



New Horizon

OA Manasota Intergroup
Quarterly Newsletter – Summer 2014

Information Line

(941) 957-1488

www.oamanasota.org

INTERGROUP MEMBERS

Chair	Marilyn	(941) 460-0912
Vice Chair	Patrice	(734) 262-9395
Newsletter	Ruth	(315) 853-6627
Public Info	Erin	(310) 462-4732
Secretary	Pam	(941) 343-7181
SOAR 8 Rep	Marilyn	(941) 460-0912
Treasurer	Anna F	(941) 378-9944
WSO Delegate	OPEN	
12 Step Within	Paula	(941) 487-8027

NOTICE: We have a need to fill the following position: **WSO Delegate.** Contact Marilyn 460-0912 for more information.

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

We are self-supporting. Please consider a donation of \$3 at the meetings you attend.

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 Ranchero Drive
Sarasota, FL 34240

Email: oamanasota@gmail.com

Make check payable to: Manasota Intergroup or MSI

ANNOUNCEMENTS

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

WSO REP Needed to represent Manasota IG at the World Service Business Conference. The position is now open and we are looking for someone that can serve our Intergroup and represent us at the week- long meeting in May. The requirements for the position: 1 year of abstinence; serving for 2 years above the group level; practicing the 12 Steps & 12 Traditions to the best of your ability. Please pass the word!

Message from our CHAIR I would welcome any input on how to make our Intergroup meetings more informative, more communicative, and more fun! We are out to enhance our recovery through our service - let's do this together! So drop me (Marilyn) an email at: vton56@yahoo.com.

Move to amend WSBC Policy 1990 as follows:

WSBC Policy 1990 (Amended 2011)

*The following policy statement was **adopted:***

The World Service Business Conference 2014 of Overeaters Anonymous suggests that individual groups and service bodies refrain from publishing the names or non-OA titles of speakers/leaders at OA functions in any informational materials (flyers, newsletters, etc.). OA service titles (but not names) may be used when a speaker/leader is performing the service responsibility of his or her OA office.

The following is from Road to Recovery (SCPOAI newsletter, May/June 2014):

Meetings Are Sacred

I was at a meeting where a recent Road to Recovery article was being discussed. The article was related to being late to meetings. One person was grateful for the reminder that being late can be an indication the person needs to reassess the commitment to abstinence; another believed lateness has nothing to do with a commitment to abstinence.

I guess I'd like to consider this topic- at an even higher level...are we ACTING LIKE we are abstinent? Are we acting the way we'd like to see abstinent members display their ownership of the 12 Steps and 12 Traditions? Are we treating meetings, people and each other with the courtesy and respect they each deserve? There are many reasons for being late to a meeting...some unavoidable, many not. Any one of us may be dealing with character defects, unavoidable family commitments, unexpected traffic or accidents, appointments that run late, etc. Are we an attraction even when we get in our own way or life hands us...well...life?

When we find ourselves late for some reason, do we then act respectfully when we arrive or do we generate more distractions than necessary? Do we come in and loudly put our belongings on the table or do we come in and get in a seat as quietly as possible? Do we leave our coat on or do we then wiggle our way out of it after being seated? Do we put our phone away or do we put it on the table so, even though it's on vibrate, it can distract the meeting? Do we feel like being late is a reason not to contribute to the Seventh Tradition? Do we participate in the meeting once we arrive or do we then need to leave to use the restroom?

Meetings are sacred spaces. Let us all remember that meetings are where compulsive eaters look each other in the eye and recover. Let us remember that meetings are where we save lives. Let us remember that, whether we recognize it or not, self-centered actions and beliefs WILL lead us back to the food.

Let us put our hands together in courtesy, respect and love. Together we get better.

Anonymous

The following excerpt is from *The Twelve Steps and Twelve Traditions of A.A.*, pg. 174:

Unless each A.A. member follows to the best of his ability our suggested Twelve Steps to recovery, he almost certainly signs his own death warrant. His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles.

The same stern threat applies to the group itself. Unless there is approximate conformity to A.A.'s Twelve Traditions, the group, too, can deteriorate and die. So we of A.A. do obey spiritual principles, first because we must, and ultimately because we love the kind of life such obedience brings. Great suffering and great love are A.A.'s disciplinarians; we need no others

Inspiration

My Higher Power is an experience rather than a being: the experience of balance, health, wholeness, conscience, emotional growth, nurturing and recovery.

— Lifeline, February 2006

NEW! Unity with Diversity Checklist

This checklist for OA groups and service bodies is offered in the spirit of Overeaters Anonymous' Third Tradition and the OA Unity with Diversity Policy Statement. This checklist is not meant to be exhaustive, nor can it be. As we continue to grow, so does our understanding of diversity. These questions are only a starting point for reflection and discussion.

<http://www.oa.org/pdfs/UnityWithDiversityChecklist.pdf>

5/12/14

MANASOTA INTERGROUP Announcements

- Bradenton Friday night meeting is closed and may re-open later this year.
- Any suggestions for step workshops and themes of recovery workshops, please contact Paula.
- Want to be on the Manasota Intergroup email loop? You'll get all emails circulated to keep up with what's happening around our county.
- The newsletters come out approximately every quarter. It is also posted on the Manasota Intergroup website and can be downloaded and printed if anyone needs more.
www.oamanasota.org.
- The PI (Public Information) and 12 Steps Within committee chairs would love support from OA members. Please consider contributing to help us carry the message to OAs and others who still suffer from compulsive overeating.
- The first Monday of each month in Bradenton is a speakers meeting.

OA Tools of Recovery - Service

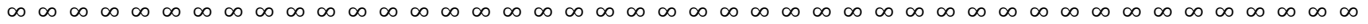
Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirement can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

As OA's responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”

HOW CAN YOU BE OF SERVICE IN MANASOTA COUNTY?

One of our tools of OA recovery is to be of service. Our Manasota group of meetings is brainstorming for ideas to interest more members in being of service – at local meetings, at the Intergroup level, etc. It can be as simple as opening up the doors and getting the room ready for meetings. Committees at the Intergroup level, for example, are looking for members to assist with the 12-Step Within (contact Paula) or Public Information (contact Erin). Perhaps you can distribute OA brochures or posters in some of your local stores, restaurants, offices, etc. to carry the message to the compulsive overeater who still suffers. There are other ways to be of service so please consider what lights you up and ask around to fellow OAs to see how you can contribute.

The 2014 WSBC of OA suggests OA’s Twelve Steps and Twelve Traditions be read at every meeting. In addition, we suggest all service bodies and the WSBC read the Twelve Concepts of OA Service.



OA MANASOTA MEETING SCHEDULE – Summer 2014

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 1 (back parking lot behind church)	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
Saturday	10am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room)	Terry: 923-2844	BB/LIT

REFLECTIONS ON READING For Today-May 31, pg.152

“God grants me the blessings I ask for according to my willingness to be completely honest with myself. “Digging them out is not nearly as painful as letting them fester.” (Character defects)

I assume that the blessings that are referred to in the first quote are blessings that I have asked for that, to me at least, seem unrelated to my willingness to be completely honest with myself. But, is that actually true? They have to be related to my character defects that are referred to in the second quote. My character defects haunt me and act as a wedge between my true happiness and what I think will bring me happiness. They haunt me even though I work to uncover them, understand my part in the reenactment of them, and allow time to peel away at the layers of the onion skin. They belong to me! Whether it is the un-comfortability of the moment or the sweetness I perceive in the blessings my human mind anticipates, there is no way to truly receive blessings until my heart is free of its demons, and they do not like to come out of the dark. It is more like an archaeological dig, slowly, delicately and carefully working to expose and remove them from the protection of the rock pile that has protected them from “the light of day” for a lifetime. Maybe the blessing is in the process, yet again!

From a grateful heart . . .Paula W.