

# NEW HORIZON OVEREATERS ANONYMOUS

Quarterly Newsletter -- July 2019

OAManasota.org  
Infoline 941/957-1488

**OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from problems with food. Our weakness around food binds us together and makes us stronger.**

**Whatever your problems with food, you are welcome in OA.**

**There are no dues or fees.**

**For more information, call the Infoline above.**

## To Whom It May Concern:

I am a compulsive overeater. If you are not one, then we are different. We are different in that what works for you around food does not work for me -- that's what it *means* to be a compulsive overeater.

If your solutions worked for me, I wouldn't be a compulsive overeater.

If your solutions worked for me, they would have worked by now, believe me. I've tried everything you have tried -- and more! I've worked as wholeheartedly as you have, as carefully, and with as much dedication. I failed. I did not fail for lack of effort or talent or understanding. I failed because controlling my food is for me, an overeater, simply not an option. That's the nature of the disease I have.

I am powerless over food; you are not. That's why control works for you and not for me. When you demand that I control my food or my weight,

you are demanding that I return to my disease. You are telling me to do what will never work.

If I follow your advice, however well-intentioned, I will die. You might just as well demand that a diabetic control his blood sugar without insulin. Or that an AA member drink in moderation. For me to diet is for me to deny my powerlessness and to try to do once again what I know I cannot.

I am powerless, but I have come to believe that a power greater than myself can restore me to sanity.

You are not that power. If you try to control me through threats, rewards, bargains, anger, love or any other means, you will frustrate yourself and make my recovery more difficult.

I want to recover, but the simple truth is that *neither you nor I can make it happen!* But we can let it happen -- by your support and by my working the 12 Steps of my Overeaters Anonymous program.

-- Betty C

## Humility Prayer

Dear Lord, please,

Deliver me from the compulsive habit of thinking I must have always have something to say on every subject on every occasion.

Release me from the craving of trying to straighten out everyone's business.

Restrain my mouth from the recital of pointless details, and give me wings to get to the point.

Although I dare not ask for grace enough to enjoy the tales of others, help me endure them with grace and tolerance.

Give me reasonable doubt and less cocksureness when my memory or viewpoint clashes with those of an opposite opinion.

Teach me the glorious lesson that sometimes I may be wrong.

Give me the ability to see good things in unexpected places and talent in unexpected people. Give me the grace to tell them so.

Help me to be good, honest, cheerful, but not a saint [because we all know some saints are hard to live with].

Teach me to be thoughtful but not moody, helpful but not bossy, observing but not critical.

Teach me to be ever grateful and let me never forget Your grace and the help of others.

And Lord, with my vast store of self-proclaimed wisdom, it seems a shame not to use it all up, but please remember I want a few friends left at the end.

Amen.

-- Betty C.

## *Short Takes*

### **DENIAL:**

Don't even notice I am lying.

### **FEAR:**

False Evidence Appearing Real  
also,

Forget Everything And Run.

And finally,

Face Everything And Recover.

### **FROG:**

Fully Relying On God.

-- Betty C.

The truth will set you free,  
but first it will piss you off.

You can't lean on someone  
who isn't standing up.

-- Betty C.

When I am faced with a paradox,  
I am also faced  
with a profound truth.

The power of the literature...

-- Barb

Stop asking for permission.

I may be the only Big Book that  
someone ever reads.

### **BINGE**

Because I'm Not Good Enough

## Announcements & Information:

Intergroup Meeting is the 2nd Saturday of  
each month from 11:15-12:30 at  
Unitarian Universalist Church  
3975 Fruitville Road, Sarasota  
Entrance off courtyard; all are welcome.

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Save these dates!

October 11-13, 2019

SOAR 8

Recovery & Business Convention  
River City Recovery  
Memphis, Tennessee  
OAMemphis.com/SOAR8  
Rebecca J 708-369-4627

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November 15-17, 2019

The Power of the Big Book  
Liberty International Marriott Hotel  
Newark, New Jersey  
AVision4You.info for updates

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March 6-8, 2020

Manasota IG Spring Retreat  
Dayspring Center  
Parrish, Florida  
Taube Weiner  
617-371-8139  
Taube913@gmail.com  
has volunteered to chair; thanks, Taube!

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Intergroup wants everyone to know that if  
you want to start a new meeting  
or have a project, money is available  
to pay up-front expenses such as rent,  
literature, and advertising.

## Board Members & Officers:

Chairwoman:	Paula	516/808-0813
Vice-Chair:	Mary Beth	941/705-1417
Secretary:	Leslie	941/223-4100
Treasurer:	Jim	941/524-5069
	<u>srq48FL@gmail.com</u>	
SOAR 8 Rep:	Tina	941/993-9717
WSO Delegate:	Pam	941/343-7181
	<u>ILoveL.fants@hotmail.com</u>	
Newsletter:	Cindy	941/302-4391
	<u>FibberMcGates@gmail.com</u>	
12 <sup>th</sup> Step Within:	Tina	941/993-9717

Public Information is OPEN -- why not you?

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World Service Office                      OA.org  
PO Box 44727  
Rio Rancho NM 87176-4727

SOAR 8 Treasurer                      OARegion8.org  
PO Box 242522  
Little Rock AR 72223

Manasota Intergroup                      941/524-5069  
Jim Ferri                                      srq48FL@gmail.com  
2111 South Brink Avenue  
Sarasota FL 34239-4204

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Opinions expressed here are not necessarily those of  
OA as a whole or of the editor. Small edits will not  
alter the content of submissions.

Send submissions to Cindy -- email for longer ones, text  
is fine for short takes. Or snail mail; call for address.  
The editor will have articles from contributors in *every*  
issue -- IF YOU'LL HELP. Remember that what seems  
boring, repetitive, or obvious to you might be  
interesting to others.

Come on! The newsletter needs YOU!

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### OUTREACH OPPORTUNITY:

First Step of Sarasota needs two speakers every 3rd Thursday,  
5:30-6:30 pm. Call Paula [above] for details.

# OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

## SARASOTA, BRADENTON, PORT CHARLOTTE

Updated July 8th, 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)	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, Beginners' 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	<b>CLOSED FOR JULY-AUGUST Restart Sept. 5th</b>
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	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Wendy: 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
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