



New Horizon

OA Manasota Intergroup
Quarterly Newsletter – March 2016

Information Line

(941) 957-1488

www.oamanasota.org

INTERGROUP MEMBERS

Chair	Marilyn	(941) 460-0912 vton56@yahoo.com
Vice Chair	Vacant	
Newsletter	Pam	(941) 343-7181 ilovelfants@hotmail.com
Public Info	Erin	(310) 462-4732 erinschosser@gmail.com
Secretary	Cathaleen	(941) 685-4171
SOAR 8 Rep	Marilyn	(941) 460-0912 vton56@yahoo.com
Treasurer	Anna D	(941) 378-9944 adefelice@comcast.net
WSO Delegate	Paula	(941) 487-8027

To contribute to this newsletter, email 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 7th TRADITION CONTRIBUTIONS

We are self-supporting. Please consider a donation of \$3 at the meetings you attend.

World Service Organization www.oa.org
P.O. Box 44020
Rio Rancho, NM 87174-4020 (505) 891-2664

SOAR 8 Treasurer www.oaregion8.org
P.O. Box 40273
St. Petersburg, FL 33743

Manasota Intergroup Email: oamanasota@gmail.com
1132 Rancho Drive
Sarasota, FL 34240

Make check payable to: Manasota Intergroup or MSI

Welcome to the Manasota Intergroup Newsletter

Please note the new meetings on the last page of this newsletter. The next issue will be published in June and the theme will be "Freedom. Deadline for submissions is May 14 (the intergroup meeting). Can't wait to see what your thoughts are on this topic!

OA.ORG

New Look and Mobile Friendly!

Wanted:

Thoughts, comments, and stories of recovery.
Whatever you would like to share about your recovery.
You may help someone. Anonymity guaranteed!
Service is slimming!
Contact the Editor at ilovelfants@hotmail.com

World Service Convention 2016 Boston, MA USA September 1-4

Convention Registration is NOW OPEN! Visit the Convention web page at: <https://www.oa.org/world-service-events/world-service-convention/> for details.

Interested in receiving the latest details on Convention?

Email conventioninfo@oa.org to sign up for the e-mailing list.

Please include your name, state or country, and email address. Print out all the recovery workshops at Convention by downloading the tentative agenda at <https://www.oa.org/world-service-events/world-service-convention/>.

Day 10 of trying to stay away from “overt” sugar, meaning no cookies, candies, muffins, cakes, ice cream, etc. I’m not being obsessive about searching for sugar in ingredients like curry sauce so that’s why I say overt. Like any other addiction the withdrawal comes in waves and after hours and hours of no urge, BOOM, I am lusting after a hit. All addictions lay in wait and this is no different.

Working with a few people on Step 1 right now and they are both in somewhat of a state of discomfort. I shared that from my experience if we do not feel discomfort in withdrawal there’s something wrong. My withdrawals from my different addictions were very painful as were my relapses. Isn’t that the point? If we are not in pain why would we stop? Seems so obvious right? For me, reality is, that it’s easy to identify my discomfort but oh so hard to continuously do the work required to stay both physically and emotionally sober. For me, it’s not just acceptance that I can’t do this on my own, but that its hard work to keep what I have as it is hard work to have a loving, nurturing relationship. The work has such a great payoff but my ego and my addict mind often prefer to have me be lazy about this.

So, the question for the New Year approaching: Are you doing the work? Are you working hard enough? Are you getting enough feedback from trusted servants and friends? I ask these questions for I need to always ask myself the same ones; of course in as gentle and loving way as possible but also in a firm and rational way.

Today I pray we all have a loving, peaceful holiday and are good to ourselves.

Bob D.

New OA special focus meeting in Sarasota!

My name is Robert and I'm pretty new to Sarasota. I'm helping with the start up for the new O.A. special focus meeting for bulimics and anorexics. **The meeting is Saturday at 8:30 a.m. at the Unitarian Universalist Church on Fruitville Rd.** (same location as the 10am meeting). The meeting is open to anyone who may have issues with anorexic and bulimic behaviors, excessive laxative or exercise issues, and those who may identify with the behavior of restricting food intake for the purpose of controlling his/her weight. Check us out! We are very excited because, although these issues are not often spoken about in meetings, they are real for many of us! If you have questions about the meeting please contact either Wendy @ (941) 806-7080 or me (978) 821-8236 or email: robbsey@gmail.com.

Quotes on Abstinence:

According to the dictionary, the word “abstain” means to refrain from. Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program. *Policy Statement on Abstinence & Recovery 1988b, amended 2002.*

Abstinence is strength and power. God’s power has become available because of my powerlessness. *Abstinence, pg. 5*

Abstinence is enjoying God’s food the way it’s meant to be enjoyed. *Abstinence, pg. 7*

As I sit here at Day 45 of my abstinence I am amazed and grateful for what has turned out to be like a joy ride! I've had a couple days of waking up crabby but I told my sponsor, put it out on calls, surrendered it to God and soon found myself back on my joy ride again. When I think of where I came from, it's nothing short of a miracle that has transformed the person that I was into the person I am now. I had tried OA H.O.W. 6 yrs ago and just found it all too hard so I took my food plan and thought I could do it on my own. For 6 yrs I struggled as this illness progressed and I went from my longest binge being 2 weeks to my last binge which had lasted 30 days. I couldn't stop! On December 1, 2015 I had reached my breaking point. After my solemn oath not to binge that day I was at Dunkin Donuts by 9:30 am and had eaten 12 doughnuts. I was in such physical pain I thought I seriously may have injured my body. Emotional and spiritually I was drained. I gave up. I just gave up. Suicidal thoughts entered my mind and I cried out to God "Please help me!" as I sobbed great tears of total defeat. It came to my mind, what about that H.O.W. program? Immediately my mind thought what if it's too hard? What if you fail again? Your hopelessness would be complete then. But then I started frantically searching my house to try and find anything I might have kept with a sense of urgency thinking this is my ONLY hope! I finally found a paper in a folder with some names and phone numbers. I just started calling the numbers. It wasn't until the 4th number I called that someone picked up and was still in the program. I was a sobbing mess by then and all I could get out that she could understand was "Help me." She got me calmed down and I remember her voice and manner was so calm and soothing. I was later to find out that I would find comfort in that calm and soothing voice on the other end of the phone from many people. She told me what to do short term and had me call back in an hour. After that another task and call in the a.m. I immediately started to feel strength start to come back to me. As it says I felt I had been thrown that life preserver and was being reeled in and I was

holding on for dear life! She temporarily sponsored me as did a couple of other women to get me through until I could get someone who could sponsor me. I went on the phone meeting the next night and was fortunate to get hooked up with a sponsor right away. I was shaky at first but as I did what I was told, one day at a time, I began to blossom and the joy and happiness I've felt has been tremendous! I can now see my devastation as a gift for it brought me to a state of willingness and this program. I'm willing to go to any length for my abstinence. I fully concede to my innermost self that I am a food addict and I understand that I have a progressive illness. When I gave up, God could help me through the tools of the program and the wonderful support from everyone in the program. I no longer have to do these thing. I want to do them and get to do them to remain well and have freedom and happiness in my life. To be present in relationships like never before. I can only hope to be that calm, soothing voice on the other end of the line to others as I grow spiritually in this program. I can always tell an old-timer in the program by their voice and the words they speak. Thank you to all who have helped me on my journey so far. I was humbled and grateful for it.

Janie Z. from Winter Haven, FL

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Today is Jan. 12, the first 12th day in the first month of a new year. This makes me think of Step 1, and where my journey in OA really began. I have heard that Step 1 is the only Step I have to do perfectly. In other words, I must admit that I am totally powerless over food, and that I cannot manage my unmanageable life by myself. I had to embrace hopelessness; the hopelessness that my illusions of eating what I wanted when I wanted and losing weight were never going to be true. I also had to give up hoping that I could manipulate people, places, and things into doing or being what I wanted. When I was able to admit powerlessness and unmanageability, I found myself on a path to a life I could never have imagined!

Neill M.  
12th Step Within committee member

## OA MANASOTA MEETING SCHEDULE

| Day                  | Time           | City                     | Location                                                                                                                       | Contact                                              | Notes                                                |
|----------------------|----------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|
| Monday               | 10am           | Nokomis                  | Venice/Nokomis United Methodist Church<br>208 Palm Ave. Room #6. This location will be changing as of April 1!                 | Gloria:<br>941-488-2533                              | Discussion/Literature                                |
| Monday               | 7pm            | Bradenton                | Trinity Methodist Church<br>3200 Manatee Ave W (park in back of church; in conference room in adjacent Lighthouse building)    | Sandi:<br>941-932-6651<br>Mary Beth:<br>941-705-1417 | Literature/Big Book                                  |
| Monday               | 7pm            | Sarasota                 | First Presbyterian Church<br>501 Bowman Ct. (off Oak St. east of 301) Rm. #203                                                 | Pam G:<br>941-343-7181                               | Steps & Traditions/Beginner's Meeting on last Monday |
| Tuesday              | 10am           | Sarasota                 | Bahia Vista Mennonite Church<br>4041 Bahia Vista St., Portable 1 (back parking lot behind church)                              | Diana:<br>941-544-5838                               | Steps & last Tues. Tradition                         |
| Wednesday            | 10am           | Nokomis                  | Venice/Nokomis United Methodist Church<br>208 Palm Ave. Room #6                                                                | Babs:<br>339-788-1960                                | Steps & Traditions                                   |
| Wednesday            | 6:45pm         | Sarasota                 | Gratitude Club,<br>530 Payne Parkway                                                                                           | Andrea:<br>941-926-7555                              | Literature                                           |
| Thursday             | 10am           | Bradenton                | Our Lady, Queen of Martyrs Catholic Church<br>9th Street East (between 63rd Ave East and Whitfield) Rm. #10 in school building | Sandi:<br>941-932-6651                               | Steps & Traditions                                   |
| Thursday             | 10am           | Port Charlotte           | Pilgrim United Church of Christ<br>24515 Rampart Blvd. (off King's Highway)                                                    | Carolyn:<br>941-626-8969                             | Discussion/Steps/Speaker                             |
| Thursday             | 6:30 - 8pm     | Sarasota                 | Unitarian Universalist Church,<br>3975 Fruitville Rd. (Jefferson Room inside courtyard)                                        | Anna B:<br>941-924-5498<br>Jamie:<br>941-822-0609    | Special Focus Meeting:<br>OA H.O.W                   |
| Thursday             | 7-8pm          | Sarasota                 | St. Wilfred Episcopal Church,<br>3773 Wilkinson Road (parking lot in back of church; come in to Conf. Room)                    |                                                      | OA Step Study                                        |
| <b>NEW! Thursday</b> | <b>7 pm</b>    | <b>Anna Maria Island</b> | <b>Episcopal Church of the Annunciation,<br/>4408 Gulf Dr.</b>                                                                 | <b>Sandi:<br/>941-932-6651</b>                       |                                                      |
| Friday               | 7pm            | Sarasota                 | St. Wilfred Episcopal Church,<br>3773 Wilkinson Road (parking lot in back of church; come in to Conf. Room)                    | Andrea:<br>941-926-7555                              | Speaker/Discussion                                   |
| <b>NEW! Saturday</b> | <b>8:30 am</b> | <b>Sarasota</b>          | <b>Unitarian Universalist Church<br/>3975 Fruitville Rd. (Jefferson Room inside courtyard)</b>                                 | <b>Wendy:<br/>941-806-7080</b>                       | <b>Special Focus Meeting:<br/>Anorexic/Bulimic</b>   |
| Saturday             | 10am           | Sarasota                 | Unitarian Universalist Church<br>3975 Fruitville Rd. (Jefferson Room inside courtyard)                                         | Terry:<br>941-923-2844                               | Big Book/Literature                                  |
| Sunday               | 4pm            | Sarasota                 | Bahia Vista Mennonite Church<br>4041 Bahia Vista St., Portable 1                                                               | Paula:<br>941-487-8027                               | Big Book/Step Study                                  |