OASIS

Overeaters Anonymous Suncoast Intergroup Shares

OVEREATERS ANONYMOUS® Suncoast Intergroup

Winter 2019-2020

Welcome To A 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 11 AM at Christ the King Church Youth Center.

Can't get to Intergroup?
Join us by calling the Conference Line:
(605) 472-5361
Access Code: **862160**

Our Trusted Servants

Chair: Tara L.
chair@oasuncoast.org

Vice Chair: Marisa M.
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SUNCOAST INTERGROUP GENERAL INFORMATION

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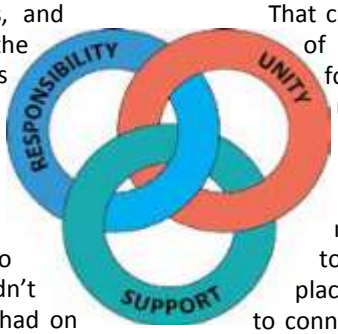
Reflections

I can't remember a time in my life when food was not a major focus. Although I had a generally happy childhood, I received a lot of mixed messages: my mother was on a perpetual diet and my father took physical fitness to extremes. I came to believe that physical appearance and social acceptance were crucial for success, and that food was the best way to soothe emotional distress. The messages stuck; I found solace in food as my parents' marriage fell apart or when I was harassed by others. As a result, I became so wrapped up in compulsive eating behaviors that I felt disengaged from life. No matter how hard I tried, I couldn't wrestle myself from the grip food had on me. I felt utterly hopeless. My solution was to restrict; instead of food, I used exercise as a means to control how others viewed me. But without food as a crutch, I had no idea how to cope with life. And no way to foresee how devastating this path would become.



This was compounded by the fact that there seems to be a stigma attached when man struggles with food. This observation perpetuated my negative self-talk and the belief that there was something inherently broken inside of me. I have spent nearly 20 years in and out of treatment, trying in vain to grasp recovery. Nothing helped — all I knew was shame.

That changed when I discovered the rooms of Overeaters Anonymous. There I found people who were able to love me while I was incapable of loving myself — people who would encourage me and remind me of the good within me. I found friends who heard my stories and responed, "Yeah, Me too." And I that's what I needed; a safe place to learn how to be myself and how to connect with something greater than myself. While I certainly haven't reconciled all o the hurt from my past, for the first time I have hope that something different is possible. I've found a home and a place of rest in the rooms of OA. **And for that I am eternally grateful.**

Bryan G. 2019

Upcoming Events

Join us to Celebrate OA Birthday!!

If you missed all the fun making our God Box creations last year, now you have another chance...

January 26, 2020 — 3:30-5:30

And we'll also be making OA SPIRAL STAIRCASES.

More fun!!

Call Chairman Tara L. **(412)260-8859** For Directions

GAY PRIDE EVENT

MARCH 28, 2020

Suncoast OA will have a booth at the Health Fair

More Information to Come

More Events Next Page

SOAR 8

March 20-22, 2020
Baton Rouge, LA

Want to go?
Ask your IG Representative for More Information

Happy Holidays
Happy Abstinence

Thoughts from the Food Court

Are you having trouble with the overabundance of holiday foods?

As the holidays roll on, I remember hearing from another OA member: "My food is the food **I** eat— that is, the items on **my** food plan are the things I must eat to maintain abstinence." Then, I remember that even though others can eat without repercussions, I cannot. Sometimes it takes only one bite to trigger a physical craving that wants me to break abstinence. So I remind myself, "I have a food plan, and for my own well-being, I must follow that plan."

Thoughts to Remember:

1. Did I plan my food today?
2. Have I been abstinent today?
3. Is my action plan firmly in place?
4. Did I pray and meditate today?
5. Did I call, text, or ask for help today?
6. Is my action plan up to date?
7. Did I use my action plan?
8. How (or did) I use help from my HP?

The Editor's Corner

We hope you have a joyous, peaceful and memorable Holiday.

Remember the telephone meeting marathons on Christmas Eve, Christmas Day, New Years Eve and New years Day.

Meetings are scheduled every hour around the topics of the regularly scheduled meetings.

Together we get better!

Favorite Things

Sunday Night Meeting: 7:00
Bayshore Presbyterian Church

This meeting feels like a comforting hug that helps me reflect on my week. It is one of the things I get to do on Sundays to get my daily spiritual medicine and rest.

Gabby B.

Wednesday Night Meeting
Turning Point of Tampa (TPOT)
6227 Sheldon Rd.

This meeting is a safe place where I am 100% comfort-able sharing about all the ridiculously hard times I've had accepting my OA program. Then the following week I get to share the amazing moments when I can sit back and recognize that for this day my sanity has been restored. The experience, strength and hope has been amazing and unmatched!

Kim

More Upcoming Events

Twelfth Step Within Celebrations

Be sure to check out the flyer at your meeting explaining how our **SUNCOAST INTERGROUP** reminds us to use the Overeaters Anonymous 12th Step to gain or maintain our own abstinence.

You are also invited to a 12th Step Within Zoom meeting via phone or on line December 12 at 7:30 pm. This is a short meeting to celebrate the day we remember to help others on their OA journey in gratitude for the help we have received.

On Line Join Zoom @: https://zoom.us/j/8985092016

Or find your local phone number @:
https://zoom.us/ac7fnzSUI
Meeting ID: 898 509 2016

Celebrate

Orlando, FL

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

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

Hotel Reservations
Reservations open January 2020.

Our OA Booth at the
Mind, Body, Spirit
Event