



New Horizon

**OA Manasota Intergroup
Quarterly Newsletter – Summer, 2013**

Information Line

(941) 957-1488

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	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.	
Literature	Jenn B	953-7723		
Newsletter	Patrice	(734) 262-9395	ADDRESSES FOR 7th TRADITION CONTRIBUTIONS Make check payable to Manasota Intergroup World Service Organization www.oa.org P.O. Box 44020 Rio Rancho, NM 87174-4020 (505) 891-2664 Region 8 Treasurer www.oaregion8.org P.O. Box 272081 Tampa, Florida 33688-2081 Manasota Intergroup Email: oamanasota@gmail.com 1132 Rancho Drive Sarasota, FL 34240	
Public Info	OPEN			
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WSO Delegate	Jamie	822-0609		
12 Step Within	Paula	487-8027		

World Service Business Conference – by Jamie

I am so grateful to my Higher Power and to Overeaters Anonymous that I had the opportunity to serve by attending the World Service Business Conference in Albuquerque this year. I found the experience to be a very interesting, extremely rewarding one. I feel that I was permitted to use some of my own strengths to serve the organization as a whole. I thought that the procedure was great and the recovery meetings I attended were powerful. There was a lot of abstinence seen in the WSBC attendees and I am glad I had the chance to witness that. I got to meet some people I had previously "met" only on the phone and I got to make new friends.

The business meetings were definitely the highlight of the conference for me. We accomplished quite a bit during these meetings and I really enjoyed the process and the use of the different rules of procedure and order. We each received a binder of conference materials, which included reports and helpful information, along with the text of

(cont'd on p. 2)

12 Traditions – by Marilyn T

As an undisciplined person who was deep into her food obsession, the 12 Traditions represented rules that I paid little attention to and had little to do with my addiction. I hated meetings that focused on the 12 Traditions of OA – and rarely did I see how they applied to my life. My program reflected my undisciplined path: long bouts of relapse, anger, intolerance, emotional insensitivity, and other defects.

As I began adjusting program by living in the "answer," my attitudes began to adjust themselves. I needed to look at my damaging defects and what they were doing to my life, my spirit, my relationships and my well-being.

Looking at the 12 Traditions, I began to see a personality asset that could play a part in my recovery. These assets could possibly help eliminate those damaging defects in my personality that hindered my relationships with others, self and my God:

(cont'd on p. 3)

**Manasota Intergroup of OA
STEP STUDY SERIES
Join us July 21, 8:30 – 2:30 pm
Steps 10, 11 & 12
Glasser/Schoenbaum
Non-profit Center
1750 17th Street, Sarasota, FL 34236**

Manasota Intergroup 2013 Treasurer's Report	
Beginning Balance	\$3,027.32
May YTD Collections	\$2,312.07
May YTD Expenses	\$1,483.77
May Ending Balance	\$3,855.62

World Service Business Conference by Jamie (cont'd from p. 1)

the bylaw amendments and proposals on which we would be voting. There was an appendix to the binder that listed financial contributions of intergroups and meetings. It reported that Manasota Intergroup contributed \$1,388.15 to World Service in 2012. Major contributing groups were Monday night, Saturday morning and Wednesday night. Trustees for various regions were elected at the meetings. We also were able to address all proposals and amendments that were on our agenda. Results of the voting can be found on the OA website, www.oa.org, under the World Service Events tab. If you click on "2013 Wrap Up Report," you can learn all about what was passed and what failed.

I was placed on the Conference-Approved Literature Committee and became chair of the 5-person subcommittee that is working on a pamphlet on the promises of the OA 12&12. This has been very interesting work, as we search for the promises of working the steps and traditions in the chapters of the OA 12&12. There is a long process to get this pamphlet approved, but we are hoping that it will be voted on at next year's business conference. I am eager and hopeful that I will be able to return as a delegate in 2014 to see whether the pamphlet is published and to learn even more about the way our wonderful organization operates on a business level. I thank you all for this opportunity to serve.

Tools of Recovery

In OA, the Statement on Abstinence and Recovery is "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 OA Twelve-Step program." Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

OA Podcast Series Ranked No. 1

Internet radio site Voice America hosted a 13-week series about Overeaters Anonymous from October 2012 to January 2013. The show, titled "Sound Bites from Overeaters Anonymous—A 12-Step Solution to Compulsive Eating," covered such topics as:

- a plan of eating;
- the tools of recovery;
- physical, emotional and spiritual recovery;
- an overview of the Twelve Steps;
- practicing the Step principles in all our affairs.

The show aired live on Wednesdays at 1 p.m. Pacific Time, but it was the high number of downloads of archived shows that demonstrated the majority of interest. You can listen to the show at www.oa.org/newcomers/sound-bites-from-oa/ or download the mp3 files from www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous. From October through January, the series had 762,000 downloads, and in December, the series catapulted to No. 1 on Voice America's Health and Wellness channel.

OA Phone Meetings

There are several phone meetings each day that we can call into from any location in the world. Topics cover OA 12 Steps, Tools, etc. For list of days and times, go to: <http://www.oa.org/membersgroups/find-a-meeting/>

Another online resource for phone meetings/recordings, **OA: A Vision For You** <http://www.avision4you.info/>

12 Traditions – by Marilyn T (cont'd from p. 1)

<u>No.</u>	<u>Tradition</u>	<u>Personality Asset</u>
1	Our common welfare should come first; personal recovery depends upon OA unity.	Tolerance or Compassion
2	For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.	Wisdom
3	The only requirement for OA membership is a desire to stop eating compulsively.	Focused
4	Each group should be autonomous except in matters affecting other groups or OA as a whole.	Responsibility
5	Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.	Commitment
6	An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.	Purity
7	Every OA group ought to be fully self-supporting, declining outside contributions.	Helpfulness
8	Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.	Uncomplicated
9	OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	Understanding
10	Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.	Sensitivity
11	Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.	Dedication
12	Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.	Trustworthy

I Can Do This — by Emma S., England (excerpt from *Lifeline Magazine, Mar/Apr 2012*)

I wrote this letter to myself sometime in the past to help me stop bingeing. I would like to share it with Lifeline.

- Choose life, not food.
- Bingeing—Stop!
- You're worth more.
- It doesn't fix me—it makes me unhappy. It makes my life unmanageable. It messes up my life. It takes away my happiness. Don't do it!
- Bingeing takes away from me. It steals from me. It produces sadness, fatigue and confused thinking.
- If you put rubbish in, you get rubbish out!
- Concentrate on your relationship with manageability, with your feelings. Work through the feelings you have now, do your food plan, call your sponsor read some OA literature, do your morning readings, call a newcomer and pray.
- If you indulge, it will take away your shine. Concentrate on what you're building; every time you say "no," you grow stronger and shinier.
- Work through the sadness and unmanageability, stay focused, get back on track by reaching out, use the OA Fellowship and be honest.
- Go through the darkness.
- It's not about weight.
- Realize freedom exists at the end of this difficult time.
- Go to any lengths to not binge or overeat.
- When the madness comes, read this: It gets worse.
- The manageable life God has given you will slip away if you choose food. Choose life!! The cravings will pass. I can do this, one day at a time. Today I can abstain from compulsive overeating

OA MANASOTA MEETING SCHEDULE –Summer, 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

The AA Promises (The Big Book, pp. 83-84)

If we are painstaking about this phase of our development, we will be amazed before we are half way through.
 We are going to know a new freedom and a new happiness.
 We will not regret the past nor wish to shut the door on it.
 We will comprehend the word serenity and we will know peace.
 No matter how far down the scale we have gone, we will see how our experience can benefit others.
 That feeling of uselessness and self-pity will disappear.
 We will lose interest in selfish things and gain interest in our fellows.
 Self-seeking will slip away.
 Our whole attitude and outlook upon life will change.
 Fear of people and of economic insecurity will leave us.
 We will intuitively know how to handle situations which used to baffle us.
 We will suddenly realize that God is doing for us what we could not do for ourselves.
 Are these extravagant promises? We think not.
 They are being fulfilled among us - sometimes quickly, sometimes slowly.
 They will always materialize if we work for them.

WORDS OF WISDOM from Our OA Elders

We're sitting in the Sat OA meeting reading Rosanne's Story (OA Brown Book). One after another of our OA elders with more than 200 years combined of abstinence and/or years in OA, are sharing words of wisdom, such as:

- Simply, briefly . . . KEEP COMING BACK!!
- Our mistakes don't make us bad or wrong – they represent lessons to be learned. Welcome them!!
- I could never stop the compulsive overeating . . . only a power greater than myself could lift the compulsion