

# OASIS



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## Greetings from the Chair

Opportunities to travel for work and pleasure are on the rise. These opportunities can present challenges for those working their OA program. This edition of our newsletter includes an article on safeguarding one's abstinence when traveling and some helpful travel tips.

Overall contributions to Overeater's Anonymous, as well as to our groups and intergroup have declined. Excerpts from the OA pamphlet entitled, "Supporting Groups and Service Bodies: Seventh Tradition of OA," address the importance of our 7<sup>th</sup> Tradition. Your generous donations to Suncoast allow us to spread the message of recovery.

We welcome Kat, as our newest Suncoast Board Member, who will be filling the secretary position. A shout out to all the intergroup representatives and committee volunteers who give their time and talents to our intergroup. The Suncoast Board is still looking for a vice chair and additional intergroup representatives. If you attend a meeting without an intergroup representative, please consider volunteering.

Finally, Suncoast is hosting a Conscious Contact Workshop on June 11. The planning committee

has prepared a fun filled event in developing one's conscious contact with a higher power. I look forward to seeing you all there.

Susan, Chair

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



You can reach any board member using the email addresses below or [Suncoast.tampabay@gmail.com](mailto:Suncoast.tampabay@gmail.com)

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## Conscious Contact Workshop

Sharing experiences in making conscious contact with a higher power.

June 11, 2022  
11:00-2:00pm

Marge Porter Center  
6311 Sheldon Rd. Tampa FL

## Conscious Contact Workshop

The AA Big Book tells us that abstinence depends on the willingness to maintain continual, constant contact with a higher power of our own understanding. This workshop will examine ways to build this connection through discussion of the steps, guided meditation, and writing. Members will share their experience, strength, and hope in beginning, continuing, and deepening their relationship with a higher power.

Members are encouraged to bring a bagged lunch to the workshop. After lunch, we will decorate 'God Boxes' and discuss using this tool to strengthen and fortify the most fundamental relationship in our recovery and our lives.

Please bring a box or container to the workshop along with supplies to decorate your box. We will have some craft supplies available for your use.

Can't wait to see you soon and know that "...we shall be with you in the Fellowship of the Spirit..." until we meet again.

Andrea, Committee Chair



## TRAVELING ABSTINENTLY

You can be abstinent on vacations and business trips! Believe in yourself and trust your OA program. I hope my words will encourage you to enjoy your traveling and not to be anxious about maintaining your abstinence.

I have traveled extensively during my lifetime: as a child of a military family, for our business, and on vacations. In the past, traveling was always an excuse to live differently from being at home. It meant that I slept more, ate more,

and absolved myself of daily commitments. This change in my daily routine made me believe that I could indulge in anything I wanted to eat because I was away on vacation or business. This resulted in bingeing during my time away. I would come home full of self-loathing about the way I had eaten, vowed to go on a strict diet, and felt so depressed about facing my time at home and getting back to my normal activities.

But I did find a solution. I have been continuously involved in OA for almost eighteen years. During that time, I have lost 50 pounds. I have experienced relapses that began on a vacation and know how easily it can be to lose my abstinence. I can now tell you that we can keep our abstinence, take it with us, and bring it home again. I have been on abstinent cruises, abstinely visited relatives during Holidays, and spent over three weeks in California, abstinely. What a miracle for me. In the past, I would be tense and obsessed with getting my binge foods, but traveling abstinely kept me focused on the present, enjoying every special moment. Being abstinent helped me to relax and feel the serenity and peace this OA way of life brings me. My tools are so important when I am traveling. I listened when friends told me how they traveled abstinely.

### SOME TRAVEL TIPS

\*Change watch to the time zone of destination to help in planning meals.

\*If the day is longer because of time zones, supplement four meals a day with a protein drink in between. Discuss options with sponsor.

\*Bring program foods or plan to eat an abstinent lunch or dinner at an airport or on the road.

\*Collapsible measuring cups and spoons are easy to pack.

\*Travel with portable foods in small portions.

\*Keep spiritually fit while away. Bring literature and devotionals and remember to pray throughout the day for strength and protection from Higher Power.

\*Use the tool of writing when relaxing to get feelings on paper, whether they be joys or difficulties.

\*OA meetings are held all over the world. Have a list of face to face or telephone meetings in the area visiting.

\*Call sponsor, sponsees, and friends to stay connected. There is comfort and support in reaching out.

\*Exercise! Take a walk. If there is a layover in an airport and someone can watch your belongings, take a walk. Most hotels have an exercise room; try to get some walking on a treadmill. It helps mentally and physically to move in some form of exercise.

An OA friend told me how grateful she felt about her abstinent vacation on her plane trip home. I thought about her and had the same experience when I returned. The gratefulness, physical and mental health (the clothes I wore still felt comfortable), self-love and joy were overwhelming. There is no food that could have ever given me the wonderful feelings and satisfaction that being abstinent brought me. Happy trails to all of you; my prayer is that you have amazingly abstinent travels!

Ellie



## How Much Is Your Recovery Worth to You?

### Give to keep our Fellowship thriving.

Our Seventh Tradition states that Overeaters Anonymous "ought to be fully self-supporting, declining outside contributions." While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

To know the true freedom of recovery is to know that we can make sensible and necessary financial contributions to OA at all levels, and that this investment in our Fellowship ensures we can continue to carry the message to the still-suffering compulsive overeater inside and outside our rooms.

When the Seventh Tradition collection comes around, do we remember how much we could be spending if we were bingeing instead of attending an OA meeting? Do we remember all the money we spent on weight-loss programs that didn't work? OA, too,

requires income to be a viable organization.

Experience has shown that recovery in OA is far more important and lifesaving than the debilitating disease of compulsive overeating. As long as we keep the Seventh Tradition, paying our own way from our own pockets, we earn the respect of the public and self-respect as well.

### How do members give?

By far, the most common way individual members contribute is by donating at OA meetings. The suggested contribution is US\$5, and we give as we are able. (Members who attend multiple virtual meetings in a day are encouraged to contribute US\$5 per day.)

## What does OA do with your contributions?

### Groups

- Provide places to meet and share recovery.
- Purchase supplies to run meetings.
- Buy literature and media from the WSO.
- Support the intergroup/service board, region, and WSO.

### Intergroups and service boards

- Offer local outreach to professional communities, hospitals, schools, and libraries.
- Hold recovery events.
- Maintain websites.
- Keep updated meeting lists.

- Provide telephone information and answering services.
- Publish newsletters.
- Send representatives to region assemblies and delegates to the World Service Business Conference to vote on behalf of the Fellowship and contribute to the group conscience of OA as a whole concerning policies and services.
- Translate literature.

### Regions

- Hold assemblies and recovery events.

Copyright Overeaters Anonymous, Inc. All rights reserved. A complete copy of the pamphlet can be found at [oa.org](http://oa.org).

**7<sup>th</sup> TRADITION**  
**Contributions keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.**  
[Click here to Donate to Suncoast Intergroup](#)

**Website**  
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