



New Horizon

OA Manasota Intergroup

Quarterly Newsletter January 2019

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	Paula	(516) 808-0813
Vice Chair	Mary Beth	(941) 705-1417
Secretary	Leslie	(941) 223-4100
Treasurer	Jim	(941) 524-5069 srq48FL@gmail.com
SOAR 8 Reps	Tina	(941) 993-9717
WSO Delegate	Pam	(941) 343-7181 ilovelfants@hotmail.com
Newsletter	Anna	(941) 378-9944 manasotaneewsletter@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 manasotaneewsletter@comcast.net anytime.
Thank you for your submissions to our newsletter.

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. Please, "Take what you want, and leave the rest."

Addresses for 7th Tradition Contributions

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

World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727

www.oa.org

SOAR 8 Treasurer
PO Box 242522
Little Rock, AR 72223

www.oaregion8.org

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.

Upcoming Events - All Are Welcome!

"Together We Can... Believe, Achieve, Receive"
29th Annual Florida State Convention of Overeaters Anonymous will be held **February 22-24, 2019** in Cocoa Beach, Florida.

"Sunlight of the Spirit"
Region 8 Business Assembly & Recovery Convention will be held **April 5-7, 2019** in Plantation, Florida.

For further info, flyer & registration on both events:
www.oaregion8.org

Save the Date!

Manasota Intergroup's Spring Retreat
March 7-9, 2020

World Service Business Conference is May 6-11, 2019

Your 7th Tradition Contributions are funding our Manasota Intergroup Delegate to represent us as a whole again this year in New Mexico. Thank You!

Service Opportunity For You!

Every third Thursday of the month at 5:30 - 6:30 p.m., our Intergroup is doing Public Outreach at First Step - Addiction Recovery Programs in Sarasota. We need 2 speakers each month who are willing to share their OA Experience, Strength & Hope with residents. Please contact Paula at (516) 808-0813 for details & to volunteer to Help Carry the Message of Recovery!

Update Your Meeting Info at World Service Office

Update your group's meeting details and secretary contact information by going to oa.org "Edit a Meeting". The WSO uses the information you provide to keep "Find a Meeting" current so that members in recovery and still-suffering compulsive eaters can locate a meeting in their area or wherever their travels may take them.

Living Through Literature

Just about anyone who attends a support group such as OA for a reasonable period of time will likely hear his or her story told by another member. The effect of one person sharing experiences with a fellow having the same experiences is powerful.

Once the initial layer of the onion is peeled away ("but I'm different than these people"), the stage is set for identification rather than comparison. The question then becomes, "What do I have in common with everyone here? Maybe I'm not alone or so different." From that point forward, the focus begins to center more on the solution: "What do I need to do to recover?"

The "magic" of OA then becomes clear: a combination of people having a common purpose and seeing others working a set of suggested Steps, lending testimony to the promise of recovery.

I hope the Fellowship of OA will continue to grow and its members will continue to serve as a beacon of light for those who have yet to find recovery. It's a spiritual axiom that a group of people with a common history and purpose can do as a group what could not otherwise be achieved by an individual. In that sense, OA offers what no professional or individual person can match: hope by example.

Marty Lerner, Ph.D., 2013 Forward to the Third Edition, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#). Pages XI - XII

Upcoming OA Days To Celebrate

Unity Day - Sunday, February 24, 2019 at 11:30 a.m.

Unity Day was created to reaffirm the love and understanding shared by members of our Fellowship – with an emphasis on Tradition One, “Our common welfare should come first; personal recovery depends on OA unity.” Unity Day is observed annually in OA worldwide with a moment of silence on the last Saturday of February in even years and the last Sunday in February in odd years at 11:30 a.m. Take a moment to pause with your OA fellows to affirm the strength inherent in OA’s unity.

Face It, Trace It and Erase It

“Poor little ‘ole me.” The PLOMS. How often do we succumb to this temptation? Usually it’s an excuse for not doing what we know we could do, but we do not want to do. Or it’s a way to manipulate someone else into doing something for us; which we could be doing ourselves. If we spend time moaning and groaning about how unfairly life is treating us, or has treated us, we do not have much chance of discovering the plan our Higher Power has for us, nor are we able to carry out H.P.’s will for us.

Simple as it may sound, one cure for self-pity is to think about those who are less fortunate and to start counting our blessings. Taking some action, doing one small thing for someone else, perhaps a phone call, is a constructive step to get us up off the “pity pot”.

When we begin to feel sorry for ourselves because we must follow a food plan and no longer use food as a companion, pain reliever or entertainment; let us recall where we came from and what things were like before we found OA & this new way of living.

In life we do face challenges & uncomfortable feelings, however, don’t forget the only thing you get from staying on the “pity pot” too long is a ring around your behind!

Self-pity no longer serves me - nor helps me to recover.

Just For Today

I am abstaining from compulsive eating now. I may or may not have abstained yesterday. I make no promises about tomorrow, or next week, or next year, but I am abstaining now.

The most important aspect of abstinence is the quality of life we have when we are abstaining. The quantity of time we have spent being abstinent is secondary. Past days are gone, whether they were abstinent days or compulsive eating days. Now, this present moment, I celebrate the privilege of abstaining and being free to concentrate on what is before me this minute, this hour, this day.

I will not worry or obsess about how long I will be able to maintain my abstinence. All I need to deal with is now. I know only too well what now would be like if I were using food. I give thanks for the sanity, strength, and peace that my Higher Power gives me when I am abstaining. I give thanks that I can continue safely in the limits of now, as I allow my Higher Power to take care of the past and the future.

One Day At A Time, I have a daily reprieve from my disease. This reprieve, however, is dependent on my spiritual condition & connection. Practicing the 12 Step Principles in ALL my daily affairs is always the answer to all my problems.

You Are Not Alone - Options When You Are Unable To Make It To A Meeting:

- 1. Make a Phone Call, Send an E-Mail or Text** to a fellow compulsive eater. Reaching out provides an immediate outlet for those hard-to-handle highs and lows we may experience. It benefits the Caller & the Receiver!
- 2. Listen to Podcasts on oa.org** to hear about recovery & the Twelve-Step program of Overeaters Anonymous brought to life by OA Members who share their experience, strength, and hope. Members share how working the Steps changed their lives physically, emotionally, and spiritually. There are over 100 episodes to choose from!
Listen to recordings of Virtual Workshops, OA Meetings, Interviews with members in recovery from compulsive eating, and Readings of OA Literature on a variety of topics, including:
Sponsorship Success (9)
Service and My Recovery (12)
Take a Walk Down the Traditions (13 Videos)
The Importance of Working ALL Twelve Steps (13)
OA Literature: The Heart and Soul of OA (12)
Our Primary Purpose (12)
Sound Bites from Overeaters Anonymous: A 12-Step Solution to Compulsive Eating (13)
Interviews, Readings, and Meetings (26)
- 3. Attend a Phone Meeting, an Online Meeting or a Non-Real-Time Meeting** by going to oa.org “Find a Meeting” for further info. There are currently 288 Phone Meetings listed for anytime and any day of the week, JUST in the U.S. Eastern Time Zone (EST) category! There are 250 Online Meetings and over 50 Non-Real-Time Meetings listed for anytime and any day of the week, JUST in the U.S. Eastern Time Zone (EST) category also listed on oa.org “Find a Meeting”.
- 4. Connect through OA Approved Social Media** on Facebook:
Overeaters Anonymous Facebook: www.facebook.com/overeatersanonymousofficial/
Overeaters Anonymous Young Persons Facebook: www.facebook.com/OAinfo/

Experience, Strength & Hope:

My First Year in OA

I “joined” OA on December 17, 2017. That is the day I became a “newbie”. After a year, I no longer call myself that. I feel like an experienced “one-yearer”. How did I get here? Let me count the ways.

1. When I walked into my first meeting, I was shy, curious, hurting, desperate for some kind of help, needing something but not knowing what, disgusted with myself and my weight, and on some level I dared to hope for something more than who I was: depressed and fat.
2. The response shocked me. Folk said hello and welcomed me. They shared themselves. No one talked about a diet. Something about a food plan. No pep talk nor scales. Just real live stories of struggle and successes about becoming a different person. I was intrigued.
3. When the meeting was over, I felt strangely at home and I didn't know why. I just felt it and knew I was in a new kind of place. One I had never been in before. Now I was more than curious. Now I wanted what I was witnessing.
4. As they say, the rest is history. I came back. And came back. I went through my honeymoon period or as I have since learned the “pink cloud” experience. I have struggled with personal and spiritual issues I never knew existed. I slowly have grown and changed in ways I never thought possible.
5. Now I have hope built on “trusting the process” (my first definition of a Higher Power). I hope for more growth and changes in my life while I actively work the steps and tools. I hope living “one day at a time” is enough. I am hopeful our 12 step program will work (“if you work it”) and does so through this unique fellowship we call OA.
6. I thank God (my new Higher Power definition) that OA is a spiritual place through which I can grow, change and become useful.
7. Am I done? Of course not. Is that ok? You betcha. In fact, I desire not to be done. I want to grow, change, and become useful the rest of my life. I want recovery that is deep, lasting, and sustainable with all the ups and downs that that involves.
8. Am I fat? No. I have lost (hopefully never to be found) eighty pounds thus far. Now maintenance is both my next challenge and opportunity.
9. Am I grateful? I am more than grateful. I am blessed by God for this amazing year of growth, change, and service (usefulness).
10. What now? Well, as I like to say, “God willing and the creek don't rise” throughout 2019 I will join with you as we grow, change, and serve one day at a time, one step at a time, one tool at a time, one new thought and feeling at a time, one...”and the beat goes on” (I hope).

Richard V., Sarasota

Trusting That I Will Learn Patience

Many of us want what we want when we want it - right now! When we do our 4th Step Inventory we may realize that impatience is one of our most troublesome character defects. We are impatient with other people when they do not see things our way, we are impatient with the slowness of weight loss, and we are impatient when we do not seem to be making emotional and spiritual progress.

Cultivating patience helps us tremendously with our program. We grow in patience when we give our Higher Power control of our thoughts and actions. We grow in patience when we decide to live according to H. P.'s timetable & will - not our own. If we accept and believe there is a Power Greater Than Ourselves in control of our lives, we are then better able to treat even unpleasant situations as learning experiences. We become more patient with ourselves when we view our failures as opportunities to try again. There are no mistakes, only learning lessons.

Fruitful growth is slow at times. Only weeds grow quickly. Acknowledging our Powerlessness builds the patience we need to persevere as we do our best & trust H.P. will do the rest!

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE)

Updated January 7, 2019 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	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