OASIS

Overeaters Anonymous Suncoast Intergroup Shares

OVEREATERS ANONYMOUS®
Suncoast Intergroup

Spring 2020

Welcome To A New Day

If you are interested in OA Service or want to learn 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:

Call our conference line:
(605) 472-5361
Access code: **862160**

Our Trusted Servants

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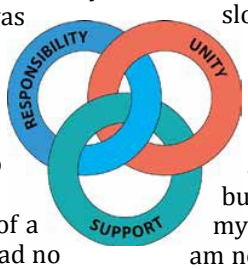
Reflections

I don't recall why I would not commit to a food plan when I first came to Overeaters Anonymous. I do recall that I decided to place a focus on my trigger foods. I made a list, but knew it was not complete and as a result, I struggled for a year with no relief. However, after an OA writing workshop I felt the obsession lift and I became free of compulsive eating. My food plan? I ate no sugar; that was my food plan!



I recall standing at the dessert table of a potluck supper and to my amazement I had no desire for any of the food before me! This lasted for several years. Time passed and while on vacation I gave myself "permission" to taste the sweet specialty of the area. I knew it was essentially sugar, but I told myself, "I've got this—I'm safe. Time went on, but as I gave myself permission to occasionally have "just a little" of sugary foods, slowly over the next months the compulsion returned.

My abstinence became a roller coaster. I rebelled against committing to written a food plan, wanting those sugar free peace of mind times to return; but the disease progressed. Today I write my plan and commit to it. It works for me. I am not completely surrendered, but a cannot simply wait for surrender to happen. For today, I see that I must take action: I write my food plan every day, I commit to it, and follow it.

Susan G.

Beating Stress, Fear & Boredom

During these times it is important for us to have a daily schedule in order to maintain sanity:

Thus it is vital that we maintain contact with one another. "We believe that what we cannot do alone, we can do together." So we find ways to stay together in order to remain abstinent, gain or regain abstinence - that sometimes elusive goal which helps us avoid the feelings that come from relapse.

By attending meetings, we can focus on OA's primary purpose: to carry our message of recovery to those who still suffer.

OA Suncoast of Tampa Bay has developed a temporary list: IG Meeting List-COVID19, which provides the vital information regarding the changes as to how each meeting will be conducted during this time.

The Meeting List contains the information regarding where and/or how each meeting is taking place.

You will find whether the information is current and how the meeting will take place: i.e. confirmed as a virtual meeting, or a dial-in meeting. On meetings in which the status is currently unknown, you will find the name of the contact person and phone number.

Events & Event Changes

Sunshine of the Spirit:
60 Years Around the Sun!
2020 OA Convention
Orlando, FL
August 20-22

Renaissance Orlando at Sea World ®
6677 Sea Harbor Drive Orlando, FL 32821
USA Phone: 407-351-5555

TAMPA PRIDE

Official Tampa Pride 2020 events in Ybor City will be rescheduled. As the Pride coordinators update OA Suncoast, we will keep you informed about the changing situation.

At that time we will schedule volunteers our Health Fair Booth.

Thoughts from the Food Court

If you find a path with no obstacles, it probably doesn't lead anywhere.
Author Unknown

The greatest weapon against stress is the ability to choose one thought over another.

The OA program teaches us to reach out for emotional nourishment rather tan food. When difficult feelings and events arise OA teaches us not to eat but rather to reach for emotional nourishment and the OA concepts. If we call program friends and newcomers, if we observe someone struggling and make a call, we see the promises come true in our own lives.

If we do our best, even though it may not be exactly what we want, we strengthen both our will and our spirit.

Today we have the opportunity to do our part to carry the OA message through the virtual meetings that will become the "OA Way." for us in the weeks ahead.

The Greatest Weapon Against
Stress
Is the Ability to Choose One
Thought
Over Another

The Editor's Corner

We hope you enjoy this 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**.
In future editions look for **"Our Suncoast History"**
Also, comments and thoughts are appreciated.

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editor@oasuncoast.org.

OA SUNCOAST INTERGROUP OF TAMPA PRESENTS:

A Workshop on the Twelve Steps

WHEN: MONDAY NIGHTS
DATES: APRIL 13TH—August 10TH
TIME: 7:00 — 9:00 PM
An introductory session will be held on April 13.

LOCATION: Tampa Quaker Meeting House
1502 W. Sligh Avenue
Tampa, FL 33604

Due to the recent Tampa announcements regarding COVID-19 the details regarding the workshop may change. Although the dates will remain the same, the events may be held as virtual meetings.

The OA Birthday Celebration at Ballast Point Park in South Tampa was reported as a great success with wonderful speakers, lots of fun and old friendships renewed. Especially rewarding was the 11:30 salutation with everyone in the Eastern Standard Time zone reciting our Serenity Prayer.

OVEREATERS ANONYMOUS®

Is Food A Problem for You?
Are You 18 to 30 Years of age?
No matter what your problem with food
Compulsive Overeating - Under-eating
Food addiction - Anorexia - Bulemia
Binge eating or Overexercising
Visit Overeaters Anonymous YP on
Thursday Night Phone Meetings 9:30 PM
Phone 605-472-5395 Access Code 378978#
***Get Connected — *Get Support**
Find Answers at www.oa.org