



# New Horizon

## OA Manasota Intergroup Quarterly Newsletter – Fall 2014

Information Line  
(941) 957-1488  
[www.oamanasota.org](http://www.oamanasota.org)

INTERGROUP MEMBERS		
<p><b>NOTICE: We need service for the following positions: WSO Delegate, 12<sup>th</sup> Step Within and Newsletter.</b> Contact Marilyn for more information.</p>		
Chair	Marilyn	(941) 460-0912
Vice Chair	Patrice	(734) 262-9395
Newsletter	<b>OPEN</b>	
Public Info	Erin	(310) 462-4732
Secretary	Cathaleen	(941) 685-4171
SOAR 8 Rep	Marilyn	(941) 460-0912
Treasurer	Anna D	(941) 378-9944
WSO Delegate	<b>OPEN</b>	
12 <sup>th</sup> Step Within	Paula	(941) 487-8027

*Email changes to OA meeting schedule to [patenergy@yahoo.com](mailto:patenergy@yahoo.com).  
Email [oamembers@oamanasota.org](mailto:oamembers@oamanasota.org) to contribute to the newsletter.*

**Editorial Policy:** Opinions expressed here are solely of the writer and not OA as a whole or necessarily those of the editors. Articles are edited for style but not content.

ADDRESSES FOR 7 <sup>th</sup> TRADITION CONTRIBUTIONS	
We are self-supporting. Please consider a donation of \$3 at the meetings you attend.	
<b>World Service Organization</b> P.O. Box 44020 Rio Rancho, NM 87174-4020	<a href="http://www.oa.org">www.oa.org</a>  (505) 891-2664
<b>Region 8 Treasurer</b> P.O. Box 1375 Holmes Beach, FL 34218-1375	<a href="http://www.oaregion8.org">www.oaregion8.org</a>
<b>Manasota Intergroup</b> 1132 Ranchero Drive Sarasota, FL 34240	Email: <a href="mailto:oamanasota@gmail.com">oamanasota@gmail.com</a>
<b>Make check payable to: Manasota Intergroup or MSI</b>	

FOR TODAY July 16 – Approval Seeking By Patrice

**Excerpt:** "As a result of working the Steps of this program, I am developing the emotional balance I need to express disagreement without hostility. It begins with feeling good about myself."

**Later excerpt:** "For today, I seek my own approval first, then the approval of others."

**Comments:** I really can relate and have been learning healthier ways to agree to disagree in my relationships since I've been on the 12-Step journey (and learning to practice the Traditions). I've had several examples now where I've practiced this skill and the relationships have actually been enhanced rather than deteriorated. At first, it wasn't easy to break the ice, rock the boat, by expressing my feelings as respectfully as I could. I was scared the person wouldn't like me anymore. I was somewhat addicted to people-pleasing and approval-seeking in my codependency. Compromising always seemed better than rocking the boat. But that took its toll on me and led me to compulsive overeating when I felt that inner conflict. I just stuffed my feelings and overate to assuage the conflict.

**Practicing what I call "Loving Parent" (LP) messages from my Higher Power has helped me tremendously in feeling better about myself and actually loving myself. Here's an entry in my journal recently:**

**My LP reassured me (and sent this best wish to all others involved). "You are perfect exactly the way you are. I love you for what you did/how you did it today. Lean on me. It's OK. You don't need to collapse and feel bad. It's wise to stay open and humble but not to feel self-doubt and beat yourself up (or want to escape from any of this). You are fine."**

**"Do you realize how loved you are? You are so valued and worthy. You're doing so good, sweetheart. I'm so proud of you. Look how far you've come. You're doing the best you can. I acknowledge you and have all the time in the world to listen to you and hold you for comfort. You are perfect exactly the way you are. You don't need anyone's approval. I approve of you. Trust in me for your needs to be met, for approval-seeking. Come to me for approval and I'll give it to you every time and unconditionally."**

## EXCERPTS FROM OA's "UNITY WITH DIVERSITY" POLICY STATEMENT

THE FELLOWSHIP of Overeaters Anonymous recognizes the existence of individual approaches and different structured concepts to working our Twelve - Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of individuals, groups and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group and service body to also respect those rights as they extend the embracing hand of Fellowship to those who still suffer.

For review of the entire Policy document, go to [http://www.aa.org/pdfs/Unity\\_Diversity\\_statements.pdf](http://www.aa.org/pdfs/Unity_Diversity_statements.pdf)

### 2014 OA Retreat

Friday, October 17, 2014 at 4:00 PM to  
Sunday, October 19, 2014 at 12:00 PM (EDT)

Marywood Retreat and Conference Center  
235 Marywood Drive  
St. Johns, FL 3225 9  
North Florida Intergroup of Overeaters Anonymous

### NEW MEETING and WORKSHOP COMING

**Big Book Study** starting Sunday, October 5<sup>th</sup>, 2014, 3 - 4 at the Bahia Vista Mennonite Church located at 4041 Bahia Vista St (Portable 17) Don't forget to bring your AA Text (Big Book)

### Workshop

*Accepting the Challenge Of Surviving a Slip* presented by your Intergroup on Saturday, October 18<sup>th</sup>, 2014 from 9a to Noon at the UU Church. See flyer at your meeting.

## MSI BUDGET AND PRUDENT RESERVE CHANGES

Thanks to the group of members who served on the temporary MSI Budget Review Committee. A new budget and "prudent reserve" for Manasota Intergroup was voted in at our Sept MSI meeting as follows:

### Annual Budget - \$8,100.00

Our annual expenses include events, rent, WSO Delegate and Region 8 Rep travel and conference expenses, newsletter, copies, postage, telephone, supplies, website and corporation annual fees, scholarship fund, meeting start-up assistance). This was based on an extensive review of 2011 - 2103 contributions/expenses, averages and expected future needs/goals for more Public Information activities – to carry the message of OA to those who still suffer. For example, it was approved at the August MSI meeting to spend \$2,000 for an advertisement on ABC, Local Channel 7 to start in January and run through March. For more information, contact our Treasurer, Anna, or our Public Information Chair, Erin.

### Prudent Reserve - \$5,800.00

### **NEW! "Our Invitation to You"**

*The updated "Our Invitation to You," abridged, is now available. Find it online in the revised Suggested Meeting Format and Suggested Telephone Meeting Format. The update, approved by the OA Board of Trustees at the August meeting, draws from the unabridged "Our Invitation to You" published in Overeaters Anonymous, Third Edition. The book was approved at the 2014 WSBC and will be available to order soon.*

PATIENCE WITH PROGRESS

By Anonymous

In reviewing some old writings in my journal, I found an entry from early 2011 that is sooo sweet and a reminder I needed. This message came to me by a beautiful Guide (part of my Higher Power “team”) upon awakening one morning. She reminded me:

Be patient with your transgressions and your seeming lack of progress, those things you judge yourself for and that you get depressed about because you "shouldn't" be doing these things anymore after all you've learned. Accept the transgressions as totally normal, a natural part of the awakening process. Be so accepting, merciful and gentle that you assume they're going to be there. It's a given.

Welcome them with compassion and understanding of how natural and normal these are in the human experience rather than judging that something's wrong that they're crossing your mind. Who doesn't get caught up in compelling thoughts? It's not that they're necessarily ever going to stop. Our power lies in how we respond to them.

It's so funny, and non-coincidental that I ran across this recently. Around that time, I'd been really applying a state of patience for progress rather than my usual “all or nothing” way of being. For several months now, I have been using an expression of “just take little baby steps” because I discovered I needed to be more realistic with myself in realizing some of my recovery goals. I was ready and willing to release my imbalance of either compulsive activities or being paralyzed and doing nothing. I had grown weary of this way of being and was guided toward more balanced daily affairs. And I knew it was time to go easier on myself and acknowledging little baby steps would be kinder than beating myself up for not applying what I've learned or not progressing enough toward my vision/goals.

I wasn't so aware of this “progress, not perfection” principle until I became active in the OA 12-step a few years ago. This particular program has us focus on vision, goals, actions and how we're spending our time. I had been practicing mindfulness for years, which is primarily noticing our thoughts and dis-identifying from them. This practice, combined with the 12-steps process, catapulted me to admit and be ready and willing to let go of the “all or nothing” pattern as well as the pattern of being hard on myself like a task master or slave driver in my daily affairs. OA and my Higher Power have encouraged me to love and encourage myself for progress, not unrealistically high expectations. So, repeating this loving, appropriate message from my Higher Power, taking it in again and integrating it more deeply, is exactly what the doctor ordered – the beauty of Divine intervention at work once again!! Thank you.

\*\*\*\*\*

## ANNOUNCEMENTS

### **IDEA DAY – November 15**

International Day of Experiencing Abstinence will be held on November 15th. There will be a 1/2-day workshop on Sponsorship. It will be held at the Unitarian Universalist Church from 9am to Noon. Look for a flyer at your meeting.

### **NEW WSO DELEGATE to come in November**

Two OA members have indicated an interest to be our WSO Delegate. Yay!! Thank you for your interest!! The Manasota Intergroup will be appointing/voting on the member to serve in this position for the next year at our November MSI meeting (Saturday, Nov 8).

### **SOAR REGION 8 REPRESENTATIVE position to open in November**

Marilyn has announced that the Region Rep position will be open for the next year starting in November. Another option is she'll continue. We're encouraging another member to serve as an “alternate” who could “apprentice” with Marilyn. The Manasota Intergroup will be appointing/voting on the member to serve in this position for the next year at our November MSI meeting (Saturday, Nov 8).

### **NEW INTERGROUP SECRETARY as of September MSI Meeting**

At the September MSI meeting, Cathaleen volunteered to be our new Secretary (for now). Thanks a lot Cathaleen. And, a special thanks to Pam, who is stepping down as our former Secretary -- we appreciate all your devoted and valuable service!!

### **ANYONE WANT TO BE THE 12 STEP WITHIN CHAIR?**

It's possible that our current 12-Step Within Chair, Paula, will become our WSO Delegate. If so, we'll need a new 12-Step Within Chair. Please let Paula or any of us know if you have any questions or are considering the service position.

## OA MANASOTA MEETING SCHEDULE – Fall, 2014

Day	Time	City	Location	Contact	Notes
Monday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Gloria: 488-2533	DC/LIT
Monday	7pm	Bradenton	Trinity Methodist Church, 3200 Manatee Ave W (park in back of church; in conference room in adjacent Lighthouse building)	Sandi: 932-6651 Mary Beth: 705-1417	LIT/BB
Monday	7pm	Sarasota	First Presbyterian Church 501 Bowman Ct. (off Oak St. east of 301) Rm. #203	Pam G: 343-7181	ST/Beginner's Meeting on last Monday
Tuesday	10am	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 1 (back parking lot behind church)	Diana: 544-5838	ST/TR - last Tues. tradition
Wednesday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Babs: 497-6190	ST/TR
Wednesday	7pm	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 18	Andrea: 926-7555	LIT
Thursday	10am	Bradenton	Our Lady, Queen of Martyrs Catholic Church 9th Street East (between 63rd Ave East and Whitfield) Rm. #10 in school building	Sandi: 932-6651	ST/TR
Thursday	10am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Blvd. (off King's Highway)	Carolyn: 626-8969	DC/ST/SP
Thursday	6:30 - 8pm	Sarasota (Osprey)	Church of the Holy Spirit Episcopal, 129 S. Tamiami Trail (immediately north of Wal-Mart, turn east at the M&D restaurant, turn left towards the sanctuary. Enter first door on the right at NW corner of building.)	Anna B: 924-5498 Jamie: 822-0609	Special Focus Meeting: OA H.O.W
Friday	7pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (parking lot in back of church; come in to Conf. Room)	Andrea: 926-7555	SP/DC
Saturday	10am	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Terry: 923-2844	BB/LIT

### TOOLS OF RECOVERY - Literature

We read OA-approved books such as [Overeaters Anonymous, Second Edition](#); [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#); [Voices of Recovery](#); [For Today](#); and [Alcoholics Anonymous](#) (the Big Book). We also study and read OA-approved pamphlets and [Lifeline](#), our magazine of recovery. Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.