



# New Horizon

OA Manasota Intergroup  
Quarterly Newsletter – Fall, 2013

Information Line

(941) 957-1488

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

INTERGROUP MEMBERS			NOTICE: We have need to fill following positions: Intergroup Literature; Public Information Chair; and Vice Chair. Contact Paula 487-8027 to fill open positions. Email changes to OA meeting schedule to patenergy@yahoo.com.	
Chair	Paula	487-8027	<b>Editorial Policy:</b> 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.	
Literature	OPEN			
Newsletter	Patrice	(734) 262-9395	<p style="text-align: center;"><b>ADDRESSES FOR 7<sup>th</sup> TRADITION CONTRIBUTIONS</b> Make check payable to Manasota Intergroup</p> <p><b>World Service Organization</b> <a href="http://www.oa.org">www.oa.org</a> P.O. Box 44020 Rio Rancho, NM 87174-4020 (505) 891-2664</p> <p><b>Region 8 Treasurer</b> <a href="http://www.oaregion8.org">www.oaregion8.org</a> P.O. Box 272081 Tampa, Florida 33688-2081</p> <p><b>Manasota Intergroup</b> Email: <a href="mailto:oamanasota@gmail.com">oamanasota@gmail.com</a> 1132 Ranchero Drive Sarasota, FL 34240</p>	
Public Info	OPEN			
Secretary	Pam	343-7181		
SOAR 8 Rep	Marilyn	460-0912		
Treasurer	Anna D	378-9944		
WSO Delegate	Jamie	822-0609		
12 Step Within	Paula	487-8027		

## OA Region 8 Assembly & Recovery Conference Review – by Marilyn T

Here's a summary of the conference I attended as our Intergroup Rep in Boca Raton, FL, July 12-14, 2013. The group of approximately 40 members was broke into 3 brainstorming teams to develop ideas on Carrying the Message. My team worked on some innovative ways in which the Region, Intergroup and Groups can carry the message. **Key Ideas: Informational billboards, bus benches, health fares, Lifelines in doctors' offices, placing recovery books in libraries with OA labels in the cover.**

There was a welcome and short skit by the hosting Intergroup and then a presentation by three long-time recovery people sharing on "Step into Action". **Some key thoughts:**

(cont'd on p. 2)

## SPIRITUALITY: OUR SOLUTION

**SUNCOAST INTERGROUP OA RETREAT  
October 4-6, 2013**

**DAYSPRING EPISCOPAL RETREAT CENTER**  
8411 25th Street East  
PARRISH, FL 34219

**CONTACT: Pat Landry 813-526-0367  
or [patlandry02@yahoo.com](mailto:patlandry02@yahoo.com)**

### **Abstinence Book Review** – by Patrice

As a replacement for watching TV while eating, I developed a practice of reading from our OA book, *Abstinence*. This has become a practice I not only enjoy but have received much value from.

The first section of the book's 1<sup>st</sup> Edition covers stories about "The Meaning of Abstinence." It begins on pp. 2 – 4 with an article by Rozanne S, OA's founder,

explaining how the concept of abstinence emerged. Rozanne describes "In early 1962, one powerful AA meeting changed my way of thinking about eating. All through that meeting the speakers emphasized 'abstinence' from alcohol. During the two years I'd had contact with AA, I had never heard sobriety referred to in that manner. It was a revelation!"

In the next paragraph on p. 2, she explains, "Sitting in the back of that meeting, I thought to myself 'That's what's wrong with all of us in OA. We're not abstaining from food at any time of the day. We have to close our mouths from the end of one meal to the beginning of the next. Sometime during the day, we must abstain from eating; otherwise we're feeding our compulsion.'"

In May, 1962, the *Overeaters Anonymous Bulletin* stated, "... a concept that has revolutionized our way of thinking about our compulsive overeating. That concept is 'abstinence.' Abstinence

(cont'd on p. 3)

**OA Region 8 Assembly & Recovery Conference Review – by Marilyn T (cont'd from p. 1)**

- Practice does not make perfect; practice makes better
- Not working the steps – the food is the last to go
- Don't deny anyone their "bottom" – I needed to have mine
- I may not be perfect – but parts of me are EXCELLENT!
- Create a NEW ending this time
- Fired my God and hired a new one

**Reports were given by each of the Board members:**

- Key items that came from a membership survey will be the goals incorporated into the Strategic Plan.
- Working with Intergroups to sponsor a Recovery Convention and Assembly; put a process in place to make sure funding happens for Intergroups that cannot afford to send a Rep to World Service or Region Assembly.
- Our prudent reserve is high – the board will be looking for ways to make spend down recommendations for the November Assembly.
- The Region Rep Certificate of Eligibility form can be completed on-line; Intergroups can request online to have a Board Member or Committee Chair to come to your area and speak to your service body.
- Discussed the WS convention in Cleveland – August 29 to September 1.

**New Region 8 newsletter is on the SOAR8 website (which is: [www.oaregion8.org](http://www.oaregion8.org))**

**Motions (this activity took most of Saturday):**

- Motion 1 – Aligning the abstinent requirements for Board members with WSO By-laws – Motion Withdrawn since it already exists in current SOAR 8 By-laws
- Motion 2, 3 & 4 – Aligns the abstinent requirements for Intergroup Rep, Committee Chair & WSO Delegate with WSO By-laws – Motions Passed and Adopted
- Motion 5 – Changes the Policy & Procedures Manual (P&P) to update the meal expenses for Committee Chairs & Board – Motion Passed and Adopted
- Motion 6 - Changes the SOAR 8 Assembly from 3 per year to 2 per year – Motion is LOST (failed)
- Motion 7 – Once a Motion has been presented to the Assembly for vote and defeated, the same motion cannot be presented in a 12 month period - Motion is LOST (failed)

**By-Laws projects** – Marilyn T nominated/approved by Board as the new Committee Chair. 1) Update By-Laws & P&P, as necessary; 2) Update Region Newsletter; 3) Evaluate Standing Rules placement in By-laws/P&P and make sure in-sync with WSO; and 4) Prepare new Motions for November Assembly

**Ways & Means projects** – 1) Unity Day Walk-a-thon fundraiser and 2) Selling of Serenity Knot bracelets

**Unity with Diversity projects** – 1) Viviana, Columbia, nominated and approved by Board as new Committee Chair; 2) Work on how we can help the newcomer; and 3) Bring newcomer in & keep them in program

**Tech/Web projects** – 1) Recruit an assistant web manager; 2) Review hosting manual and website tech specification for any modifications

**PIPO projects** – 1) Displaying of literature; 2) Skit performance; and 3) Final draft of PIPO brochure

**12 Step Within projects** – 1) Develop update Sponsor & Speaker list; 2) Create Recovery from Relapse Mentor list; 3) Write article & create flyer promoting Committee & availability; and 4) Create online Region website sign-ups for lists

**IGOR projects** – 1) Rep Funding Guidelines & application on web in English & Spanish; and 2) Contact IG's that have not been to Region Assembly

**WSBC Delegate Funding** – Any funding request should be presented to Region 8. The request will be evaluated and if approved will be forwarded to the board for funding. Once approved and funded by Region 8, the request will be sent to WSO for possible additional funding.

SOAR 8 Recovery Convention & Business Assembly for July 2014 will be held in Baton Rouge, Louisiana.

I really look forward to the upcoming year and continue to be grateful to my Higher Power for the opportunity and ability to work with my Manasota Intergroup.

**What is OA Region 8 a.k.a. "SOAR 8?"**

The region is comprised of the USA's southeast states: AL, AK, FL, GA, LA, MS, NC, SC, and TN. It also includes Puerto Rico, South America, Central America, and all of the Caribbean Islands. Puerto Rico and the Virgin Islands have long been a part of our region. SOAR 8 is one of ten areas around the world formed to serve the regional needs of Overeaters Anonymous.

**Tools of Recovery - Meetings**

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings that are useful in breaking down the deadly isolation caused by distance, illness or physical challenges.

**Abstinence Book Review – by Patrice (cont'd from p. 1)**

means simply three moderate meals a day (more if health needs required them) with absolutely nothing in between.”

Later, on p. 4, she states, “Unfortunately, over time abstinence took on a new meaning, a corruption of the original. Instead of implying ‘to stay away from,’ it came to suggest the eating plan itself.” According to her story, talking about abstinence got confused with one’s eating plan. “With this confusion, it’s no wonder the word *abstinence* has come to mean different things to different people.

In a paragraph close to the end of the article, she asks: “Will the time come when we all understand that the concept of abstinence is the same for everyone . . . to stay away from compulsive overeating? Can we recognize that it is the eating plan which may be different from one person to another, perhaps different for an individual at various times in his or her life?”

This was helpful for me to have abstinence be clearly distinguished. What this means to me, with support from my sponsor, not necessarily true for others, is I define abstinence as three healthy meals a day, and a healthy snack at night (no compulsive overeating of unhealthy foods), with nothing in between. Though my “eating plan” doesn’t include weighing and measuring or specific foods, I try my best to have a beginning, middle and end to the healthy meals and nightly snack. This has worked well for me with almost one year of abstinence in the 19 months I’ve been a member of OA.



**Suggested Step-Study Meeting Format**

Updated to incorporate 7th-Tradition contributions and closing statements consistent with the Suggested Meeting Format. Provides a suggested approach for working through the Twelve Steps in six sessions.

Free download at [www.oa.org/pdfs/step-study\\_format.pdf](http://www.oa.org/pdfs/step-study_format.pdf)



**NEW! Young Person’s Packet**

Great way to reach young people and parents or family members. Includes cover letter, selection of Lifeline young people’s stories, and the following pamphlets: To the Teen, A Plan of Eating, To Parents and Concerned Adults, and Many Symptoms, One Solution.

**New! FOR TODAY Workbook**

Gain new insights by using the tool of writing to guide your reflections on the daily readings in *For Today*. This accompanying workbook provides thought-provoking questions for every day in the book; includes space on each page for writing answers. Softcover; 208 pages, \$11.00 Also available as a [downloadable PDF](#) for \$7.50

**Live and Let Live – by Anonymous**

My understanding about relationships is returning to the motto “live and let live” (*Alcoholics Anonymous*, 4th ed., p.135). This is a spiritual principle to live by. Any controversy can be a trap that destroys personal relationships and causes members to lose the focus of OA.

Outside issues may be important to us as individuals, but they have no place in OA meetings or in judging other people.

I am learning I have no right to judge another person based on my beliefs or morals. Controversies cause divisions; I need to avoid them unless they affect me personally. Controversies also make me feel confused.

In OA, we adhere to putting principles before personalities and having no opinion on outside issues. This frees us to concentrate on the OA message, our real purpose.

— Lifeline, December 2008

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**OA Contributions – Giving as if our life depended on it**

Every month the Executive Committee (EC) of the Board of Trustees (BOT) reviews OA’s contributions and literature sales, its two sources of income. Contributions continue to fall short of expectations.

Someone shared with a member this story. Members pass the Seventh Tradition basket at the meeting. Some put in \$1 and, after the meeting, they go out for fellowship and a \$3 coffee. Is this giving as if your life depended on it?

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**New Wording for OA Preamble**

The delegates at the 2013 World Service Business Conference approved a change of wording for the OA Preamble. This change will be incorporated as literature is reprinted.

**“Our primary purpose is to abstain from compulsive overeating and to carry this the message of recovery through the Twelve Steps of OA to those who still suffer.”**

## OA MANASOTA MEETING SCHEDULE – Fall, 2013

Day	Time	City	Location	Contact	Notes
Monday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Gloria: 488-2533	DC/LIT
Monday	7pm	Bradenton	Trinity Lutheran Church 2200 26th St. West (side office entrance)	Mary Beth: 705-1417	LIT/BB
Monday	7pm	Sarasota	First Presbyterian Church 501 Bowman Ct. (off Oak St. east of 301) Rm. #203	Pam G: 343-7181	ST/Beginner's Meeting on last Monday
Tuesday	10am	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 17	David: 350-7509	ST/TR - last Tues. tradition
Tuesday	4pm	Englewood	United Methodist Church 700 E. Dearborn, Rm. #101 (church parlor)	Mary T: 497-9896	DC/ST
Wednesday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Babs: 497-6190	ST/TR
Wednesday	7pm	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 17	Andrea: 926-7555	LIT
Thursday	10am	Bradenton	Our Lady, Queen of Martyrs Catholic Church 9th Street East (Btwn. 63rd Ave East and Whitfield) Rm. #10 in school building	(941) 957-1488	ST/TR
Thursday	10am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Blvd. (off King's Highway)	Fran: 764-7719	DC/ST/SP
Thursday	6:30 - 8pm	Sarasota (Osprey)	Church of the Holy Spirit Episcopal 129 S. Tamiami Trail Directions: Immediately north of Wal-Mart, turn east at the M&D restaurant, turn left towards the sanctuary. Enter first door on the right at NW corner of building.	Mary F: 342-4939 Linda S: 484-9373	Special Focus Meeting: OA H.O.W
Friday	7pm	Sarasota	St. Wilfred's Episcopal Church 3773 Wilkinson Road, Conf. Room	Andrea: 926-7555	SP/DC
Friday	7pm	Bradenton	Trinity Lutheran Church 2200 26th St. West (side office entrance)	Kathleen: 725-7299 Mary Beth: 705-1417	LIT
Saturday	10am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room)	Terry: 923-2844	BB/LIT

### Different Strokes for Different Folks - Daily Thoughts/Prayers

#### Excerpts from *The Twelve Steps and Twelve Traditions of OA*

**Step 8 – P. 72 Pray for People We have Resentments Toward** If we still have bad feelings toward the person who has done us harm, we might try another powerful technique for ridding ourselves of resentments; prayer. People with long experience in living by the twelve steps have found that prayer can bring the ability to forgive even the most devastating wrongs. If we will pray for the people who have wronged us, pray for them daily, asking God to bless them with all the good things we want for ourselves, we can be freed of our resentments and unforgiveness. The action of praying or those we resent will work even if we don't mean a word of what we're saying. If we keep praying for them faithfully, sooner or later our feelings will change. When our feelings change, when we find ourselves being sincere in asking God to bless our former enemies, then we will know we have forgiven them.

**Step 10 – P. 84 Stubbornness Turned to Good Use** The tenth step begins with the word “continued,” our first clue that perseverance is about to become a key aspect of our recovery program. In the past, we may have clung stubbornly to self-destructive eating and other harmful behaviors. Now we will need to be stubborn about working our program, even during those times when we feel as though it isn't working or we aren't recovering quickly enough. Stubbornness turned to such good use becomes perseverance as we continue—day after day—to apply to our lives the same concepts we learned in steps four through nine.

**Step 10 – P. 90 Keeping Higher Power in Charge of Our Lives** Reviewing our recent behavior, keeping our Higher Power in charge of our lives, asking for guidance, and promptly admitting our errors, becomes a sane and satisfying way of life—far better than nursing our fears or building a fresh set of resentments to harbor.