in 2017!

**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

**To make a donation online: oa.org/contribute**

**Looking for a way to celebrate your sponsor or sponsee's anniversary of abstinence?**

*Consider making a donation to intergroup in their honor!*

## Suncoast Intergroup

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

**If you are interested in OA service or just want to learn about how Suncoast Intergroup works, join us at Intergroup.**

*All Are Welcome!*