

OASIS

OA Suncoast Intergroup Shares

Fall 2011

When I first came into OA, I heard people say that abstinence was the most important thing in their lives, without exception. At the time I couldn't appreciate or even understand what that meant.

After two years of abstinence, I now know how important and precious this blessing is. I also know that in order to keep it, I have to give it away. Service and sponsorship are key components of my program. As I have said many times before, I have gained much more than the weight I have lost and there is no better way to show my gratitude than to pay it forward.



God Bless and YAY OA!
Lynn, Newsletter Editor

Serenity Prayer

*God, grant me
The serenity to accept the things I cannot change;
The courage to change the things I can; and
The wisdom to know the difference.*

7th Tradition contributions can be mailed to:

Suncoast Intergroup
P.O. Box 16130
Tampa FL 33687-6130

Online Resources

OA World Service: www.oa.org
Region 8: www.oaregion8.org
Suncoast IG: <http://oasuncoast.org>

Intergroup Trusted Servants

Chair:	Arik	(813) 956-4297	ariksnic03@gmail.com
Vice Chair:	Pat	(813) 526-0367	patlandry02@yahoo.com
Secretary:	Amy	(813) 352-4404	belovedlynnh@gmail.com
Newsletter Editor:	Lynn	(813) 363-0974	suncoast.tampabay@gmail.com
Treasurer	Janet	(813) 625-5858	jowen004@yahoo.com
Region 8 Treasurer/ WSBC Delegate:	Patti	(813) 494-6518	impattischu@gmail.com

For Today

Sponsorship, page 123

People only see what they are prepared to see.

Ralph Waldo Emerson

What words will convey to the practicing compulsive overeater that life can be far better than imagined? God gives me the words, I carry the message. The results are not up to me. It takes what it takes, I tell myself, and turn to the next newcomer.

Perhaps I need to look at my attitude. Do I come on too strong? Do I use words and concepts that only experienced OA members would understand? Do I give the impression that I want the newcomer to do it my way or else find another sponsor?

For today: Those to whom I carry the message may be more likely to listen if I remember that ours is a program of attraction.

Service Story

Service above the group level was never in my plans...but today I'm the recently elected funded chair of the IGOR committee and thanks to my Region 8 service, 25 pounds lighter!

After 12 years of recovery and maintaining a 40 pound weight loss I thought my weight loss days were over and I was generally comfortable with that. But I guess the God of my understanding wanted more for me, and more from me.

About 4 years ago I found my way to an emergency IG meeting. The current board was concerned that the same few people had been doing everything for too long and if they didn't recruit some new blood the IG would fold. Because I hated to see an end to our newsletter and regularly updated meeting lists, a hot line to direct newcomers to us, and contact with WSO I thought I could certainly do some small part to help.

I volunteered at that first meeting to take the minutes because they had no secretary. At the next meeting they asked me if I would be willing to take that job for the foreseeable future. I didn't accept until I'd talked to my sponsor and prayed about it, but when I had, I said okay - just as long as I don't have to move through the chairs...and they said oh no, you only have to do as much as you want ☺. Well, two years later I was Vice Chair and then Chair, and then Region rep, and then World Service rep, and now a funded chair at Region...go figure. It certainly wasn't my doing, but as a program friend is fond of saying, I've been bitten by the service bug! I've loved every phase of it, proving once again that my HP knows better than I do what's best for me.

Meanwhile, I'd been thinking about changing my food plan and praying for the willingness, because I really didn't want to do it, even though I did want to lose more weight. By the March assembly of last year (2009) I was led to talk to a dear program friend whose recovery I'd been watching. She explained her food plan to me and suggested that I write down everything I ate on my current plan for the next few days, until the end of the month. And then on April 1st try the new plan one day at a time while continuing to write down everything I ate. I agreed to start writing down my food. The next day, Sunday, I heard the closing speaker share about her goal to get to a healthy weight even though she's already lost quite a bit of weight.

Those two people were the angels my HP sent to inspire the willingness I needed, and on April 1st of last year, 2009, I began my new food plan - giving up foods I had been unwilling to do just a few days earlier and today I'm 25 pounds lighter. And I owe it all to my region service and being right where I needed to be to hear what I needed to hear.

Thank God and Region 8 (and my IG for choosing me to represent them); today I'm a happier, healthier and thinner recovering food addict ☺.

Patti Schumacher
IGOR committee chair

Note: This article was written last year and Patti is now the Region 8 Treasurer.

Intergroup Updates

New Online Forum

A new forum has been added to the OASuncoast.org site. Now ALL of the OAer's in the area (and the World Wide Web) will be able to post comments and have "Discussions" about recovery online!!!

<http://oasuncoast.org/forum>

Newsletter Sponsor List

We would like to include a sponsors list in the OASIS. Anyone willing to be included in this list, please email suncoast.tampabay@gmail.com with the following information:

Name
Contact information (phone and/or email)
Availability (days of the week and hours)
Sponsoring information (Food, Steps, both)

Come on in, the water's fine

I was a member of OA for 2 whole weeks when my sponsor strongly recommended that I attend my first Intergroup meeting! At that point, I wasn't even sure what an Intergroup was, let alone what the concept of service was all about, but I had already committed to doing whatever my sponsor asked me to do, so I went. The IG was in the process of preparing to host a Business Assembly for Region 8, and before I knew it, I found myself on a committee to help get ready for the Assembly.

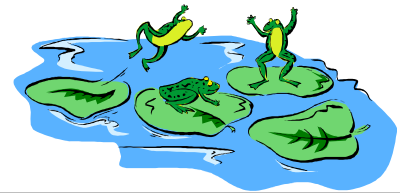
If you had asked me what Region 8 was, I would have given you a very vague response. If you had asked me about the OA concept of service, I would have given you a blank look. All I knew was my sponsor asked me to go, and I showed up. Little did I know that listening to my sponsor and showing up were all it took to put me on a path of service which has enriched my life and given greater depth to my experience as a committed, abstinent member of OA.

Listening to my sponsor, and now, to my sponsees, has become part of my way of life. I have found that sponsorship is not only a fantastic tool of recovery, it is also a link with my Higher Power. When my disease is muddling my thinking, my sponsor provides clarity of direction for me. When I am uncertain of what decision to make, my sponsor's suggestions point me in the right direction. When I share with my sponsees, I often hear myself telling them something I need to listen to for myself! These words don't come from me; they come from my/our Higher Power.

Sponsorship is a reciprocal gift. I cannot imagine living our OA program without having a sponsor, and now, I cannot imagine living our OA program without sharing my experience, strength and hope with my sponsees as we grow together in recovery. Forever relying on God, we can do together what none of us can do alone.

Pat L.

Suncoast IG Vice-Chair



Upcoming Events

Tools for Today OA Workshop

September 24th, 2011

9:00 a.m.-1:00 p.m.

Rainbow Recovery Club

3644B Henderson Boulevard, Tampa, FL 33609

Region 8's First International Convention & Assembly

November 4—6, 2011

Medellin, Colombia, South America

Region 8 needs your help! Send donations to:

SOAR 8 Treasurer

PO Box 1277

Largo FL 33779

Money will be used to help send Board & Committee Chairs to Medellin Assembly.

For more information, please contact: Treasurer@oaregion8.org

Throw LIFELINE a lifeline!

Do you get Lifeline Magazine? Well, it is in a real money-loss situation. It has never been profitable. We continue it's production because it is such a great way to carry the message. Many of us have both a regular and an electronic subscription.

I like the paper copy, because I can donate my read-copies to my doctor's office. I stick them in his magazine rack, after I write "Free - take one" on the front cover. I also love the electronic copy because it comes to me, no matter where I am. Presently we are traveling in our motor home. Yesterday I read my hot-off-the-press Sept/Oct issue online! My paper copy will be at home waiting for me.

I want to make two challenges to our region ...

If you do not get Lifeline, please order your subscription today at <http://www.oa.org/lifeline-magazine/subscribe.php>. A year's subscription is only \$23, and there are discounts for multiple years. If you feel like you cannot afford that, try the online version, a real bargain at \$13 - two years is \$26! <http://www.oa.org/lifeline-magazine/subscribe-e-lifeline.php>

And if you get the online subscription, you'll get the lifeline weekly's every week too, delivered right to your email address.

Now, my second challenge is this - do service by becoming a Lifeline rep at your home meeting. It's really easy.

Throw a lifeline to your group: become a Lifeline Rep!

Lifeline reps fill a vital service position by sharing with their group their enthusiasm for Lifeline and the stories of how Lifeline has contributed to the recovery of so many OA members. A Lifeline rep takes subscription orders, collects the subscription funds, and sends the orders and funds to the World Service Office.

Reps receive bonuses for the number of subscriptions they generate, which could range from a free copy of Voices of Recovery to a subscription to Lifeline magazine to an OA-bookstore gift certificate. Lifeline reps not only support the recovery of members who subscribe, they also support OA as a whole by helping Lifeline magazine become self-supporting.

To become a Lifeline Rep, send your request to info@oa.org and put "Lifeline Rep" in the subject line. You can also call 505-891-2664, or write to Lifeline, PO Box 44020, Rio Rancho, NM 87174 USA. You can also download a flyer to promote the Lifeline Rep program within your group

And if your meeting doesn't have one, you can order a FREE Lifeline table display for your meeting.

This Lifeline Tabletop Display includes complete instructions and two sheets to insert in a display of your choosing to place on a table at OA meetings and events.

Region 8 always rallies. We are the very best region of them all - I have no doubt about that. Let's prove to the other regions that we can step up to the plate and insure that Lifeline continues and even flourishes.

If you decide to become a Lifeline Rep, please let me know. I'd like to track our progress.

Go TEAM SOAR 8! We are better than GREAT!
Thank you for reading all the way to the bottom.

Blessings,

Gerri Helms
Humbly serving as Region 8 & Virtual Services Trustee
Abstinent since 05/15/93 maintaining a 100 lb weight loss
(407) 921-7268

Tools of Recovery

Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirement can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

As OA’s responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”

Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. By working with other members of OA and sharing their experience, strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it. A member may work with more than one sponsor and may change sponsors. However, many of us choose to work with just one sponsor. In either case, it’s helpful to avoid changing sponsors frequently.

Reproduced from:
www.aa.org/new-to-aa/toolsof-recovery.php



Group Donations

DID YOU KNOW that to help carry our message, the SUGGESTED DISBURSEMENT OF GROUP FUNDS (after expenses of rent, literature and others, as determined by group conscience), is 60% to intergroup, 30% to region and 10% to world service? Donations may be sent to the addresses below.

Suncoast Intergroup
P.O. Box 16130
Tampa, FL 33687-6130

SOAR 8 Treasurer
P.O. Box 272081
Tampa, FL 33688-2081

World Service Office
P.O. Box 44020
Rio Rancho, NM 87174-4020

With much gratitude, Suncoast Intergroup acknowledges the following groups for their support since the last newsletter.

Temple Terrace/Big Book Study/Saturday
North Tampa/Citrus Park/Thursday
Ruskin/Thursday
Brandon/New Hope/Tuesday
South Tampa/Bayshore/Sunday

North Tampa/Lake Magdalene/Monday
New Tampa/inactive
Sun City Center/Tuesday
South Tampa/YANA/Wednesday

Calendar

October 2011

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
*Times indicate when a meeting is taking place in the Tampa Bay area...refer to a meeting list for details						1 9:30am, 10:00am, 10:30am
2 7:00pm	3 Noon, 7:00pm	4 6:30pm, 7:00pm, 7:30pm	5 10:30am, 7:45pm	6 2:30pm, 7:00pm	7 Fall Retreat 5:30pm	8 Fall Retreat 9:30am, 10:00am, 10:30am
9 Fall Retreat 7:00pm	10 Noon, 7:00pm	11 6:30pm, 7:00pm, 7:30pm	12 10:30am, 7:45pm	13 2:30pm, 7:00pm	14 5:30pm	15 Intergroup 11am 9:30am, 10:00am, 10:30am
16 7:00pm	17 Noon, 7:00pm	18 6:30pm, 7:00pm, 7:30pm	19 10:30am, 7:45pm	20 2:30pm, 7:00pm	21 5:30pm	22 9:30am, 10:00am, 10:30am
23 7:00pm	24 Noon, 7:00pm	25 6:30pm, 7:00pm, 7:30pm	26 10:30am, 7:45pm	27 2:30pm, 7:00pm	28 5:30pm	29 9:30am, 10:00am, 10:30am
30 7:00pm	31 Noon, 7:00pm					

November 2011

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 6:30pm, 7:00pm, 7:30pm	2 10:30am, 7:45pm	3 2:30pm, 7:00pm	4 5:30pm	5 9:30am, 10:00am, 10:30am
6 7:00pm	7 Noon, 7:00pm	8 6:30pm, 7:00pm, 7:30pm	9 10:30am, 7:45pm	10 2:30pm, 7:00pm	11 5:30pm	12 9:30am, 10:00am, 10:30am
13 7:00pm	14 Noon, 7:00pm	15 6:30pm, 7:00pm, 7:30pm	16 10:30am, 7:45pm,	17 2:30pm, 7:00pm	18 5:30pm	19 Intergroup 11am 9:30am, 10:00am, 10:30am
20 7:00pm	21 Noon, 7:00pm	22 6:30pm, 7:00pm, 7:30pm	23 10:30am, 7:45pm,	24 2:30pm, 7:00pm	25 5:30pm	26 9:30am, 10:00am, 10:30am
27 7:00pm	28 Noon, 7:00pm	29 6:30pm, 7:00pm, 7:30pm	30 10:30am, 7:45pm,			

Suncoast Intergroup of Tampa Bay Overeaters Anonymous Meeting List for September, 2011

*Closed meetings are only for those with a desire to stop eating compulsively. Open meetings welcome all visitors.

	Day & Time WSO meeting #	Format & Contact Person	Location & Address
	Sunday 7:00 pm #33954	"For Today" Barbara B.(813) 902-8808	Bayshore Presbyterian Church 2515 Bayshore Blvd 33629
Open	Monday 12:00 pm #39871	"Discussion/Step" Lydia L. (813) 374-5211	All Saints Lutheran Church 5315 Van Dyke Road Lutz 33558
Open	Monday 7:00 pm #29328	"Abstinent Recovery" Andrea(813) 368-6607	Lake Magdalene United Methodist Church, 1 st Mon. -Room 306 Other Mondays – Room 301-2 2902 W. Fletcher Ave 33618
Open	Tuesday, 6:30 pm #45429	Literature and discussion Amy (813) 352-4404	USF Student Health Services Annex Conference Room 4202 E. Fowler Avenue SHS 200 Tampa, FL 33647 N.B. USF parking fee: \$3.00/2 hrs.
Open	Tuesday 7:00 pm #46975	1 st Step of the month 2 nd Literature 3 rd Tradition of the month 4 th Speaker Newcomer's mtg. at 6:30 pm Retta (813) 633-8880	Prince of Peace Parish Center Rt 674 & Valley Forge Rd 2 nd floor Sun City Center FL 33573
Open	Tuesday 7:30pm #47875	New Hope Group Contact Mary Anne (813) 465-1100	Apostle Lutheran Church 200 Kingsway Ave. Brandon, FL 33510
Open	Wednesday 10:30 am <i>Abstinent Meals Welcome</i> #92290	1 st Wed. Newcomers 2 nd Tradition 3 rd Step Study 4 th Writing 5 th Open discussion Judith (813) 251-3789	Christ the King Catholic Church Mary Martha House 2 nd floor boardroom 821 S. Dale Mabry Hwy 33609
Open	Wednesday 7:45 pm #38520	"Voices of Recovery/For Today" Kiki (813) 476-0632 Overflow parking next door at Marge Porter Resource Center	Turning Point of Tampa 6227 Sheldon Road 33615
Open	Thursdays 2:30 pm Newcomer's mtg at 2:15 pm #50680	Literature: "Voices of Recovery/For Today" Karen S (813) 671-3259	St. Anne's Catholic Church 106 11 th Avenue NE Rm1 Religious Ed. Bldg Ruskin, FL 33570
Open	Thursday 7:00 pm #45695	"Voices of Recovery/For Today" Anne E (813) 920-0836	St. Mark's Episcopal Church 13312 Cain Road 33625
Closed	Friday 5:30 pm #00269	"Thank HP It's Friday!" Cheryl (813) 545-9588	St. Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
Open	Saturday 9:30 am #00030	"AA Big Book" Grace (813) 412-5213	St. Catherine's Episcopal Church 502 Druid Hills Rd Temple Terrace
Open	Saturday 10:00 am #00826	"Literature & Discussion" GLBT friendly Jennifer 984-661-5525	The Rainbow Club (galaarainbowclub.com) 3644B Henderson Blvd Tampa 33609
Closed	Saturday 10:30 am <i>Abstinent Meals Welcome</i> #47874	"Butterfly Group" Mary Anne (813) 465-1100	Apostle Lutheran Church 200 Kingsway Ave Brandon 33510
Intergroup	3 rd Sat. of each month, 11:00 am #09065	Suncoast Intergroup Meeting (Everyone Welcome) Grace (813) 412-5213	St. Catherine's Episcopal Church 502 Druid Hills Rd. Temple Terrace

Online and Phone meetings: The most current meeting lists can be found on the Overeaters Anonymous website at www.oa.org/online_meetings.html.
Online meetings are held 24 hours a day, 7 days a week. The phone meeting list is available at: www.karpc.com.

Hot Line Numbers: Hillsborough (813) 254-4190 Pasco/Pinellas 1-800-544-6353

Spanish Contact: llame para mas informacion Maria P. (813) 293-9410

For updates, changes, questions on the meeting list, or newsletter submissions: please send an **email** to

suncoast.tampabay@gmail.com

You may also **write to us at**

Suncoast Intergroup, PO Box 16130, Tampa, FL 33687

Website: <http://oasuncoast.org/>