



# New Horizon

## OA Manasota Intergroup Quarterly Newsletter December–2016

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

INTERGROUP MEMBERS		
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<b>SOAR 8 Reps</b>	Pam Paula	(941) 343-7181 (941) 487-8027
<b>WSO Delegate</b>	Robert	(978) 821-8236
<b>Newsletter</b>	Pam	(941) 343-7181
<b>12<sup>th</sup> Step Within</b>	Elizabeth	(978) 766-7040
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To contribute to this newsletter, email [ilovelfants@hotmail.com](mailto:ilovelfants@hotmail.com)  
or to report any changes to the meeting list.

**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>SOAR 8 Treasurer</b> P.O. Box 40273 St. Petersburg, FL 33743	<a href="http://www.oaregion8.org">www.oaregion8.org</a>
<b>Manasota Intergroup</b> 1132 Ranchero Drive Sarasota, FL 34240	<b>Email:</b> <a href="mailto:oamanasota@gmail.com">oamanasota@gmail.com</a>

**Make check payable to: Manasota Intergroup or MSI**

**From the Editor –**

Sadly, I have to report that I must step down from this position as Newsletter Editor. After being elected the Chair of this intergroup and my service position as Region 8 Bylaws/Electronic Documents Committee Chair, I am just spreading myself too thin. This is now your opportunity to step up and reap the rewards of doing service above the group level. Please contact me as soon as possible if you are interested.

**Together in Recovery – A 12 Step Journey**  
**Winter Retreat, January 13-15, 2017**  
**Christian Retreat Center**  
**1200 Glory Way Blvd, Bradenton, FL**

Registration starts Friday at 3, Dinner at 5, Program begins at 6:30. Retreat ends Sunday at noon.  
Register before Aug 1, 2016 - \$45; after Aug. 1 - \$65  
(Retreat program only)  
Single Room: \$65 x 2 nights = \$130  
Double Room: \$32.50 x 2 nights = \$65  
Meals = \$50  
(Fri – Dinner; Sat – Breakfast, lunch, & dinner, Sun – Breakfast)  
Questions? Call or email: Karen (614) 500-1080  
[kacie.kb40@gmail.com](mailto:kacie.kb40@gmail.com)

Sponsored by Manasota Intergroup OA.

### *Help Wanted:*

**Intergroup Treasurer:** The Treasurer is responsible for collecting money from the meetings, preparing monthly financial reports and expending funds as directed. Accounting or financial experience preferred but not required.

**Newsletter Editor:** The Newsletter Editor solicits content from group members, lays it out in this or any other 4 page format, provides copies for distribution at Intergroup meetings 4 times a year. No experience necessary.

**Contact Pam – 941-343-7181 or  
Email: [ilovelfants@hotmail.com](mailto:ilovelfants@hotmail.com)**

## **My Notes from the WSO Convention – Boston, MA**

From September 1-4, 2016 nearly 1,200 members of Overeaters Anonymous met in Boston, MA for the WSO Convention. Seventeen countries were represented to participate in the theme “The Trail to Recovery.” I went along with two other OA friends from the Sarasota area and met up with another Sarasota OA friend and several other New Englanders who have spent time in the Sarasota area.

It was my first OA WSO Convention and WOW! What a shot in the arm of recovery. Registration began Thursday evening followed by two sets of workshops. The general format for the workshops was two speakers each sharing their experience, strength, and hope for 20 minutes followed by 20 minutes of sharing by the audience.

The first night I went to a workshop on “Surrender: A Revolutionary Idea.” Jen spoke about her journey in OA before surrendering like boxing where she was always fighting with the food. When working a program, it became more like surfing and riding the waves of abstinence. She talked about continuous surrender and recovery became getting over her terminal uniqueness when she heard others telling her story. One person who shared said outside these rooms you get medals for victory. Inside these rooms you get medals for surrender. Another person shared that surrendering is not giving up, rather, it’s about cooperating.

I also went to a workshop that night entitled “Balancing Physical, Emotional and Spiritual Recovery”. C.J. spoke about how her Higher Power can see the big picture, like the completed picture on a puzzle box. Janene from St. Louis talked about a grazing relapse and making food our God is part of the disease not love. One person shared “If my food is black and white, I can live my life in color.” Greg shared that “I used to try and fit OA into my life, like going to the gym, now I’m going to fit my life into my program.”

One workshop I went to on Friday was titled F.E.A.R. (Face Everything And Recover). J.C. from Florida shared that she finally accepted that this was a disease and wasn’t going away. But it wasn’t her fault. It was an allergy of the body and she had “no control over sugar.” She said the unconscious fears were the thread running through her life and she had to ask herself if she is willing to turn her fears over to God. She continued that this is a progressive disease and she had to face the fear that this addiction is not going to change, no matter how much step work, therapy, etc., will make it go away. She can’t do it alone. She can’t do it with just her Higher Power. She needs the fellowship. It is important to face the fear even if she is shaking in her boots. She ended by saying “I can face whatever life brings me. It doesn’t mean the fear goes away.”

Opening Night was a festive gathering where the emphasis was on the International Growth that OA continues to have. A woman living in Cambridge, who is from South Korea was the first keynote speaker. She recently did 12th step work by going back to Korea for 9 months to nurture and grow OA in South Korea. There are now 3 meetings and a number of people with abstinence are sponsoring. There is work translating OA literature into Korean. They are getting help from Australia and New Zealand as well. Stella from England also spoke and said when she first got in OA she didn’t feel she would ever change inside. Now “I feel so healed and the damage has gone away.” There are currently 200 meetings in the UK. She is currently working with a Russian group on a Step Study on Skype. She said, “Why should I get better first just because I speak English,” and talked about the need for translation of OA material.

In the next issue of the newsletter I’ll share Part 2 beginning with Saturday of the WSO Convention.

*Leslie C.*





## NEW OA MEETING IN LAKEWOOD RANCH

Beginning on October 27, 2016 there is a new OA meeting in Lakewood Ranch. It will meet **on Thursdays at 7:00 – 8:00 PM and the format will be Big Book Step Study (BBSS).**

BBSS is a format which helps members achieve abstinence by working the Twelve Steps of Overeaters Anonymous. BBSS groups work the steps exactly as they are laid out in AA's Big Book, changing only the words alcohol and alcoholic to their equivalents for compulsive eating.

The meetings are structured and specific, providing clear-cut directions on how to recover from the disease of compulsive overeating.

### Lakewood Ranch Big Book Step Study

Thursday Nights, 7:00–8:00PM

Chabad of Bradenton  
5712 Lorraine Rd.  
Lakewood Ranch, FL. 34211

Contact: Barb S. 941-228-7422

"It works - it really does."

*-Alcoholics Anonymous, fourth edition,  
Into Action, page 88*

This is my favorite promise from the Big Book. It is short, simple and accurate. It (the twelve-step program of recovery) really does work. Last weekend I enjoyed hanging with the Fellowship during the World Service Convention in Boston. On Saturday night I wore the same size 6 dress that I wore to the banquet three years earlier at the Convention in Cleveland (see below) - a far cry from the 240 lbs I came in with. I spent some time this morning looking for a picture from three years ago to show the side by side comparison. Although I was unable to find that particular picture, I did get to see a bit of my history in recovery as I scrolled through my saved photographs. My, how I have enjoyed my life over these past 10 years! The freedom and the abundance of good are almost unbelievable. Yet I continue to experience moments sublime, because the 12 Steps continue to work in my life. They work. They really do!

Thank you for letting me share. Have a beautiful day!

Atiya  
Raleigh, NC

## OA MANASOTA MEETING SCHEDULE

Day	Time	City	Location	Contact	Notes
Monday	1 pm	Venice	Lion's Club Venice Health Park 1283 Jacaranda Blvd. (Left side of bldg., Community Room A)	Gloria: 941-488-2533	Discussion/Literature
Monday	7 pm	Bradenton	Trinity Methodist Church 3200 Manatee Ave W (park in back of church; in conference room in adjacent Lighthouse building)	Sandi: 941-932-6651 Mary Beth: 941-705-1417	Literature/Big Book
Monday	7 pm	Sarasota	First Presbyterian Church 501 Bowman Ct. (off Oak St. east of 301) Rm. #203	Pam G: 941-343-7181	Steps & Traditions/Beginner's Meeting on last Monday
Tuesday	10 am	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 3 (back parking lot behind church)	Robert: 978-821-8236	Steps & last Tues. Tradition
Wednesday	6:45 pm	Sarasota	Gratitude Club, 530 Payne Parkway	Andrea: 941-926-7555	Literature
Thursday	10 am	Bradenton	Our Lady Queen of Martyrs Catholic Church 833 Magellan Dr (9th Street East) (between 63rd Ave East and Whitfield) Rm. #10 in school building	Mary Ann: 941-744-0230	Steps & Traditions
Thursday	10 am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Blvd. (off King's Highway)	Carolyn: 941-626-8969	Discussion/Steps/Speaker
Thursday	6:30 – 8 pm	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Ree: 315-447-4175	Special Focus Meeting: OA H.O.W Call in (712) 775-7031 Access code: 519003816#
Thursday	7-8 pm	Lakewood Ranch	<b>NEW!</b> Chabad of Bradenton 5712 Lorraine Rd	Barb S.: 941-228-7422	Big Book Step Study
Thursday	7 pm	Anna Maria Island	Episcopal Church of the Annunciation 4408 Gulf Dr. Bradenton Beach	Gillian: 941-243-3919	
Friday	10 am	Venice	Lion's Club Venice Health Park 1283 Jacaranda Blvd. (Left side of bldg., Community Room A)	Gloria: 941-488-2533	Discussion/Literature
Friday	7 pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (parking lot in back of church; little white house)	Andrea: 941-926-7555	Speaker/Discussion
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Wendy: 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Saturday	10 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Mary: 941-321-8756 Wendy: 941-806-7080	Big Book/Literature
Sunday	4 pm	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 3	Kathy: 941-954-4210	Big Book/Step Study

**Manasota Intergroup meets the 2<sup>nd</sup> Saturday of every month at 11:15 am at the Unitarian Universalist Church, 3975 Fruitville Road, Sarasota (Jefferson Room inside Courtyard), following the Saturday morning meeting.**

**REGISTRATION FORM:  
I WILL GIVE SERVICE:**

- \_\_\_\_\_ Boutique
- \_\_\_\_\_ Hospitality Room
- \_\_\_\_\_ Hugger/Greeter
- \_\_\_\_\_ Literature Table
- \_\_\_\_\_ Meeting Room Timer
- \_\_\_\_\_ Registration Table
- \_\_\_\_\_ Sell Tickets for Drawings
- \_\_\_\_\_ Service Desk
- \_\_\_\_\_ Where needed
- \_\_\_\_\_ I need a roommate
- \_\_\_\_\_ Meeting Leader - I have 90 days of continuous abstinence \_\_\_\_\_ Initial here

**Visit the Recovery Bookstore**

Place your Intergroup and group (meeting) orders before 1/27/2017.

Contact Andi S:  
Spiritmade351@gmail.com  
954-295-1123

*Credit cards will be accepted at the Florida State Convention for purchases over \$10*

**PARTICIPATING FLORIDA INTERGROUPS**

- Central Florida
- Gold Coast
- Highlands Ridge
- Miami-Dade & the Keys
- New Freedom
- Palm Beach County
- Pinellas Traditions
- Space Coast
- Sun Coast



**For more information contact:**

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If you are reading a paper copy, additional copies of this flyer can be downloaded at

[www.oaflsolutions.org](http://www.oaflsolutions.org)

27<sup>th</sup> Annual Florida State  
Convention of Overeaters  
Anonymous

**“Together We  
Can... Be Happy,  
Joyous and serene  
in 2017”**



**Feb 24-26, 2017**

Holiday Inn Tampa– Westshore  
700 N. Westshore Blvd.  
Tampa, FL 33609  
866-941-4919 (Reservations)  
813-289-8200 (Hotel Direct)

## HOTEL INFORMATION

### Holiday Inn Tampa – Westshore

You must make your own reservations before 1/30/17. Use code "OVE" for special rates: \$145.00 Double + 12% taxes per night. Any reservations made after 1/30/17 will be charged at the current room rate in effect on the day of the reservation. Hotel requires a credit card to hold your reservation. **THERE WILL BE NO EXCEPTIONS.**

Rates are available for one day before and after the event. Hotel check-in is at 3:00 PM, Friday; check-out is Noon Sunday. Refrigerators in every room; there are a limited number of microwaves available. Be sure to request at time of reservation if desired.

#### **PARKING IS FREE and adjacent to hotel.**

Complimentary Shuttle Service available to/from Tampa International Airport. Call to schedule pick-up: 1-813-289-8200.

## MEAL INFORMATION

Meals must be ordered before 2/17/17. Everyone who signs up for the 4-meal package will be entered to win one of four \$50 cash prizes. Winning is like attending the banquet for free!

**4-Meal Package: \$115**  
Includes breakfast buffet Saturday and Sunday, Saturday lunch and Saturday banquet; taxes and tips incl.

You may also choose to attend the Saturday lunch and/or banquet separately. Guests are welcome if you prepay for them. Sign up for one or both and pay the meal fee(s):

**Saturday Lunch ONLY: \$30**  
Your choice of chicken, tilapia, or vegetarian entrée. (Indicate choice on registration form.)

**Saturday Banquet ONLY: \$45**  
Your choice of chicken, salmon, or vegetarian entrée. (Indicate choice on registration form.)

More information about what is included in each meal is available on the EventBrite web page.

### Convention Highlights

Registration in Hotel Main Lobby

Friday: 3:00 – 7:30 PM

Saturday: 7:00 AM – Noon

(closed during opening ceremony)

Workshops start: 4:00 PM FRI

7:15 AM SAT

8:30 AM SUN

Opening Ceremony: 7:30 PM FRI

Unity Day Celebration: 1:30 PM SAT

Convention ends: Noon SUN

## REGISTRATION FEES

- Early registration: \$30.00 (Postmarked by 1/27/2017)
- One Day Pre-Registration: \$30.00
- Late registration: \$40.00 (Postmarked **AFTER** 1/27/2017) **WALK-INS WELCOME!!**  
Credit cards accepted on site.
- No refunds after 2/10/2017. These funds will be a 7<sup>th</sup> Tradition Donation.

*No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation.*

### Register on-line:

<https://flsconvention2017.eventbrite.com>

(A surcharge is added when using this site.)

### Register by mail:

Make checks payable to:

\*Florida State Convention 2017\*

Send to: Carl Kuttin

8775 Como Lake Blvd.

Jacksonville, FL 32256

Email: [fsregister2017@gmail.com](mailto:fsregister2017@gmail.com)

Phone: 323-304-9287

## REGISTRATION FORM

*"Together We Can... Be Happy, Joyous and Serene in 2017"*

Name and City for Badge:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

### Fees Enclosed:

Registration Fee \$ \_\_\_\_\_

Four-meal package\* \$ \_\_\_\_\_  
(Automatic entry to win \$50 – 4 winners.)

Sat. Lunch ONLY\* \$ \_\_\_\_\_

Sat. Banquet ONLY\* \$ \_\_\_\_\_

DONATION \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

\*If ordering meals, please circle your choice:

Lunch choice: Chicken Tilapia Vegetarian

Banquet choice: Chicken Salmon Vegetarian

(Meal cut-off date is 17 FEB 2017.)

