



New Horizon

OA Manasota Intergroup
Quarterly Newsletter October 2018

Manasota Intergroup
Information Line
(941) 957-1488
www.oamanasota.org

Please Join Us: Manasota Intergroup meets the 2nd Saturday of every month at 11:15 am at the Unitarian Universalist Church, 3975 Fruitville Road, Sarasota (West Wing Room, inside the Courtyard). Everyone is Welcome!

Board Members & Committee Chairs

Chair	Pam	(941) 343-7181 ilovelfants@hotmail.com
Vice Chair	Mary Beth	(941-705-1417)
Secretary	Leslie	(941) 223-4100
Treasurer	Jim	(941) 524-5069 srq48FL@gmail.com
SOAR 8 Reps	Pam Paula	(941) 343-7181 (941) 487-8027
WSO Delegate	Pam	(941) 343-7181
Newsletter	Anna	(941) 378-9944 manasotanewsletter@comcast.net
12 th Step Within	Tina	(941) 993-9717
Public Info		Open

To contribute to this newsletter or to report any changes to the meeting list, email manasotanewsletter@comcast.net please.

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

Thank you for your submissions to our newsletter.

Addresses for 7th Tradition Contributions

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

World Service Office www.oa.org
PO Box 44727
Rio Rancho, NM 87174-4727

SOAR 8 Treasurer www.oaregion8.org
PO Box 242522
Little Rock, AR 72223

Manasota Intergroup
% Jim Ferri
2111 South Brink Avenue
Sarasota, FL 34239-4204
Email: srq48FL@gmail.com
(941) 524-5069

Make check payable to: Manasota Intergroup or MSI

Please include your Group Number on all checks.

Wanted: Volunteers for Service

Abstinent OA members who are willing to do service beyond the group level.

Manasota Intergroup is looking for individuals who would like to enhance their recovery by serving the needs of the Intergroup. Positions available are Chair, Vice Chair, Secretary, Region Rep and WSBC Delegate. Qualifications: Working the 12 Steps, 12 Traditions and 12 Concepts of OA Service to the best of his/her ability; have 6 months current abstinence; be a member of a Manasota Intergroup affiliated group. WSBC Delegate must have 1 year of abstinence and 2 years of service beyond the group level. Duties are defined in the Policy & Procedure Manual posted on oamanasota.org. These positions are for a 2-year term. Elections will take place on Saturday, November 10. You must be present to be elected.

Talk to your sponsor! Pray about it! Manasota Intergroup depends upon abstinent members to help carry the message to those who are still suffering! This may be the type of service that will help you stay in recovery! I know it helps me!

Pam, Sarasota

Did You Know? What's New?

The 2019 Annual OA Florida State Convention will be held February 22-24 in Cocoa Beach. Our Manasota Intergroup has been asked to donate a Raffle Basket. We have accepted the invitation. Ideas we are considering for our basket include gift cards (of any amount and to any retailer), lottery tickets, or card games. Maybe you have an idea to suggest. As an act of service, consider purchasing an item for our Raffle Basket. Items can be given to your Intergroup Representative and they will deliver them to an Intergroup Meeting; or please attend any monthly Intergroup Meeting & bring it yourself. All are Welcome.

Richard, Sarasota

**Please Note Above: WSO & Region 8
New Addresses for 7th Tradition Contributions**

Living Through Literature

Now we ask ourselves what it is doing **for** us as well as what it is doing **to** us. We search out our reasons for hanging on to each trait. Perhaps one has been a readily available source of comfort, while another has added excitement to our lives and a third has enabled us to compensate for our lack of self-esteem. Every character defect we have today has been useful to us at some point in our lives, and we need to recognize that fact.

Next, we need to recognize that each of these old tools for coping with life has now outlived its usefulness. We look at the harm it is doing us to cling to each of these ways of thinking and acting. As we had to "hit bottom" regarding our eating behavior, so we now need to hit bottom with each of these traits. Only when we fully realize that they are costing us more than they are giving us do we become entirely ready to be rid of our defects of character.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Step Six, Page 56-57

Upcoming OA Days To Celebrate

International Day Experiencing Abstinence (IDEA) is celebrated every third weekend of November. This year's celebration is November 17–18, 2018. This day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating. "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program." – Overeaters Anonymous Definition of Abstinence
Abstinence is freedom. Nothing tastes as good as abstinence feels. We never need to eat compulsively again.

International Twelfth Step Within Day is on December 12 (12/12) each year. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. OA members strengthen our Fellowship by reaching out to still-suffering members within the program: members in relapse, members who have fallen away, and members needing extra support. Let's not forget the heart-wrenching fact that many people who walk away from OA lapse back into a very serious disease. Perhaps someone in relapse is reading this article right now - Keep Coming Back! Perhaps you are an active, abstinent OA member, who will do something to help & carry the message of hope & recovery. 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."

Face It, Trace It and Erase It

I am safe as long as I do not take the first compulsive bite. Abstinence is my security. If I break my abstinence, I lose my protection against the confusion, remorse, and self-loathing pain of compulsive eating.

To keep my abstinence strong, I use the OA Tools of Recovery* each day. I do my best, and leave the rest to my Higher Power. I remember that I have been given a new life today & the past has passed. I will not endanger my growth by forgetting how much I need others in program to recover.

Temptation will always appear in one form or another. Sometimes it may seem impossible not to give in. My strength lies not in myself but in HP, and only by maintaining close contact can I resist the inclination, impulse & lure to eat compulsively.

My Higher Power has led me to OA and has given me a safe place to be. Today, if I am tempted or upset, I use the telephone, go to a meeting, read OA literature, practice Step 11, and do whatever else it takes to maintain my abstinence.

**The Tools of Recovery* - A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, & Service.

Slogans, Sayings & Such

Don't be *Tricked*, by this years Halloween *Treats*.

At Halloween there is no law that says you have to give out candy.

Better in the trash, than on my a@#!

First do what is necessary, then do what is possible, and before long you will find yourself doing the impossible.

A head full of knowledge doesn't prevent a belly full of extra food.

Every journey toward something is a journey away from something else, and sometimes it is just as important to know what you are journeying away from as it is to know what you are journeying toward.

Our food plans may not be the same, but what we have in common is how we nurture ourselves or hurt ourselves physically, emotionally & spiritually with food.

Conscious Contact or Conscious Separation? Your choice.

Dignity of Choice: Differing Approaches to Recovery in OA

I'm recovering through the Twelve Steps and Twelve Traditions of Overeaters Anonymous. It took me a long time to realize that just because I do what's right for me in OA, if you do something different, you are not wrong. We can perform opposite actions in relation to food and the use of the recovery tools, yet still be recovering.

Why do I care how or what you eat if it works for you? Why do I feel threatened by your approach if what I'm doing works for me? I know that in those times when I am bothered by what you eat or what you do, in truth, my personal program of recovery is in trouble.

Today I have friends who choose to abstain from sugar and flour. I also have friends who weigh and measure everything they eat. Some abstain from artificial sweeteners. Some chew gum and others do not. Some abstain from caffeine. Some never weigh themselves. Some choose to eat everything in moderate amounts. All are recovering in OA through the Twelve Steps and Twelve Tradition. I am grateful to have them in my life. In the spirit of unity, I encourage each of us to identify with our similarities rather than compare our differences. Excerpt from 2007 A Step Ahead

*As a tool, a Plan of Eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. Each of us develops a personal plan of eating based on an honest appraisal of his or her past experience. There are as many plans of eating in OA as there are members and each members' plan may change over time. An effective Plan of Eating helps the member stop eating compulsively and move toward or maintain a healthy body weight. For a member to stay stopped requires more than just a Plan of Eating! Working the Twelve Steps and using the Tools of Recovery brings a return to sanity around food and a fuller recovery experience spiritually and emotionally.

Experience, Strength & Hope:

Get s Head-Start On The Holidays - Ready, Set, Go — 21 Tips for Getting Through the Holidays Abstinently

1. **Focus on the true meaning of the holiday** or event rather than the food orgy that sometimes accompanies it.
2. **Don't set yourself up to feel bad because of unrealistic expectations** of what the holiday will bring. Sometimes we're with family, sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be part of the unpleasantness. If you're going to be alone, face that you may face sadness. Plan to deal with it, without excess food.
3. **Build up your recovery bank account** before and during the holidays by attending lots of meetings, working extra hard on your 12-Steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take holidays. Nor should our recovery.
4. **Keep your OA phone numbers with you** at all times. Use them.
5. **Know the limits of your recovery.** When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem. Remember that abstinence, one day at a time, has to be the highest priority in your life. Without it, all other things suffer.
6. From the perspective of food, **treat the holiday like any other day.** Our disease never takes a holiday.
7. **Plan something special for yourself when other people are eating sugary desserts** that you choose not to include in your food plan. Special teas, hot water and lemon, fruit, anything that's a little special for you.
8. Whether a holiday gathering or ordinary party, choose to **focus on the people rather than the food.** Pick out people and engage them in "real" conversation. If they don't want to play, go to the next one. People like to talk about themselves. Ask them about themselves, their life, their work—and really listen.
9. **Try to really connect with people at the holiday table.** Make food a secondary thing.
10. **At Halloween there is no law that says you have to give out candy.** We're not doing these kids a favor by giving them junk food. Give nutritious things or money. Do not give out things you would not consume yourself. Then there's no problem with leftovers.
11. **Set an extra place beside you (in your mind or for real) at the table for your Higher Power.**
12. **Remember Step Two.** It says that with the help of a Higher Power we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
13. **During the holidays get out of yourself by giving service,** any service, whether it's to Program, to needy individuals, or to the community. Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to respect yourself for.
14. **Plan! Plan! Plan!** Be proactive toward the holidays and the meals. Don't just lay back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat, or just before being served, go to a private room somewhere in the house or restaurant, **call your sponsor, and commit what you are about to eat,** as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine. It's your commitment.
16. If you're visiting others for a holiday dinner, **it's up to you to know what is being served** and whether it is something that you choose to eat. Call the host. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that's good for you. The host thinks you're gracious and you're taking care of yourself!
17. Remember that **you are responsible for what you eat.** It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you're given. It's not true. We are adults and responsible for our own choices. It's up to us to take care of ourselves. It's up to us to set whatever parameters or boundaries we need to set with our families.
18. **Gratitude, gratitude, gratitude.** There is nothing as good for staying abstinent—particularly during the Thanksgiving season—than focusing on the many things we have, rather than what we don't have. Do gratitude lists frequently.
19. How about **writing a little card/note to each person who will be at the Thanksgiving dinner table telling them why you're grateful to know them?** Leave it at their dinner place. The focus will quickly get to the real meaning of Thanksgiving rather than on the food.
20. For many of us the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some kind of letdown about the occasion. It didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, **plan to go to meetings the next day after the holiday.**
21. A holiday is not a crisis. Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with the holidays just like we deal with the rest of the days in the year. You can do it. **Relax and work your program the way you know how.**

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE, PUNTA GORDA)

Updated October 11, 2018 Please visit www.oamanasota.org or call 941-957-1488 for recent meeting updates.

Day	Time	City	Location	Contact	Notes
Monday	7 pm	Bradenton	Trinity United Methodist Church 3200 Manatee Avenue West (Enter Front of Church, 1st Room on Left)	Sandi: 941-932-6651 Mary Beth: 941-705-1417	Speaker 1st Monday, Literature, Newcomer Meeting Available as Needed
Monday	6:45 pm	Punta Gorda	Friendship United Methodist Church 12275 Paramount Drive (Meet in Conference Room in tWhite Building on left side. Located less than 5 minutes from I- 75, Exit 158 Tucker's Grade. Right off Tamiami Trail.)	Rochelle B. 516-993-5919	Topic Varies
Monday	7 pm	Sarasota	First Presbyterian Church 2050 Oak Street (Building on Left, 2nd Floor, Room #203)	Pam G: 941-343-7181	Steps & Traditions, Beginner's Meeting on Last Monday
Tuesday	10 am	Sarasota	Sarasota Community Church 4041 Bahia Vista Street Room 9 (Main Building, Entrance Back Parking Lot)	Janet 941-921-6101	Steps, Last Tuesday Tradition
Tuesday	2 pm	Bradenton	Manatee Unitarian Universalist Fellowship 322 15th Street West (Use side entrance off the parking lot.)	Bekah 941-744-6415	Big Book
Wednesday	6:45 pm	Sarasota	Gratitude Club, 530 Payne Parkway (Entrance Back of House, Proceed Right, Thru Kitchen)	Andrea: 941-926-7555	Literature
Thursday	10 am	Bradenton	Our Lady Queen of Martyrs Catholic Church 833 Magellan Drive (9th Street East) (Between 63rd Avenue East and Whitfield) Room #10 in School Building	Mary Ann: 941-744-0230	Steps & Traditions
Thursday	10 am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Boulevard (Off King's Highway)	Carolyn: 941-626-8969	1st Thursday Leader. 2nd Steps, 3rd Tradition, 4th BB, 5th Tools
Thursday	6:30 – 8:30 pm	Sarasota	Unitarian Universalist Church, 3975 Fruitville Road (James Reeb Room, Inside Courtyard) Fragrance Free Requested	Ree: 315-447-4175	Special Focus Meeting: OA H.O.W. Call in Available for Meeting (712) 775-7031 Access code: 519003816#
Friday	7 pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (Parking Lot in Back of Church, Meet in Little White House)	Andrea: 941-926-7555	Discussion
Saturday	10 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Wendy: 941-806-7080 Mary 941-321-8756	Big Book/ Literature
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Wendy: 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Sunday	4 pm	Sarasota	Sarasota Community Church 4041 Bahia Vista Street Room 9 (Main Building, Entrance Back Parking Lot)	Wendy: 941-806-7080	Big Book Study

