OASIS

Overeaters Anonymous Suncoast Intergroup Shares
OCT 2018

OVEREATERS ANONYMOUS®
Suncoast Intergroup

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SUNCOAST INTERGROUP

If you are interested in OA service or just want to learn about how Suncoast Intergroup works, join us at our monthly Intergroup meeting on the 3rd Saturday of every month at 11 a.m. at Christ the King Church Youth Center.

Can't make it to intergroup? Join us remotely by calling the conference line: (605) 472-5361 Access Code: 862160

All Are Welcome!

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.

The Power of Working the Steps and Traditions

Contributed by Michelle

I've been twelve stepping for seven years now in another program. I know the power of working the Steps and Traditions because of the results I have experienced personally. Just for today, the grief that I struggled with for over six years no longer cripples me, and suicide is no longer my back-up plan. Just for today, my life is neither perfect nor easy, yet it is good and I am grateful. Since, over the last seven years, I've had lots of opportunities to practice (imperfectly) my program in numerous situations of trauma and loss, just for today, when challenges big or small occur, I am able to use program tools to navigate the situation du jour and then to return to being happy, joyous, and free fairly quickly.

Given all this, I think I found it odd, and most certainly humbling, to realize recently that I have spent the last few weeks cycling through binge eating and fasting. These are not consistently ongoing behaviors in my life, but there have been a number of periods since my late teens when

(Continued on reverse side)

Upcoming Events

Saturday, Nov. 17, 1–3 p.m.:
IDEA DAY (International Day Experiencing Abstinence)
Christ the King Catholic Church Youth Center 821 S. Dale Mabry Hwy, Tampa, 33609

Are you lost and stuck in a "Depression Drag"? Have you wandered into treacherous "Self-Pity Falls" or ventured into "Terminally Unique Boutique"? Are you sabotaging yourself in "Food Fantasy Island"? Just in time for the holidays, join Suncoast Intergroup and find answers during this unique workshop as we celebrate abstinence. Discover yourself on the "roadmap of recovery". Come early and participate in Intergroup from 11-12:30. This event is BYOL (Bring Your Own Lunch). Coffee, tea, and water will be provided for a small donation. Suggested donation is $6.

Wednesday, Dec. 12, 7:30–8:30 p.m.:
TWELFTH STEP WITHIN DAY,
Rainbow Recovery Club,
720 W Doctor M.L.K. Jr Blvd, Tampa, FL 33603

Hosted by the Solo Por Hoy Spanish language meeting. A forum on recovery relapse will follow the 6:30 p.m. meeting. No Spanish language skills are required if you plan to attend the meeting before the forum. Reach out to an OA friend you haven't seen in a while and bring them with you!

Sunday, Jan. 20:
SAVE THE DATE!
OA BIRTHDAY PARTY
Location TBD.
Visit oasuncoast.org for more info to come!

Event Recap! Sponsorship Day

Contributed by Tara L.

Sponsorship Day was celebrated by over 20 OA members from all around the Tampa Bay Area on Saturday, August 18, 2018 at Cypress Point Park. Cold beverages, icy water pistols and a lovely bay breeze kept us all cool as we listened to two OA members share their experience, strength and hope in the area of sponsorship and then answer questions from the group. Members and their families and friends played on the beach and playground, participated in our arts and crafts table, or simply stayed in the shade and enjoyed fellowship with one another. Thank you to Pinellas Traditions Intergroup for co-sponsoring this event with us! Thank you to all my Suncoast Intergroup members whose hard work made this event possible. Most of all, thanks to all members who attended and brought their families for fellowship. **Together we get better!**

Looking for Literature?

Suncoast Intergroup is selling literature as a means of fundraising to further support our groups. Here's what we have available:

- Brand new 2nd edition of *OA Twelve and Twelve* ($18) and the new accompanying workbook for ($17)
- Various pamphlets and packets
- *For Today* and *Voices of Recovery* workbooks (discounted rate of $10)

Need a holiday gift or a treat for yourself? We're also selling pewter serenity knots on a lovely organza ribbon necklace. ($10 each)

NEW SPANISH-SPEAKING MEETING

Wednesdays at 6:30 p.m.
Rainbow Recovery Club, 2nd floor

720 W Doctor M.L.K. Jr Blvd, Tampa, FL 33603
For info, call Margarita at 813-381-0190

Sólo por hoy! Hispanohablantes.

Comedores compulsivos anónimos, OA es un programa que me salvo mi vida. Hoy estoy abstinente, eso quiere decir que no estoy comiendo compulsivamente, es un programa en que ocurren los milagros y se comparte, esperanza y recuperación. El primer paso admitimos que éramos impotentes ante la comida, qué nuestras vidas se habían vuelto ingobernables. Y la tercera tradición dice…El único requisito para ser miembro de OA es el deseo de dejar de comer compulsivamente.
— OA miembro MP
English translation below:

OA is a program that saved my life. Today I am abstinent. I am not eating compulsively. It's a program where miracles happen in your recovery. Step one is that we admitted we were powerless over food—that our lives had become unmanageable. The third tradition—the desire to stop eating compulsively is the only requirement for OA membership.

The Power of Working the Steps and Traditions (continued)

I used this coping mechanism to keep the sadness, fear, and loneliness I was experiencing at bay. Yesterday, I realized that I've picked up those tools once again since, also once again, life is presenting circumstances that elicit feelings of sadness, loneliness, and fear.

Gratefully, I knew enough to recognize these old coping mechanisms; to honestly acknowledge they are destructive, not sustainable, and will not work on a long-term basis; and to identify them as the symptoms rather than the cause of my disease. Thanks to my twelve step history, once I became aware, I knew enough to do a web search for OA meetings, to call the contact person listed, and to walk into my first meeting. Today, I knew enough to suit up and show up for another meeting, and I've already marked my next week's meetings on my calendar. Knowing the power of sponsorship, I am listening in order to hear the sponsor who has the peace, serenity, and abstinence in their life that I long for in mine so that I may begin learning from their experience, strength, and hope.

The holidays are coming. Last Thanksgiving, I ate normal amounts of food during the time I was with others, and then came home to an empty house where, alone, I ate three meals worth of leftovers while also binge-watching movies that only made me feel worse about myself.

I don't want to do this again this Thanksgiving. After 28 years of on-again, off-again bingeing and fasting, I want to do things differently. OA has tools specific to my mindless obsession with binge eating that simply aren't present in my other twelve step program. I am grateful I am here now to learn these new tools.