

# OASIS



Overeaters Anonymous Suncoast Intergroup Shares

Summer 2020

WELCOME  
to  
New Day

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 third Saturday of every month at 11AM.

Join us with [www.ZOOM.us](http://www.ZOOM.us):  
Meeting #:

**118406909**

Password: Serenity2

## Our Trusted Servants

**Chair:** Tara L.  
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INFORMATION

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## MESSAGE FROM THE CHAIR:

Blessings to ALL of Suncoast Intergroup from my home in South Tampa. I know a lot has happened in all of our lives since the last newsletter was published. I want to share with you how I am using my OA program of recovery to stay safe, sane, and serene in the midst of the rapidly-changing turmoil and chaos that is our world today.

When it comes to recovery actions, I've doubled down (perhaps tripled or quadrupled!). I am actively working the Steps (just finished 4 & 5). For the first time in my life, I'm actually using almost every tool, every single day. I try to get to a virtual meeting each day, or at least listen to a recovery podcast. I'm so grateful for my sponsees that call me each day (telephone) and keep me locked into the center of program. I read in my daily readers every day (literature) and write on the reading or whichever step I'm

working on that day. I have a food plan with boundaries that keeps my body nourished and a flexible, loosely built action plan that helps keep me on track for whatever things I need to get done that day, both for recovery and "real life". I try to be of service daily, through sponsorship, getting to meetings and reading or sharing, or some action to support the groups or intergroup. My favorite tool, anonymity, reminds me that I am no more or less than any other compulsive eater, so I can place principles before personalities in every situation in my life and thrive with grace, compassion and humility. I'm so blessed to live in a community with strong recovery that I can both draw from and contribute to on a daily basis. Thank you Suncoast! You continually inspire me! I'm honored to serve as your chair.

With a big virtual hug,

*Tara L*

## Up and Coming

**OA**

## TALENT SHOW-AND-TELL

Celebrate  
**Sponsorship Day.**

Show off your  
special talent or hobby!

**August 15, 2020**  
7:00 PM ET

**No expertise necessary!**

Tell us or show us something  
extraordinary about you –  
a story, creation, ability, or performance.  
Sponsor/Sponsee acts highly encouraged!

Email [suncoast.tampabay@gmail.com](mailto:suncoast.tampabay@gmail.com)  
or call/text (412) 260-8859 to let us know  
you will be participating.



struggling with eating problems ...

**12 STEPS TO RECOVERY**

I put my hand in yours,  
and together we can do what  
we could never do alone.

—The OA Promise

## How OA Works for Me

1. Everyone is friendly and accepting of one another.
2. No one tries to “fix” anyone except themselves.
3. All share their stories, giving hope to others.
4. Each respects one another’s concepts of HP!
5. We come to realize there is strength in numbers.

*N*

## Working the Program – Using the Tools

OA works for me because it keeps me sane and abstinent in a sometimes insane world. No matter my circumstances, whether I’m ill or feeling healthy, I practice my program and use the tools. I attend meetings, write, call my sponsor, read our literature and give service in order to pay back what I have so generously been given: 22 years of abstinence— one day at a time.

Thank you God – Thank you OA

*J.C.*

## Soar 8 Convention

**Due to COVID-19:**

The Region 8 Spring Assembly Rescheduled to  
**October 23-25, 2020**



## Editor's Corner

We hope you enjoy this new edition of OASIS. 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**



## Do you need some accountability to get through working the steps?

Or do you just want to refresh your stepwork with a loving, encouraging group of fellows? Either way, Suncoast Intergroup has just the thing for you!

We plan to start a new 15-week accelerated workshop on the steps this fall and we'd love to have you join!

So let us know the days and times that work best for you.

Follow the link below and complete the survey below and return by **August 10**.

<https://www.surveymonkey.com/r/QFPBRJP>

Here is what some of our members are saying about the recent step study workshop:

“This STEP STUDY WORKSHOP has given me concrete tools to keep the steps alive in my life.”

“We know there is strength in unity from attending meetings, but there is a special strength in the bonds formed when taking the steps together. This has been a wonderful exercise in trusting not only my HP but in some of my fellow OAs.”

“This Step Study Workshop propelled me through the steps, allowing me to successfully complete all twelve. I love the fact that the program uses OA and AA literature for an all-round view as to the intent of the steps.”

“Step Study Workshop was a great experience, creating a bond with members many of whom I had not met before. All the step study literature was chosen to be a complement to each other, making it a very thorough workshop experience. The literature utilized in the Step Study Workshop really complemented each other well and so made it a very thorough step study experience. In addition, even though it was a commitment, the zoom meeting made it much more accessible and convenient.”

We now have acceptance  
pendants available!

Acceptance Pendants: \$5 each

Step Staircases: \$15 each



To purchase email: [suncoast.tampbay@gmail.com](mailto:suncoast.tampbay@gmail.com)