



New Horizon

OA Manasota Intergroup

Quarterly Newsletter - Winter, 2013-14

Information Line

(941) 957-1488

www.oamanasota.org

<p style="text-align: center;">INTERGROUP MEMBERS</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Chair</td> <td style="width: 30%;">Paula</td> <td style="width: 50%;">487-8027</td> </tr> <tr> <td>Vice Chair</td> <td>OPEN</td> <td></td> </tr> <tr> <td>Newsletter</td> <td>Patrice</td> <td>(734) 262-9395</td> </tr> <tr> <td>Public Info</td> <td>Erin</td> <td>(310) 462-4732</td> </tr> <tr> <td>Secretary</td> <td>Pam</td> <td>343-7181</td> </tr> <tr> <td>SOAR 8 Rep</td> <td>Marilyn</td> <td>460-0912</td> </tr> <tr> <td>Treasurer</td> <td>Anna D</td> <td>378-9944</td> </tr> <tr> <td>WSO Delegate</td> <td>Jamie</td> <td>822-0609</td> </tr> <tr> <td>12 Step Within</td> <td>Paula</td> <td>487-8027</td> </tr> </table>	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	<p>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.</p> <p>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.</p> <hr/> <p style="text-align: center;">ADDRESSES FOR 7th TRADITION CONTRIBUTIONS Make check payable to Manasota Intergroup or MSI</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">World Service Organization P.O. Box 44020 Rio Rancho, NM 87174-4020</td> <td style="width: 40%; text-align: right; vertical-align: top;"> www.oa.org (505) 891-2664 </td> </tr> </table> <p style="text-align: center;">NOTE: Region 8 CHANGE OF ADDRESS</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Region 8 Treasurer P.O. Box 1375 Holmes Beach, FL 34218-1375</td> <td style="width: 40%; text-align: right; vertical-align: top;"> www.oaregion8.org </td> </tr> </table> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="width: 60%;">Manasota Intergroup 1132 Rancho Drive Sarasota, FL 34240</td> <td style="width: 40%; text-align: right; vertical-align: top;"> Email: oamanasota@gmail.com </td> </tr> </table>	World Service Organization P.O. Box 44020 Rio Rancho, NM 87174-4020	www.oa.org (505) 891-2664	Region 8 Treasurer P.O. Box 1375 Holmes Beach, FL 34218-1375	www.oaregion8.org	Manasota Intergroup 1132 Rancho Drive Sarasota, FL 34240	Email: oamanasota@gmail.com
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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.”

(cont’d on P. 2)

Tools of Recovery – Writing and Literature

Writing

In addition to writing our [inventories](#) 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 [Overeaters Anonymous, Second Edition](#); [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#); [Voices of Recovery](#); [For Today](#); and [Alcoholics Anonymous](#) (the Big Book). We also study and read OA-approved pamphlets and [Lifeline](#), 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.

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.aa.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

ANNOUNCEMENTS

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

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...

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.

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 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
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 Name	Group #	Total for 2013
Bradenton Mon pm	47485	\$0.00
Bradenton Thurs am	39393	\$220.00
Bradenton Friday pm	41233	\$0.00
Nokomis Mon am	15412	\$200.00
Nokomis Wed am	29157	\$120.00
Port Charlotte Thurs am	05140	\$133.62
Sarasota Mon pm	04059	\$935.55
Sarasota Tues am	11791	\$553.00
Sarasota Wed pm	25384	\$643.28
Sarasota Thurs pm	47166	\$717.40
Sarasota Fri pm	30966	\$300.00
Sarasota Sat am	20781	\$1,348.44