

# OASIS



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Fall Edition 2022

## Greetings from the Chair

Thanks to the generous donations of our meetings in 2021 we have a healthy budget surplus. Our Intergroup voted on a 60/30/10 split between our Intergroup, Region 8, and Overeaters Anonymous. The Intergroup surplus will be used for activities to strengthen recovery within our fellowship and conduct professional outreach.

In our last newsletter we reached out to members regarding a decline in 7<sup>th</sup> Tradition donations. A huge thank you to those who responded. Our monthly contributions have greatly increased. Your generous donations to Suncoast allow us to continue to spread the message of recovery.

A shout out to all the intergroup representatives and committee volunteers who continue to give their time and talents to our intergroup. The Suncoast Board is still looking for a vice chair, treasurer, and additional intergroup representatives.

Service is a great way to strengthen your recovery and give back what you so freely have been given.

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)

### Our Trusted Servants:

Chair: Susan

[chair@oasuncoast.org](mailto:chair@oasuncoast.org)

Vice Chair: TBD

[vicechair@oasuncoast.org](mailto:vicechair@oasuncoast.org)

Secretary: Kat

[secretary@oasuncoast.org](mailto:secretary@oasuncoast.org)

Treasurer: TBD

[treasurer@oasuncoast.org](mailto:treasurer@oasuncoast.org)

## HOW DID OUR PREVIOUS EVENTS FARE?

### Conscious Contact Workshop- June 11<sup>th</sup>

Our Conscious Contact Workshop at the Marge Porter Resource Center in Tampa was a success and well attended. It was a relaxing afternoon and wonderful way to reconnect and share fellowship. The workshop started with open sharing on quotes from Steps Three and Eleven and followed up with a guided meditation. During the lunch break attendees listened to a member share some program history and the importance of creating and continually growing in our spiritual journey.

Lastly,

participants

used crafting supplies provided to create some beautiful 'God Boxes'. A special thanks to Andrea, Maryhelen, and Krista for coordinating and conducting the event.





### **Sponsorship Day Zoom Workshop- August 20<sup>th</sup>**

Our Sponsorship Day workshop was attended by 30 participants. Four speakers shared their experiences on topics relating to sponsoring. After each speaker, the participants went into breakout rooms for further discussion. The event concluded with a “Shout Out” session for attendees to share take-away ideas that surprised, informed, or made them think. Each pre-registered participant received a packet with the workshop link, breakout questions, writing activity, and list of additional resources. Thanks to Kat, Maryhelen, and Susan for coordinating, leading, and hosting the event.

### **12 Step Study Workshop**

On their journey of recovery, members of our fellowship participated in a fifteen-week accelerated and intensive Twelve Step workshop. Krista A. and Stephanie L. led and hosted the weekly Tuesday night meetings using the “Twelve Step Workshop and Study Guide” by Overeaters Anonymous. According to the text, “The goal of this guide and workshop is to help as many

people as possible achieve and maintain abstinence. Based on the experience of recovering OA members, the way out of despair and hopelessness into a life beyond our wildest dreams is through working all Twelve Steps. Together we can do what we could never do alone.” (p. 2)



### **ACTION PLAN: GETTING TO THE ROOTS OF THE PROBLEM**

“Tropical soda apple (TSA) is an invasive weed of agricultural and natural areas in Florida. The plant is native to South America and was first found in south Florida in 1988. Its spiny foliage and stems are unpalatable to livestock, and dense stands of this prickly plant often grow into large impenetrable thickets. In some areas of central and south Florida, TSA has covered entire pastures, rendering them unusable for grazing livestock. Some have called this weed the “plant from hell”.

Hi, I am Maria, a recovering food addict. I also live on a farm in Florida. The above-mentioned weeds reflect my step work. The

weeds represent my resentments, failings, defects, and wounds I have caused others.

To deal with these weeds we need to have an action plan. Many farmers simply mow over the weeds. The problem then seems solved. You don’t see the weeds. However, just under the ground the roots are still there growing deeper. The weeds will inevitably return stronger due to their deeper roots. Did I mention that every part of this plant has big thorns, even the roots?

In life I can become abstinent, but unless I dig out the roots as painful as it is, I will lose my abstinence. The action plan for digging out these painful roots is to work through the steps with my sponsor using the tools of OA. Taking the easy way out by not dealing with what is under the surface will lead to a relapse. This summer not only am I pulling some painful weeds from my pastures, but I am also working with my sponsor to pull the weeds of my soul that block me from my higher power. It may be painful at times, but it beats mowing over my problems only to have them come back stronger.

Maria H.



## How Much Is Your Recovery Worth to You?

### 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](#)

Check our website for updates and links to meetings in the Suncoast Intergroup and upcoming events.

### Website

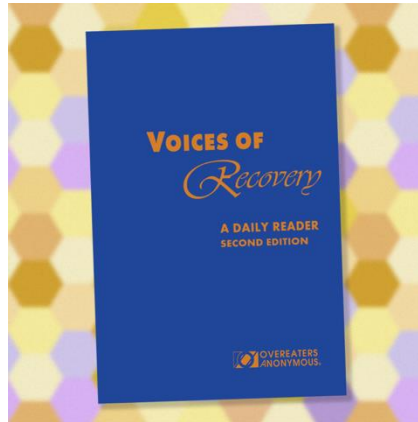
[oasuncoast.org](http://oasuncoast.org)

Information Line  
(813) 378-7275

### TEXT

Text the word SERENITY to 77948

## New in Overeaters Anonymous



The new ***Voices of Recovery, Second Edition*** is now available in print in the OA bookstore and in e-book format from third-party vendors.

Great news! The long-awaited second edition of OA's beloved daily reader *Voices of Recovery* is finally available, both in the OA bookstore and online digital platforms. The second edition has been attentively reviewed and edited to bring its daily meditations—sourced directly from the testimonials of OA members—into alignment with OA's currently available literature and policies. Physical copies can be obtained from the OA bookstore at [bookstore.oa.org](http://bookstore.oa.org), inventory number #986-2, and digital downloads are available for purchase on the following platforms:

Here is the direct link to the OA bookstore page: <https://bookstore.oa.org/books/voices-of-recovery-a-daily-reader-second-edition.asp>

Links to the e-book are below.

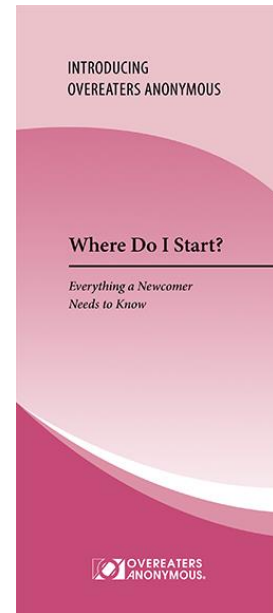
Amazon

Kindle: <https://www.amazon.com/dp/B0B99L2RTS>

Barnes and Noble

Nook: <https://www.barnesandnoble.com/w/voices-of-recovery-overeaters-anonymous/1141991658?ean=2940186594079>

Apple Books: *coming soon*



***Where Do I Start?*** Translations  
Now Available at OA.org

OA's introductory pamphlet *Where Do I Start?* is available in 20 languages for download and distribution. And now many, many more OA members and newcomers around the world can access the vital information packed into the pamphlet in their first language. *Where Do I Start?* includes the Fifteen

Questions, Tools (abridged), Sample Plans of Eating, OA Promise, and "Welcome Home," as well as answers to frequently asked questions, such as "What is the Twelve Step recovery program?"

In keeping with group conscience decisions made at the 2022 World Service Business Conference, *Where Do I Start?* can be found in the Document Library on [oa.org](https://oa.org/document-library/) (<https://oa.org/document-library/>). Click either the category "New to OA" or "Translation." It's available in these languages:

- Arabic
- Bahasa Indonesian
- Chinese
- Finnish
- French (Quebec)
- Hebrew
- Italian
- Japanese
- Korean
- Latvian
- Mongolian
- Norwegian
- Persian
- Portuguese (Brazil)
- Romanian
- Serbian
- Spanish
- UK English
- US English
- Zulu

Note: The *Where Do I Start?* pamphlet was updated in July of 2022, and the translations are of the original 2018 text of *Where Do I Start?* This note is included on the first page of each PDF. The US English PDF has been updated.

### New [Event Calendar](#) on [oa.org](https://oa.org).

The calendar is designed to give members and newcomers an at-a-glance sense of the breadth and depth of Fellowship events taking place online and in locations throughout the world. Moving the Event Calendar back to [oa.org](https://oa.org) will also increase traffic to the website: for example, OA will continue to post events on Facebook, but these posts will link back to [oa.org](https://oa.org).

The new Event Calendar offers several helpful features:

- Enter search terms and filter events by event type (face-to-face, hybrid, virtual) and tags (language, topic, format, location)
- View the start time of an event in local time
- Get map-based directions to local events
- Save to my calendar

- Share via Facebook and email
- Following a Traditions review, automatic approval notification by email to the member who submits their event.
- Also, an [Event Calendar Submission Form](#), so that service bodies and groups can enter their event information directly. It has never been easier to submit an event!

"Event Calendar" is now listed in the main navigation menu on [oa.org](https://oa.org) under "News and Events." OA will also look at integrating it with the [oa.org](https://oa.org) home page in the months to come.