

# OASIS



## Overeaters Anonymous Suncoast Intergroup Shares November 2017

### Our Trusted Servants

**Chair: Tara L.**

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

**Vice Chair: Joanna R.**

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

**Treasurer: TBD** (position is open)

**Secretary: Susan B.**

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

### Suncoast Intergroup General Information

**Phone:** (813) 254-4190

**Email:** [suncoast.tampabay@gmail.com](mailto:suncoast.tampabay@gmail.com)

**Mail:** PO Box 18594 Tampa, FL 33679

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

### Upcoming Events

#### 27th Annual Florida State Convention

**"Together We Can...**

**Fully Rely on God\* (FROG)"**

**\*of our own understanding**

**Feb. 23-25, Holiday Inn Tampa-Westshore**



**Clean out your closet and help us fundraise  
at the Florida State Convention!**

Starting on Nov. 24, Joanna R. will be collecting clothes and accessories to fundraise at the Florida State Convention boutique.



For more information on dropping off donations, please contact Joanna R. at (631) 599-2886

### Reflections on the Meditation Workshop

It was a gift to be a guest at the Meditation Workshop on Sat., Oct. 7. It was such an inspiring place and space. The room was calming and welcoming with a large, open area for pillows and blankets on the floor and chairs and tables on the perimeter.

The activities included experience, strength and hope on how and where one member meditates. She also lead a timed guided meditation. Another activity included a member reading the daily passage from OA's *For Today*, and the group meditating, writing, and sharing on the question "How do I express the truth without hurting others?" from the accompanying workbook. In addition, there was meditative coloring with supplies donated by a group member, and personal time to reflect or chat.

The final activity of the workshop included a member's 25-minute introduction to Yoga Nidre. We were invited to sit on the floor, with or without an available pillow or blanket, or to remain seated in a chair—our choice! It was a totally non-threatening, inspiring and calming addition to this workshop and a beautiful way to close the event.

I do not recall attending a more compelling workshop and hope that Suncoast Intergroup will host similar workshops in the future. This event enriched me with a deeper inner sense of my oneness with All and with the gentleness of my Higher Power's Grace, Love, and Wisdom.

With loving gratitude to the Friday Night Meditation Group, to the facilitator, and to all attendees,

—Anonymous

***The Meditation Workshop was held on Saturday, Oct. 7. It was chaired and facilitated by Tara and hosted by Suncoast Intergroup's Friday 6 p.m. Meditation Meeting***

"Spiritual"

"Informative"

"Unifying"

"Emotional"

"Extraordinary"

"Inspiring"

"Up-lifting"

"Expansive"



# Living The Dream

By Patti S.

Today my husband and I are living our retirement dream, thanks to OA and the 12 Steps. My life is so different today than it was before program. Today, I have a life. Food has its proper place in my life today, thanks to a food plan that works for me.

After 17 years of abstinence, I relapsed. That was almost two years ago. It was 7 weeks of pure hell. My disease had gotten much stronger and I was as powerless as I'd ever been. When I knew that I didn't want to give up the food, with which I had once again become obsessed, but also didn't want to continue to be nauseous every night, have my digestive tract totally out of sorts, and continue to gain weight, (I'd gained 25 pounds in that 7 weeks!), I began to pray for the willingness to go back to OA.

It took a solid week of prayer and concentrating on a spiritual truth I had come upon. I was so focused on what I had to give up, that I couldn't see what I had to gain. And that was a miracle, because the last time I relapsed, in 1993, once I decided I wanted recovery

**“My life is so different today than it was before program. Today, I have a life.”**

again, it took close to a year to regain my abstinence. And that was after 3 ½ years of the hell of relapse.

I called a dear OA friend who agreed to meet me before a meeting and we talked for over an hour. Then she went into the meeting with me, which was difficult for me. I had obviously gained weight and it was humiliating, after just getting a 17-year chip the year before, to ask for a white chip that night. But I did, and my HP has kept me abstinent ever since that night, 640 days as I write this, one day at a time.

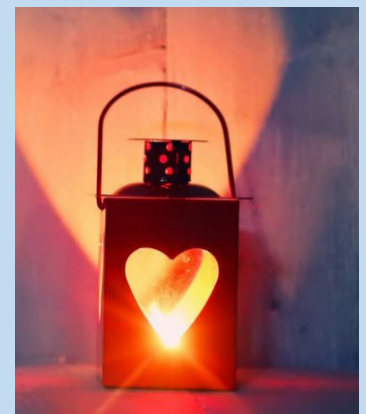
I never believed that I would be able to start over again at this point in my life, but miracles abound! I just have to be willing. I shared about that at a meeting shortly after becoming abstinent again and someone came up to me afterwards and said, “recovery has memory.” And that has stuck with me, I believe that because I had been growing and changing in the rooms for so long, I had a stable foundation to fall back on. It did also require a



change in my food plan. For years I had been able to eat certain foods that my body can no longer tolerate if I am to stay abstinent. Giving up those additional food categories has removed the cravings, thank you HP!

The dream I'm living with my husband today is traveling across the country in a motor home. We left Florida in April of this year and are now in Glacier National Park in Montana. We've seen some wonderful sights and our relationship has grown as well, even living in close quarters, because we both work a program. I plan in lots of alone time as well so I'm not sacrificing the space and independence on which I thrive. Part of our journey includes getting to meetings along the way, and that has been a wonderful experience, meeting other OA and Al-Anon members all around the country! We plan to continue west, then south, then back north again next spring, taking a couple of years to see this beautiful country together. After that, we're not sure what's next, but I know that if I continue to work my program, more will be revealed.

**This issue of OASIS is all about self-love. Thank you to all who contributed!**







# Living In the Solution and Being of Service to the Best of My Ability

By Janet

For me, self-love is a spiritual state of being that arrives when I take the next right action. In order to get what I've never had, I've had to do what I've never done before.

About ten years ago, after decades of painful resistance, I became willing to ask for and accept the guidance of one of the OA angels in my life. Shortly thereafter, I turned a doorknob and opened the doorway to abstinence and to a spiritual life I did not know was possible. I took a seat in a circle of women who had what I wanted. Some are still there and here. We are each living in the solution to the best of our ability. Most of us are free from the bondage of food with the loving guidance of the Higher Power of our choosing. Yes! This is a WE program and the WE for me includes the Loving Kindness and Wisdom of a Higher Power and like-minded friends.

Some of the self-loving actions I take on a regular basis are shopping, chopping, slicing, dicing and preparing meals. I try to set clear boundaries with others around my food and behaviors (mine and others), recognizing my limits and limitations and using the tools of recovery that help me work The Twelve Steps and Twelve Traditions.

For me, self-love includes recognizing and accepting the fact that I am not perfect, that I love but do not like everyone and that I will not always feel great. Sometimes I live through fearful and despairing periods. The "We" tool is my "go to" during these times and that "go to" always includes Step 11.

Today, I live in the "Land of Gratitude" and I "anticipate miracles."  
Today, I ask myself, "Is this good for me?"

**"In order to get what I've never had, I've had to do what I've never done before."**

## Self Love By Lydia L.

For me, self-love has been a difficult concept to understand. I get the part about putting on your oxygen mask first on a plane in order to help a child or elderly person do the same. But that leads me back to the teachings of my childhood which stressed I needed to take care of myself primarily so that I could be there for others. It took me many years of twelve step work and therapy to understand that self-love means much more than that. Because I am a worthy human being, I am entitled to self-love and happiness. Even the Constitution recognizes that I have the inalienable right to the pursuit of happiness. If I am burdened with an addiction like compulsive overeating, my concentration shifts from self-love to gratification of one of my basic needs: food. Food certainly is necessary to sustain life and actually can and does give pleasure, especially when I can share it with a friend or person I love. But if I use it to over-stuff myself in order not to face my problems and to deaden my feelings, then food, like other addictions, ceases to be self-love. Instead, it becomes self-destruction. To carry it even further, if I love myself with a sense of true humility and worth, it becomes easier to love others. It's that old saying "I'm okay; you're okay." But it works for me. Self-love as practiced as a twelve-stepper also means I am willing to take a good look at myself and my inflated ego. It means I am willing to clean up my past so that I can have a good "today." It means being humble enough to ask for forgiveness, and more importantly, to forgive.

I paraphrase another old axiom: The forgiver gains much more than the forgiven, and it actually doesn't matter if those we forgive acknowledge it. To sum up, self-love goes round and round. I love myself because I am a Child of God and when I feel love, it's easy to give it.

**"The forgiver gains much more than the forgiven"**



## 7th Tradition

According to our 7th Tradition, every OA group ought to be fully self-supporting through its own contributions. Donations are a perfect way to celebrate your recovery and support the recovery of others!

- Donations can be made to the Suncoast Intergroup, Region 8 (SOAR 8), or the World Service Office (WSO).
- When donating to WSO, you can designate how your contribution is used: toward the translation fund, the delegate support fund, or the professional exhibit fund.

### To make a donation via mail:

**WSO:** PO Box 44020  
Rio Rancho, NM 87174-4020

**SOAR 8:**  
Attn: SOAR8 Treasurer  
P.O. Box 40273  
St. Petersburg, FL 33743

**Suncoast Intergroup:**  
PO Box 18594  
Tampa, FL 33679

To make an online donation, please visit:  
[oa.org/contribute](http://oa.org/contribute)

## Announcements

Are you interested in OA service or just want to learn about how Suncoast Intergroup works?

Join us at the next Suncoast Intergroup Meeting! All are welcome. Intergroup meets on the 3rd Saturday of every month at 11 a.m. at Christ the King Church Youth Center. Upcoming meetings:

- November 18
- December, Date TBD

### Calling all newsletter entries!

We are looking for written entries for the next issue of OASIS. If you need an idea to get you started, our suggested topic for the next issue is acceptance, or you can write about any topic of your choice. **Writing for OASIS is a fantastic service for the fellowship. Sharing your experience, strength, and hope inspires others to continue on their path to recovery. Please submit your entries by Jan. 1 (for the Feb. issue) via email to: [newsletter@oasuncoast.org](mailto:newsletter@oasuncoast.org)**



A suggested topic for the next issue is **ACCEPTANCE** (but you can write about anything of your choice too)!

**November 18th is declared "IDEA DAY"**  
(International Day of Experiencing Abstinence) by the World Service Office!

**February 24th is Unity Day!**

(The Annual Florida State conference is also on Feb. 24, come celebrate with your OA family)

**We welcome everyone who wants to stop eating compulsively.**

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating and compulsive food behaviors.

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.

