



# New Horizon

## OA Manasota Intergroup

### Quarterly Newsletter May 2019

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

**Please Join Us: 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 (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 <a href="mailto:srq48FL@gmail.com">srq48FL@gmail.com</a>
SOAR 8 Reps	Tina	(941) 993-9717
WSO Delegate	Pam	(941) 343-7181 <a href="mailto:ilovelfants@hotmail.com">ilovelfants@hotmail.com</a>
Newsletter	Anna	(941) 378-9944 <a href="mailto:manasotanewsletter@comcast.net">manasotanewsletter@comcast.net</a>
12 <sup>th</sup> 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](mailto:manasotanewsletter@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 7<sup>th</sup> 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](http://www.oa.org)

SOAR 8 Treasurer  
PO Box 242522  
Little Rock, AR 72223

[www.oaregion8.org](http://www.oaregion8.org)

Manasota Intergroup  
% Jim Ferri  
2111 South Brink Avenue  
Sarasota, FL 34239-4204

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(941) 524-5069

**Make check payable to: Manasota Intergroup or MSI**  
**Please include your Group Number on all checks.**

#### OA Board-Approved

#### Suggested Meeting Format States -

"Feedback, cross talk, and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time." Revised April 2019

#### Save the Date!

Manasota Intergroup's Spring Retreat  
**March 7-9, 2020**  
Dayspring Center in Parrish, Florida

#### Service Opportunity For You!

**Public Outreach** at First Step - Addiction Recovery Programs, in Sarasota. Every third Thursday of the month at 5:30 - 6:30 p.m., our Intergroup is doing service. 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!

**OPEN: Manasota Intergroup Public Information Chair** - We NEED you to help us carry our message of recovery to the compulsive eater who still suffers. When we inform the general public about our program and tell professionals and others who work with compulsive eaters about OA - we are doing a priceless service. Help us inform the public where to find our meetings & recovery. We are here to assist you - you will not be doing this service position alone!

**WANTED: Intergroup Reps** from ALL groups. Come join us once a month - 2nd Saturday. We NEED you too! Service is satisfying.

#### Living Through Literature - Cross Talk

"In OA meetings, individuals are lovingly guided to keep the needs of the whole group in mind as we share our experience, strength, and hope. Because all OA groups do not follow the same meeting format, there are often reminders about **cross talk**, length of sharing, or other established guidelines to inform those in attendance of the group conscience. A respect for unity means that individuals keep in mind the rules of the group." Tradition One, Page 170

"In the same way, the Ninth Tradition doesn't mean that OA groups should never make guidelines for conduct at their meetings. When problems arise—problems having to do with such issues as meeting format, smoking, **cross talk**—groups often hold group conscience meetings to find solutions." Tradition Nine, Page 263.

Excerpts From: The Twelve Steps and Twelve Traditions of Overeaters Anonymous 2nd Edition, © 2018, iBooks  
FYI \*\*\* NO findings for "Cross Talk" word in AA World Services, Inc. Alcoholics Anonymous, 4th Edition, iBooks.\*\*\*

## Cross Talk In An OA Meeting Quiz - Yes, No, Maybe So?

- \*Member addressing/talking to another directly.
- \*Jumping in to take care of speaker.
- \*Interrupting or correcting.
- \*Answering a rhetorical question.
- \*Making “you” and “we” statements.
- \*Referring to someone present by name.
- \*Body movements such as nodding one’s head or raising hand while a person is still sharing.
- \*Physical contact/touch, passing tissues, getting up to give a hug during the meeting.
- \*Minimizing another’s feelings or experiences during their share - “It’s not that bad.”
- \*Referring to, commenting on, or discussing the content of what another person has said.
- \*Talking when it is not your turn to share.
- \*Holding side private conversations.
- \*Giving positive or negative feedback.
- \*Questioning the person who is sharing.
- \*Leader/Member comments on each share.
- \*Being discourteous and intimidating.
- \*Transition of, “What has been brought up for me by your share is ...”.
- \*Detailed specific references to another’s share.
- \*Distraction/disruption by digging in bag, etc.
- \*Interacting/intervening with another if they cry.
- \*Replicating previous topic by changing “you” to “I”.
- \*\*“Thank you for your share.”
- \*\*“I appreciate your honesty.”

~~ Please Note: There is not an answer key to this quiz! ~~

These are only *opinions* collected. Ponder them & ask yourself: What do I believe? Is my *opinion* or actions affecting the meetings unity? How can I grow in recovery by helping to maintain a healthy OA group? How can I contribute to carrying the message of recovery through the 12 Steps of OA to those who still suffer?

### Listening At A Meeting

OA members have the right to express themselves. We are trying to recover by being honest about our feelings, admitting doubts, and trying to handle our disappointments. If we are able to share openly, without fear of being interrupted or judged, we feel safe, and we can grow. OA meetings give us the freedom to say what is difficult to express elsewhere.

Embracing silence as others speak is an effective and empowering part of the listening process & recovery. When I sit quietly, I am showing respect to other members. I am reflecting to the member speaking that he/she has something of value to share. This empowers them to find solutions - without offending him/her with advice, comments, or suggestions.

We hear answers to our own problems while listening to others share. When there is no advice giving, no fixing or judging, and no care taking, what is it that the group does offer? Listening. Deep listening. Everyone is heard, without comment, without rebuttal, without affirmation or applause. It turns out that just being heard & listened to is a gift!

### Just For Today

*The only gift is a portion of thyself.*

*Ralph Waldo Emerson*

If it were not for others sharing their experience, strength and hope, where would I be? Where else could I have learned of the OA program except from another? I have been given hope and a way out of my dilemma. I have seen my own compulsive nature, learned of my self-delusions, and experienced honesty from another. I learned to share my story from listening to others, and I learned to stay abstinent through the fellowship I found in Overeaters Anonymous. God works through people - People who carry the message.

Am I as willing to give of myself as those who gave to me?

For Today: Is there someone to whom I can give of myself - my time, my presence, my attention?

For Today, © 1982, page 360

### What If .....

What if cross talk occurs? Usually, the member leading the meeting addresses the group as a whole restating the group conscious’ crosstalk policy. A common follow-up statement to offer is, “I’d be happy to talk with you about that after the meeting.” Sharing our experience one-on-one is always a good alternative.

What if there is a newcomer? It is helpful to provide new members with an explanation of the group’s meeting format & method of sharing. This might help prevent hurt feelings & the perception of rejection or being scolded.

What if a member has a question about the meeting? Inform them a more detailed discussion can be had with another member after the meeting, at a Group Conscious Meeting, or with their sponsor.

What if cross talk troubles your group? Request a Group Conscious Meeting. If needed, a Steering Committee can be appointed to discuss the problem. Consider each member’s personal definition of cross talk. Ultimately, the group’s consensus on what constitutes cross talk in its meeting applies.

## **Experience, Strength & Hope: Cross Talk**

Creating and maintaining healthy groups in OA is key to the survival of our fellowship and to the growth of each member. Meetings are meant to be a safe haven for recovery. A place where acceptance, understanding and the sharing of each members experience, strength & hope with compulsive eating can be found. We can be confident that we won't be judged, condemned or interrupted for speaking frankly. We work toward taking responsibility in our own lives, rather than giving advice to others.

One of the most helpful aspects of group meetings is the opportunity to voice our feelings & dilemmas - keeping the focus on ourselves and how OA is helping us change our attitudes and actions. Our sharing centers on the solutions for our own difficulties & the new way of living the 12 Steps has given us. As we listen without comment to what others share, we can continue to learn new solutions to our problems & be encouraged that we are not alone.

What is "Cross talk"? In the *OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities*, page one, "Definition of Terms - Commonly used in OA", it clearly states - **"Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time."**

Thus far, cross talk is not defined in our "OA 12 & 12" book, nor even mentioned once in the AA "Big Book". (See page one of this newsletter for specific references.) Perhaps, this is why there has been varying opinions among members regarding its interpretation & the various formats allowed at our autonomous groups. The "meaning" of cross talk seems to have greatly changed & expanded over the years. It can also differ depending on the region, state or even within local intergroups as well.

Back in the day, when I came into OA 31 years ago, cross talk meant two people talking back and forth, instead of each person getting a turn to speak uninterrupted. No one could interject a comment during someone else's share. "No cross talk" also meant not criticizing what another person said, not telling someone what to do about their problems, and not analyzing anyone else's psyche or situation.

When it was your turn, you could say, "Thank you for what you shared," understanding you would not address that person again directly. However, you could then express why it had been helpful to you, why you related to it, or what it brought up in you. In that same spirit of OA fellowship, you could offer condolences if someone shared that a loved one had died or other such sorrows. Nowadays, any of this may be ruled out as cross talk.

Today, cross talk is described in different locations as anything from giving unsolicited feedback to verbal sounds and noises made while another is sharing. Due to space limitations here, see page two of this newsletter for various *opinions* on what cross talk may be. As always, in regards to this newsletter, "Take what you like, and leave the rest." Each of us is free to pick and choose when it comes to opinions, to practice whatever seems useful, and to disregard the unusable.

If your group is reading from the *OA Board-Approved Suggested Meeting Format (Revised April 2019)*, then your group conscious has defined what cross talk is for your group as: **"Feedback, cross talk, and advice-giving are discouraged here. Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time."** If it is not, each group is autonomous & can state what their group conscious voted cross talk to mean at that meeting - keeping in mind **"Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole."**

In closing, **"Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer."** Working together to carry this message requires a willingness to share our recovery with others & in return to listen to the ideas of others with an open mind - always keeping in mind, **"Tradition One: Our common welfare should come first; personal recovery depends upon OA unity."**

How is your group doing?

Anna D., Sarasota

# OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

## (SARASOTA, BRADENTON, PORT CHARLOTTE)

**Updated May 13, 2019** Please visit [www.oamanasota.org](http://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	Newcomer Meeting 1st Monday, Literature, Speaker Last Monday
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.)	Marcia N. 941-748-4598  Elaine T. 941-224-3130	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

