

# OASIS

**OVEREATERS  
ANONYMOUS®**  
Suncoast Intergroup

## Overeaters Anonymous Suncoast Intergroup Shares JAN 2019

### Our Trusted Servants

**Chair: Tara L.**

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chair@oasuncoast.org

**Vice Chair: Marisa M.**

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**Treasurer: Grace B.**

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**Secretary: Megan D.**

secretary@oasuncoast.org

### Suncoast Intergroup General Information

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**Web: [oasuncoast.org](http://oasuncoast.org)**

### 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 Twelfth Step Within

The 12th step states "Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." The wording here is not accidental. THE result of these steps is a spiritual awakening. It's not A result, not a casual byproduct, or a propitious happenstance, it is THE result of taking the 12 steps. Spiritual awakening is the goal of our work in recovery. The twelve steps do not promise weight loss, a perfect figure, better relationships, or even sanity around food, though these all can be side effects of our spiritual awakening.

What is a spiritual awakening? How long does it take? How do we know we've had one? In my opinion, it is a gentle, life-long process of becoming aware of the presence of the great spirit around me, the power greater than myself that can restore me to sanity. I know I am experiencing a spiritual awakening when I see things in my life that are outside of my control unfolding in astonishing ways, without my interference or suffering, and without having to abuse my body with food, restriction or exercise.

Step 12 entreats me to carry the message to others with my problem and to practice the principles of the steps in all my affairs. It urges me to take my beliefs into the field, so to speak. To live them daily, hourly even, on the ground, in the trenches. It may be uncomfortable and dirty and hot, and I am still urged to practice these principles. It may be dangerous and slippery all around me, and I am still urged to practice these principles. If I maintain this high moral ground, I can have faith that the outcome will be as it should. My side of the street will stay clean. And by engaging in service, I get to continue to recover; while the focus is outside of myself, I continue to be relieved of the obsession to eat compulsively. *(Continued on reverse side)*

## 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)



**Treat yourself or  
a friend to a pewter  
serenity knot on a  
lovely organza ribbon  
necklace.  
(\$10 each)**

# 2019 Upcoming Events

## OA's 59th Birthday Party!

Come celebrate and make a "God Box", enjoy fellowship, and share your recovery journey with others.

**Sunday, Jan. 20 2019**

4:00–6:30 p.m.

3106 West Lawn Ave.,  
Tampa, FL 33611

Suggested Donation:  
\$5 (no one will be  
turned away)

Contact Tara for details at  
(412) 260-8859



*(Continued)*

The 12th tradition states "Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities." Anonymity is one of the tools I treasure most in program. When I walk into the rooms, I get to be just another compulsive eater. I don't have to know all the answers, or answer to anyone. I don't have to save anyone or scrape my way to the top. I can be one among many people with a common problem. I can ask for help when I need it. And I don't treat or consider anyone else in the rooms better or worse than myself. When personalities come before principles, our unity is threatened and the whole fellowship is endangered. Since I need others in the fellowship to recover, focusing on upholding the principles keeps me grateful, humble, compassionate, and kind when my basic instincts are more likely to turn towards judgment, impatience, pride and fear.

I thank my Higher Power and OA for these principles and the ability to practice them today! Consider reaching out to someone you haven't seen in the rooms in a while. They may not be ready to take your hand right now, but they will at least know it is there, outstretched and ready for them.

In love and fellowship,  
Tara L.

## 29th Annual Florida State Convention of Overeaters Anonymous

**"Together We Can...Believe, Achieve, Receive"**



**Feb. 22–24, 2019**

Hilton Cocoa Beach Oceanfront  
Meal packages available  
Convention Highlights include  
Opening Ceremony, workshops, and  
Unity Day Celebration.

For details and registration  
information, visit [oasuncoast.org](http://oasuncoast.org).

## Sunlight of the Spirit SOAR8 Regional Assembly & Gold Coast Intergroup Recovery Convention

**April 5–7, 2019**

Sheraton Suites Fort Lauderdale, Plantation, FL

Highlights include workshops & panels covering abstinence, higher power, recovery from relapse, and more, Saturday lunch fashion show, dinner banquet with entertainment, and speakers from across Region 8 sharing their experience, strength, and hope.

For details and registration information visit  
[www.oaregion8.org](http://www.oaregion8.org)

## A Special Thank You to the TOP 5 DONATING GROUPS in 2018!

**\$295: MON. 7 P.M.**

Village Presbyterian Church, Tampa,

**\$285: MON. 11:30 A.M.**

Resurrection, Odessa (closed)

**\$240: THURS. 7 P.M.**

Presbyterian Church of Bloomingdale

**\$240: THURS. 7 P.M.**

All Saints Lutheran Church, Lutz

**\$198: SAT. 9:30 A.M.**

St Catherine's Episcopal Church,  
Temple Terrace

**\$196: FRI. 11:30 A.M.**

7th Day Adventist, Zephyrhills