OASIS

OVEREATERS ANONYMOUS® Suncoast Intergroup

Overeaters Anonymous Suncoast Intergroup Shares

Fall 2019

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 11AM at Christ the King Church Youth Center.

Can't make it to Intergroup?
Join us by calling the conference line:

(605) 472-5361
Acceess code: 862160

Our Trusted Servants

Chair: Tara L.
chair@oasuncoast.org

Vice Chair: Marissa M.
vicechair@oasuncoast.org

Secretary: Cid C.
secretary@oasuncoast.org

Treasurer: Grace B.
treasurer@oasuncoast.org

SUNCOAST INTERGROUP GENERAL INFORMATION

813-254-4190

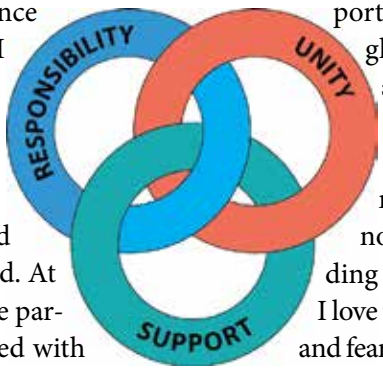
oasuncoast.org

suncoast.tampabay@gmail.com

PO Box 18594
Tampa, FL; 33679

Reflections

Tonight I am sitting in my living room at my small work table eating my very abstinent meal. My husband is out of town on a business trip; he has been gone for three days. Seven years ago my evenings during his absence would have been very different: I would have been driving in my car to my various favorite eating spots, pretending to the service people that I was preparing for a very large party. I'm sure I fooled no one and also sure no one cared. At home, I feasted alone at the "large party." Today I am no longer obsessed with food. Today I have Overeaters Anonymous on my side along with a loving, no-nonsense sponsor, really wonderful OA friends and a God of my understanding who has guided me along this new path. I have abstinently survived the passing of my father and the death of my brother with not one binge.



When I entered my first OA meeting, I was angry because I was there, afraid that I would be judged, and surprised at the things I heard: hope, success, humor, and yes, maybe more importantly, honesty about food struggles. Folks were speaking openly about their relationship with both food and people. It was weeks before I would open my mouth and when I did, there was no judgment, only members nodding in understanding.

I love the fourth step: "Made a searching and fearless moral inventory of ourselves." Previously, in my life others were to blame for everything that wasn't perfect: "Poor Me!" So my fourth step inventory was long. But it has led me to a much clearer understanding of my role in my life. Thank you OA and all my OA friends.

Sarah T.

Up and Coming

I.D.E.A.Day

International Day of Experiencing Abstinence

Join us as we kick off the holidays with a great abstinence workshop

November 23, 2019
12:30 -3:00 PM

CHRIST THE KING
YOUTH CENTER
821 S. Dale Mabry Hwy,
Tampa FL 33609
(Bring Your Lunch)

We are seeking donations of original artwork from members for a silent auction. Give your art to your IG representative before November 22.

Twelfth Step Within

WORKSHOP

December 12, 2019
Watch for further information

Journey to Freedom

One Year Anniversary Celebration

Saturday, October 12, 2019
10:30 am – 12:00 pm

2301 Deltona Blvd. Spring Hill FL 34606

HALLOWEEN Party

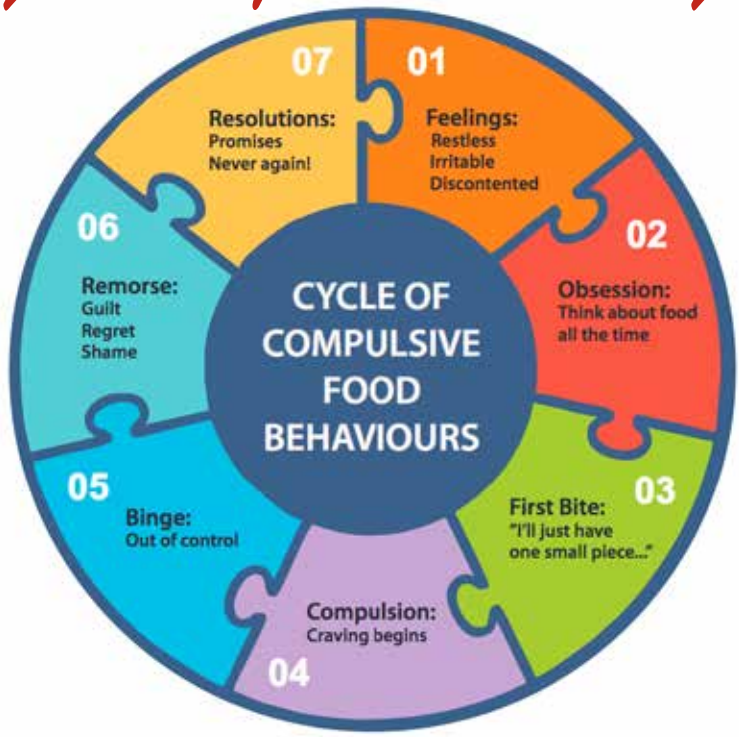
October 25
7:00 – 9:30 pm

Northwoods Presbyterian Church Clearwater
7875 St. Road 580

Come in your best costume

Suggested donation $5.00

Overeaters Anonymous -
your steps to recovery!



Thoughts on Sponsorship

- **Sponsorship** is a spiritual relationship based on **E**quality, **A**nonymity and **T**rust. **EAT**
- **Sponsorship** is a spiritual relationship with no strings attached.
- **Sponsorship** has no pedestal, no degree, cap or gown, no tiara and no magic wand.
- **Sponsorship** is an opportunity to grow and recover together, not in isolation. Isolation begets insanity .
- **Sponsorship** keeps me focused and allows me to be of service as I share what has been given me.
- **Sponsorship** helps me see what works for me.
- **Sponsors** are abstinent members using the tools, steps and principles of our program.
- **Sponsors** are not responsible for another's abstinence
- **Sponsors** set health boundaries.
- **Sponsors** are not therapists.

- **Sponsees** are encouraged to build a network of trusted friends in recovery.
- **Sponsees** honor commitments.

Favorite Things

My first OA meeting 10 years ago was the Thursday Bloomingdale group in Brandon.

It was where I discovered that there were people with the same disease I have and they spoke a language that made sense to me! The meeting has been my home group ever since and some of the people who greeted me then are still there.

I owe the life I have with food today to them – a life Happy, Joyous and Free! -**Mike E.**

Mind ,Body, Spirit

Volunteers are needed for this event on:
Saturday and Sunday,
November 16 and 17, 2019

OA will have a table with literature and information about our Suncoast Overeaters Anonymous groups.

Where: Exposition Hall, State Fairgrounds.

Morning and Afternoon shifts are needed.

Contact: suncoast.tampabay@gmail.com

This is a great opportunity for service and a chance to meet and spend time with great OA friends!

Soar 8 Convention

There is still one space open for the Soar 8 Convention. Contact suncoast.tampabay@gmail.com if you are interested in attending.

Editor's Corner

We hope you enjoy this new edition of OASIS.

In future editions we want to hear from you and hope you will tell us your OA story: **REFLECTIONS**

We also want to know about your home group or another group you love: **FAVORITE THINGS.**

Also, your comments and thoughts are welcome

Text/Call Editor: **813-924-6196**