

OASIS



PO Box 18594

Tampa FL 33679

Email: Suncoast.tampabay@gmail.com

Information Line: (813) 378-7275

Reflections from the Chair

Service is a necessary part of my recovery. I learned the importance of service after a relapse. When I came back my sponsor stressed the importance of coming out of my isolation and getting involved. It helped break me from the self-centeredness of my disease and gave me a way of hearing and carrying the message of recovery to other compulsive overeaters. Since then, service has kept me connected to the program and allowed me to give back just a small part of what has been given to me.

When I moved to Florida two years ago, I was nervous about finding new meeting groups and building a network. I recalled my sponsor's advice about doing service and getting involved. I was welcomed into the local meeting rooms and noted how many members gave service. I volunteered to be the meeting secretary and then an intergroup representative. My commitment got me to meetings and gave me opportunities to interact with other compulsive overeaters. It is through these connections with other compulsive overeaters that I have learned it is possible to live an abstinent life.

Living with the pandemic for the last two years has been a challenge. What could have been a spiral into isolation and disease, turned out to be an opportunity for service, growth, and making new OA friends. How grateful I am for those who kept our meetings alive so members could share their

recovery and spread the message of hope.

I am grateful for the opportunities of service I have been given.

Susan

**Upcoming Virtual Event:
SOAR8 Recovery Convention and Business Assembly
April 1-3, 2022**

Our Trusted Servants:

Chair: Susan

chair@oasuncoast.org

Vice Chair: TBD

vicechair@oasuncoast.org

Secretary: Jo

secretary@oasuncoast.org

Treasurer: CiCi

treasurer@oasuncoast.org

Reflections of a Fellow

Service: The gift we must keep on giving

Before I entered the 12 step world, I believed that service meant work. Today, I know that service means work and that when I do the work, I get better. I have learned that service is part of our 3- legged stool and the 3 legs are - recovery, unity, and service.

I have watched, I have listened, and I have learned to hang with members who have what I want. Over the years, I saw successful members attend meetings regularly, have sponsors, spend time with outreach projects, and attend events like workshops and conventions and intergroup meetings. They were working their program and they helped me work mine. I never felt alone. I wasn't alone. They became We.

Together we participated in, and even hosted, events anywhere, anyhow, and usually in groups. We kept it simple. Sometimes we just got in a car and went.

Sponsorship has been key for me; getting one, being one, using one. For me there is no one way to do anything in OA. Over the years, I have tried to show up, listen, and learn, keep an open mind, chair meetings, share my experience, strength, and hope, open the door to meetings, set up meetings, volunteer to put out and put away literature, and encourage newcomers to keep coming back. I also call newcomers and from time to time I reach out to those I haven't seen in a while.

My passion is carrying our message to professionals and to the world. We are anonymous. OA must not be. There are OA brochures, pamphlets, books, and other transforming literature from our intergroup, from our corporate office, on the net, and from other formats. We also have OA Suncoast business cards.

How will you be of service today?

The OA program of recovery must never be anonymous.

Website
oasuncoast.org

Information Line
(813) 378-7275

TEXT
Text the word SERENITY to 77948

Reflections of a Fellow

My name is Tara and I am a compulsive eater. When I first came into program almost 18 years ago, others offered me their time to share their experience, strength and hope. They reached out to me with phone calls, offered sponsorship and helped me work the steps. At that time, I had no idea of OA's service structure above the meeting level. Over time, I began to see group members hold group conscience meetings and discuss touchy subjects with grace and dignity, keeping in mind the traditions of the program. Once I had worked the steps and became abstinent, I felt my program grow stagnant and knew that I wanted to keep my recovery. I also knew that I could never pay back the service that had been offered to me when I recently came, so I had to pay it forward.

I offered to serve as treasurer for an individual group, which made sure that I kept going back to that meeting at least! After some gentle nudging from the universe, I started sponsoring other compulsive eaters. I did not do it perfectly, but it helped me continue to recover. As I continued my career, I had to move several times, and each time I insinuated myself into the local OA group with service, which kept me from getting lost and ensured I kept showing up for my program. My disease progressed, and I needed to increase my service to continue recovering. I became involved in Intergroup, which was almost like learning a new language! Very quickly, I became treasurer of Intergroup, and soon thereafter I became Chair. I have been blessed to serve in a thriving Intergroup, and have witnessed many beautiful discussions around the traditions, which have generated a good deal of interest in service. We have navigated these with grace and compassion. I have been even more blessed to serve as a representative at our region (Region 8) and the World Service Business Conference (WSBC) and have learned so much about the services these organizations offer to help the still-suffering compulsive eater. Not to mention

the gift of seeing the group conscience at work among hundreds of compulsive eaters together, which is miraculous!

Sometimes I volunteer too much, and I take away others' chance to be of service; then it starts to feel like a burden, and I know that I need to allow the natural rotation of service to take place. Too much service feeds into my other addiction of workaholism and can interrupt my conscious contact with my higher power. I continue to sponsor several beloved fellows, who allow me to maintain my recovery by giving it away. I am currently wrapping up projects with Region 8 and the WSBC, and looking forward to slowly getting involved in Region 7 (where I have newly moved). If I continue to nourish my recovery with service, I get to keep it. I will always be in the red in recovery; every time I am of service, I feel as if I get more than I give. That's the way it is in program, and I could not be more grateful. Please consider being of service as well! You will never give more than you get back! It's just one more insurance policy against relapse. Many blessings to Suncoast.

7th TRADITION

Contributions keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

[Click here to Donate to Suncoast Intergroup](#)

If you are interested in OA Service or want to learn how Suncoast Intergroup works, join us at our monthly Zoom intergroup meeting on the 3rd Saturday of every month at 11am

Click [here](#) to attend Intergroup Zoom meeting



Unity Day 2022

Games, Prizes, and Fellowship! We cohosted our Unity Day Workshop with Pinellas Traditions Intergroup at the Marge Porter Center in Tampa on February 26. The theme of the day was service. Our morning session consisted of a power point presentation on how service bodies function and opportunities of to be of service. Speakers shared on how service enhanced their recovery and the talents we each possess to be of service. At twelve o'clock we joined together and recited Rosanne's Prayer. During our afternoon session we completed an Intergroup Inventory and Goal Setting exercise. Many thanks to our planning committee and all their helpers who donated their time and talents to making the day a success. Plans were made for a follow-up event with PTI in August 2022.

Are you interested in Service? We need a willing Fellow for the following Suncoast IG positions!

- Vice Chair
- Intergroup Representatives
- Newsletter Technical Support

Some suggestions from our fellows for future workshop topics:

- **Forgiveness**
- **Action Plan**
- **Spirituality**
 - **Prayer and Meditation**
- **Body Image**
- **12 Steps/ Principles**
- **12 Traditions**
- **Sponsorship**