

# OASIS

 **OVEREATERS  
ANONYMOUS®**  
Suncoast Intergroup

## Overeaters Anonymous Suncoast Intergroup Shares Summer 2019

### Our Trusted Servants

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### SUNCOAST INTERGROUP GENERAL INFORMATION

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### SUNCOAST INTERGROUP

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 3rd Saturday of every month at 11 a.m. at Christ the King Church Youth Center.

### Can't make it to intergroup?

Join us remotely by calling the conference line:

(605) 472-5361

Access Code: 862160

### All Are Welcome!

OASIS presents experiences and opinions of OA members. Opinions expressed herein are not to be attributed to Overeaters Anonymous as a whole, nor does publication of any article imply endorsement, either by Overeaters Anonymous or OASIS.

## Reflection on Step Five

-by Cici C.

I'm reminded of how many secrets I had to keep before I found OA. No one knew that I regularly binged on sweets and snack foods by myself in the dark. No one knew the efforts I went to to hide the empty boxes, bags and cartons, to replace the food I stole in the night, to hide my swollen body from discerning eyes, to "get rid" of the binges through gut-wrenching workouts and days of starvation and deprivation. I pasted a smile on my face and tried to convince everyone, especially myself, that I was okay. I was not okay. I was suffering through the now obvious symptoms of compulsive eating, but I couldn't admit it to anyone. I couldn't trust anyone with my secrets.

Then I came to OA, and found people freely admitting that they did those same crazy things with food that I had been hiding from the world since I was 7 years old. They had the same self destructive impulse I had. They understood. I started to believe that getting honest about my problems wouldn't destroy me - in fact, it might even help me. After all, many of the people I encountered in the rooms seemed to be living joyful, balanced lives. Maybe talking honestly about my challenges with food might help me get well, too.

(Continued on reverse side)

## Upcoming Events

SPONSORS, SPONSEES, FRIENDS &  
FAMILY ARE INVITED TO AN OA  
FELLOWSHIP EVENT

# SPONSOR DAY

JOIN US FOR BEACH FUN, SPONSEE-SPONSOR  
ACTIVITIES, CRAFTS, & A SPEAKER

**AUGUST 18 • 1 PM - 4 PM**

**CYPRESS POINT PARK**

**SHELTER 3**

**5620 W CYPRESS ST, TAMPA, FL 33607**

Cold drinks provided.

Suggested Donation \$6 or more for PTI and Suncoast to carry the message of OA.

Call Tara for more information: 412-260-8859

## Event Recap - OA Birthday

Approximately 25 OA members came together to celebrate OA's 60th birthday at a member's home on January 20, 2019. Members used their imaginations to create god boxes out of leftover Christmas decorations, magazines, ribbon and other found objects. What a great way to spend time in fellowship and express our creativity! Below are some samples of our members' delightful creations. Intergroup is grateful for all who participated.

-Tara L.



## Looking for Literature?

Suncoast Intergroup is selling literature as a means of fundraising to further support our groups. Here's what we have available:

- OA 12 Steps and 12 Traditions, 2nd edition \$18
- OA 12 Steps and 12 Traditions Workbook, 2nd edition \$17
- Sponsorship Packet, Young Persons Packet, Welcome Back Packet \$4 each
- Various Odds and Ends including first edition OA 12 & 12 (\$7) and pamphlets (\$0.50 each). Call Tara L to inquire if there is a specific piece of literature you are looking for!

• Suncoast Intergroup is hosting bulk literature orders for which we will cover shipping. Next order will be placed after September Intergroup meeting and delivered at October Intergroup meeting. Payment for the literature is due on delivery. Please send literature requests to [secretary@oasuncoast.org](mailto:secretary@oasuncoast.org). We are planning to place bulk orders 3 times per year.

## NEW SPANISH-SPEAKING MEETING

**Wednesdays at 6:30 p.m.**  
**Rainbow Recovery Club, 2nd floor**

720 W Doctor M.L.K. Jr Blvd, Tampa, FL 33603  
For info, call Margarita at 813-381-0190

Sólo por hoy! Hispanohablantes.

## Reflection on Step Five (continued)

This, I have learned and continue to learn, is the power of the group as I encounter it in OA. We turn our secrets into a powerful cement, which can bind us together and unite us in a common solution, the twelve steps and traditions. I'm so grateful to this program for teaching me the deep value of honesty.

## Save the Date

The Saturday Morning Journey to Freedom Group cordially invites you to their

### One Year Anniversary Celebration

Saturday, October 12, 2019

10:30 am - 12:00 pm

2301 Deltona Blvd, Spring Hill, FL 34606

## IDEA Day (International Day of Experiencing Abstinence)

Join Intergroup for a celebration of abstinence to include a **Silent Auction** of artwork donated by our members and a **BYO Gratitude Lunch!**

Saturday November 16, 2019

12:30 pm - 3:00 pm

Christ the King Youth Center

821 S Dale Mabry Hwy, Tampa, 33609

Suggested 7th Tradition \$6

**Please contact your intergroup representative if you have original art you would like to donate.**

## Welcome to Intergroup

Suncoast Intergroup would like to officially welcome its newest member, the Friday 1:30pm group which meets at St. Andrew's Episcopal Church in Spring Hill. They have an alternating Step and Big Book Study format and have been meeting for many years! We are very excited to have them join our Intergroup!!