

New Horizon

OA Manasota Intergroup Quarterly Newsletter - Winter, 2013-14

Information Line (941) 957-1488

www.oamanasota.org

INTERGROUP MEMBERS

Chair	Paula	487-8027
Vice Chair	OPEN	
Newsletter	Patrice	(734) 262-9395
Public Info	Erin	(310) 462-4732
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

NOTICE: We have need to fill following positions: Intergroup Vice Chair. Contact Paula 487-8027 to fill open positions. Email changes to OA meeting schedule to patenergy@yahoo.com.

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.

ADDRESSES FOR 7th TRADITION CONTRIBUTIONS Make check payable to Manasota Intergroup or MSI

 World Service Organization
 www.oa.org

 P.O. Box 44020
 87174-4020

 (505) 891-2664

NOTE: Region 8 CHANGE OF ADDRESS

Region 8 Treasurer
P.O. Box 1375
Holmes Beach, FL 34218-1375

Manasota Intergroup 1132 Ranchero Drive Sarasota, FL 34240 Email: oamanasota@gmail.com

RECOVERY FROM RELAPSE Meeting Format - by Patrice

When I recently went through "relapse," which some would define as a "slip," I wanted to write about this for the newsletter. In my process, I googled "OA relapse" and discovered that Overeaters Anonymous actually has published a recommended meeting format called "Recovery from Relapse." For the entire format, go to http://www.oa.org/pdfs/Recovery from Relapse.pdf. There are three main sections in the format that I highlight here. This was all news to me and I hope it is helpful to others who didn't know about this (or those who did but are reminded of it).

It has an introductory reading as follows:

"The following reading is from our OA pamphlet "Members In Relapse:"

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but for who we are. This is especially true of OA members who are still suffering. They have been in program for some time, perhaps for months, maybe even years, but either they have not yet attained abstinence or they are in relapse. When asked what helped them most, people who have gone through this painful experience agree on one thing: being loved and accepted—even when they were compulsively overeating, even when they were falling apart emotionally, even when they themselves felt hopeless and unlovable—was the key to their eventually loving and accepting themselves."

Tools of Recovery – Writing and Literature

Writing

In addition to writing our <u>inventories</u> and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the Steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them. In the past, compulsive eating was our most common reaction to life. When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps better discern any necessary action.

Literature

We read OA-approved books such as <u>Overeaters Anonymous</u>, <u>Second Edition</u>; <u>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</u>; <u>Voices of Recovery</u>; <u>For Today</u>; and <u>Alcoholics Anonymous</u> (the Big Book). We also study and read OA-approved pamphlets and <u>Lifeline</u>, our magazine of recovery. Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.

(cont'd on P. 2)

RELAPSE by Patrice (cont'd from P. 1)

Later, in the format, is the following:

- 1) **Leader/guest speaks for 15-20 minutes** sharing experience, strength and hope on relapse and recovery. [Other topics could include "The Solution Is in the Steps," "Recovery in God's Time, Not Mine," "Positive Action Strengthens Recovery," etc.]
- 2) **Leader begins a story in OA's** *A New Beginning: Stories of Recovery from Relapse.* (NOTE: This is an OA publication that includes stories from Lifeline magazine full of experience, strength, inspiration and wisdom as your fellow OA members share their struggles and triumphs in recovery.) Each member reads one or two paragraphs and may share on the reading.
- 3) Use "Been Slipping and Sliding? A Reading and Writing Tool" (Twelfth-Step-Within Handbook, Appendix D or download from www.oa.org) Leader may choose one question as the topic; members may take turns reading paragraphs from the suggested reading. The remainder of the meeting time may be used for reading and discussion or discussion only on the question.

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

The Last Thing to Go.... by Marilyn T

I've heard in the "rooms" that the last thing to go in a relapse is the food. That profound statement was so true for me. By not really surrendering to what the program wanted me to do and letting my self-will direct my program rather than a Power Greater than myself, my path was rocky and steep.

Every morning my AA Big Book explains my addiction to me on pages 24 & 25. Those pages explain how I can constantly fool myself into believing that I could eat like a normal person. My best efforts will always be compromised by a solution that is not spiritually based. My addiction will always take me down that rocky and steep pathway.

Some questions that helped me climb out of a relapse:

- Am I hearing recovery at my meetings? Am I doing what recovering people are doing? Do I need to find a new meeting or do I need to make adjustments?
- How am I connecting to a Power Greater than myself? Am I directing or am I being directed? What am I learning today about my addiction; am I teachable?
- Am I working with a Sponsor who is working the program to the best of their ability? Am I actively working the 12 Steps? Do I take a 10th Step inventory daily? Do I make amends for my mistakes?
- Do I work with others to the level of my recovery? Do I sponsor? Do I do service? Do I lead a meeting?
- Am I honest about my addiction and my recovery? Do I know what foods give me trouble? Do I need to weigh & measure, document or call in my food?
- Am I happy? Do I bring positive energy to my fellows? Do I focus on the negative? Am I living in the "solution" or am I floundering in the "problem"?

The last page & paragraph of the AA Big Book talks about how I lived in a dream world and that my recovery program can lead me gently from fantasizing to embracing reality with open arms. It is then; at last, I will be at peace with myself; with others; and with God.

May your recovery be a straight, smooth path...

ANNOUNCEMENTS

A possible Big Book Study meeting on Sunday afternoons – see Paula for details.

RELAPSE AND RECOVERY WORKSHOP – coming up in March. Stay tuned for flyer details and location.

INTERGROUP TREASURY surpasses prudent reserve of \$5,600 for 1st time ever!!

INTERGROUP TREASURER position open in 2014. See Anna for more details.

Been Slipping and Sliding? A Reading and Writing Tool

http://www.oa.org/pdfs/been%20slipping%20and%20sliding.pdf

For \$2.50, OA sells a kit called, Welcome Back, We Care! Packet #721K.

This can be purchased at http://bookstore.oa.org/products/721k- recovery-from-relapse-packet or ask your meeting Literature person to see if in stock locally.

Whether you are in relapse or think you or another member may be headed there, this kit provides tools to help you get back on track. Includes: Welcome Back, Just for Today, Think First, Commitment to Abstinence, Dignity of Choice, Recovery Checklist, Tools of Recovery, Slippin' and Slidin': A Reading and Writing Tool and Lifeline 2-month trial subscription offer.

RELAPSE – Possible Definition

The following is an article on Relapse from OA San Diego County Intergroup which can be found in entirety at http://www.oasandiego.org/oa relapse.htm

Relapse is a condition where a compulsive overeater returns to destructive eating habits after a period of abstinence as defined by the individual. Relapse is experienced to some degree by many OAs. On a physical level, it can take the form of binge eating, eating foods which trigger the binge cycle, binging and vomiting, or fasting, starvation, compulsive exercising, and use of chemical substance to rid the body of excess food. On an emotional level it can include returning to former negative, destructive attitudes and behaviors, the loss of faith in a power greater than the self and the reappearance of character defects that dominate the individual's behavior.

Relapse often begins with the assumption that one is normal, cured, and no longer in need of the practices and knowledge that were gained in the 12 steps of the program. This may not manifest itself on a conscious level, but some of the first portents of danger are:

- Using or avoiding food to smother feelings.
- Irritation with the program principles and tools.
- Avoiding meetings and other OAs.
- The feeling of "not belonging" in OA.
- Using the scale, clothes size, etc. as a measure of recovery. A feeling of mastery over self and superiority over others.
- Making excuses for negative behavior and denial of obvious changes in body size, i.e., "it shrank at the cleaners," it's just water weight," the scale's broken" (even at the doctor's office), etc.

These are just some of the initial signs that the recovering compulsive overeater is on the verge of relapse. If you see yourself engaging in these attitudes or behaviors, we urge you to keep coming back to meetings to talk and to listen to others who share the same feelings. The pain of relapse is greatest in isolation and in the fear of discovering that we are not perfect. For many of us, it is also the most powerful, enduring learning experience of our recovery. One day at a time, we find our way home - together.

RECOVERY IN RELAPSE by Marilyn K

Being in OA has taught me that I will never be perfect. If I were perfect I would not need God and that is not God's plan for me. On the other hand, when I am not perfect, I used to think badly of myself, just like those days before OA when I was either right or wrong, nothing in between.

When I have relapsed or slipped back into food it is for several reasons. These are a few of mine. I have stopped my relationship with God and that's because I have given myself that power, I know it all! Or I don't trust God. I feel like I'm not good enough, the old tapes from the past start playing. That was then, but the feelings are alive and well.

If I don't write and talk about my feelings, I will eat. I must get help to acknowledge what I am feeling or I will continue eating. I must ask myself "what am I really hungry for?" I sit, trust God, and write it all down - in other words, I take an inventory of myself. Then I talk it out with OA sponsors and make a plan for any further resolutions. Once I'm back on track with my feelings, I am free from food obsession and can be of service.

I know for sure that God and the 12 Steps have answers to all my living problems. I also know for sure that a relapse is a wakeup call, not a quitting time. Nothing in God's world happens by mistake. Everything in my past is a gift because it brought me into the OA Fellowship where I have hands to hold, people who understand and the unconditional love I've always longed for. As I keep coming back, learning lessons and becoming a reflection of God's love, I no longer beat myself. I forgive myself and quickly move on.

I like being alive and well, serene, balanced, loving myself, and praying to be a beacon of hope to others. So... Don't ever give up on yourself. I have learned hard lessons that have changed who I am. I don't beat myself anymore and neither should you. HAPPY NEW DAY.....

OA MANASOTA MEETING SCHEDULE – Winter, 2013-14

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)	Sandi: 932-6651 Mary Beth: 705-1417	LIT/BB
Monday	7pm	Sarasota	First Presbyterian Church 501 Bowman Ct. (off Oak St. east of301) 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
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 18	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	Sandi: 932-6651	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)	Sandi: 932-6651 Mary Beth: 705-1417	LIT
Saturday	10am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room)	Terry: 923-2844	BB/LIT

TREASURY REPORT – Contributions from 2013 by Group

Group #	Total for 2013
47485	\$0.00
39393	\$220.00
41233	\$0.00
15412	\$200.00
29157	\$120.00
05140	\$133.62
04059	\$935.55
11791	\$553.00
25384	\$643.28
47166	\$717.40
30966	\$300.00
20781	\$1,348.44
	47485 39393 41233 15412 29157 05140 04059 11791 25384 47166 30966