



New Horizon

OA Manasota Intergroup
Quarterly Newsletter – Fall 2015

Information Line

(941) 957-1488

www.oamanasota.org

INTERGROUP MEMBERS

Chair	Marilyn	(941) 460-0912 vton56@yahoo.com
Vice Chair	Vacant	
Newsletter	Pam	(941) 343-7181 ilovelfants@hotmail.com
Public Info	Erin	(310) 462-4732 erinschoss@gmail.com
Secretary	Cathaleen	(941) 685-4171
SOAR 8 Rep	Marilyn	(941) 460-0912 vton56@yahoo.com
Treasurer	Anna D	(941) 378-9944 adefelice@comcast.net
WSO Delegate	Paula	(941) 487-8027
12 th Step Within	Elizabeth	(978) 766-7040

To contribute to this newsletter, email ilovelfants@hotmail.com or to report any changes to the meeting list.

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 www.oa.org
P.O. Box 44020
Rio Rancho, NM 87174-4020 (505) 891-2664

SOAR 8 Treasurer www.oaregion8.org
P.O. Box 443
Raleigh, NC 27602

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

Make check payable to: Manasota Intergroup or MSI

Welcome to the Manasota Intergroup Newsletter

Have you noticed all the white space in this issue? Your help is needed to make this newsletter worth reading! Write down your thoughts about a topic, your favorite slogan and how it helps your recovery, or just even a few words of encouragement. **The topic for the winter issue is “working program.”**

How do you work the OA program?

Retreat!

“Together in Recovery: A Twelve Step Journey”

DAYS: Jan. 15 – 17, 6:00 pm Fri. through 12:00 pm Sun.

LOCATION: Christian Retreat Center
1200 Glory Way Blvd., Bradenton

FEES:

\$65 registration fee

Additional fees for accommodations and meals apply.

For more information please contact:

Karen B. at 614-500-1080 or kacie.kb40@gmail.com



Guide for Sharing:

- One minute on the problem
- Two minutes on the solution



Wednesday night meeting has moved to a new time and new location:

6:45 pm

Gratitude Club, 530 Payne Parkway

Twelfth Step Challenge

“Are you willing to call one person you haven’t seen in meeting for a while?” Take the TSW Recovery Challenge and bring life to the OA responsibility Pledge! From now until December 12th we would like to conduct an experiment in Twelfth Step Within outreach. Here’s how it works.

1. You make one phone call to an OA member who you haven’t seen for a while.
2. Write down what you will say before you make the call.
3. Write down what the recipient of the call says when they respond.
4. What if anything, was the result?
5. Share all four actions with our TSW Chair at Region 8, tswchair@oaregion8.org

Example:

1. I decided to call someone who I have not seen for several months at the meeting. Before I called, I wrote this down:

2. **Me:** I just wanted to call and let you know that I’ve been thinking about you and I miss seeing you at the meetings. How are things going?

3. **J:** Okay. I was doing well for quite a while but just lately I’ve been losing ground with the food again.

Me: I know how that goes; I’ve been there myself many times over. I do so much better when I’m connected. The meetings have been really great lately. I hope I see you there again.

J: I really appreciate your call. I was beginning to think I’d been forgotten entirely. Does the meeting still start at 7:00 pm?

4. The result of this action? J returned to meetings and “caught recovery.” Today J is happy, joyous and free. I am so grateful to think that J may reach out to me if I ever lose my way, or to another OAer.

Please send in all four actions before December 12 or as soon as possible to tswchair@oaregion8.org. Anonymous results will appear in the November and March Region 8 Newsletters. Your responses might give other OAs an idea of what to say, etc. And how many OAs in Region 8 do you think will

participate in this? Include your guess and if you are correct, you will win a big prize. I am not sure what it will be, but we will know by December 12th. Of course, the biggest prize will be abstinence for you and the person you call. How many OAs are in Region 8? Anyone know?

Responsibility Pledge

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.

“Step Eleven encourages us to practice prayer, to continue talking to our Higher Power daily, even when it seems like a senseless exercise.”

*--The Twelve Steps and Twelve Traditions of
Overeaters Anonymous, pg. 92*

My first attempts at practicing prayer were a self-pitying review of my failings, or reviewing arguments for the existence of God, or crying to a God—whose existence I doubted—that I would not go to bed until He/It promised me I would be abstinent tomorrow. All these methods failed me. Because prayer appeared not to work. It was hard to keep up any consistent practice. But over the years of trial and error, repeatedly trying and failing to pray regularly, I have learned how I need to pray.

I thank God for my abstinence and my recovery. I ask for help with my abstinence in the day ahead. I offer my service. I acknowledge the previous day’s failings and ask to be shown how to do better. I offer the day ahead to the service of God. I pray for friends in and out of OA. From the time I started this simple daily routine my recovery stopped plodding forward—it sprang forward.

October Public Information Update:

This is Erin, your public information chair. I have been struggling accomplishing the items on my list each month so it has been suggested that I ask for help. Also, if anyone would like to take over for me for the next 2 or 3 months, I would love the help. Here is my status:

- Coffee News advertising: I sent a request to find out circulation numbers
- Ordered 200 bulletin board attraction sticky notes
- Vista Print bookmarks cost approximately \$58 for 100 if you upload your own images
- Have 2 receipts that I will turn in next month
- For projects below: If we want to use OA images (like from the wallet cards) we would need to apply for copyright permission
- Left a message for Jane, who volunteered to help, sorry it was not more timely
- Remember, when passing out or leaving pamphlets or hanging posters, to always ask for permission

Here is what I need help with:

- Images: look on a “stock art site” or google “free stock art” to find cookie image or other images we might want to use for advertising or for making bookmarks. Select one or two to vote on
- Ad: create one or two sample ads using above image to vote on for use in newspapers or coffee news or other ads (I have a sample from a MA placemat for anyone who wants to help with this one)
- Bookmarks: create a couple sample bookmarks on VistaPrint or similar website for intergroup to vote on (I have some ideas submitted by members, please let me know if you want to help with this one and I'll pass them on)
- Get prices for regular newspaper advertising, herald tribune, something local to Nokomis, find out publishing guidelines for community events and/or food/wellness section and/or free advertising in the physical paper
- I will need help with anything that is graphic design related. Thanks.

Wanted:

Thoughts, comments, and stories of recovery. Whatever you would like to share about your recovery. You may help someone. Anonymity guaranteed! Service is slimming!
Contact the Editor at ilovelfants@hhotmail.com.



We are pleased to announce

SERVICE and MY RECOVERY

Virtual Workshops for 2016



3-4pm ET (-5:00 GMT) Second Sunday each month
US phone bridge = 641-715-3818;
Pin Code = 925619#

Please join us Jan 10, Feb 14, Mar 13, Apr 10, May 8, June 12, July 10, Aug 14,
Sept 11, Oct 9, Nov 13, & Dec 11.

INCLUDED WILL BE TOPICS SUCH AS:

- HOW SERVICE ENHANCES RECOVERY
- HOW TO ENCOURAGE SERVICE
- SERVICE AS A PRINCIPLE
- HOW WE CAN EXTEND THE HAND AND HEART OF OA

This will be an interactive workshop - two speakers on the topic and members will be encouraged to share their own Experience Strength and Hope.

Calendar of Events

- Nov 6-8: SOAR8 Assembly and Recovery Convention, Tampa
- Jan 15-17, 2016: Manasota Intergroup Retreat, Bradenton
- Feb 26-28: Florida State Convention, Orlando
- Region 8 update: The website is <http://oaregion8.org> and if you want to view the quarterly newsletter, that link is <http://oaregion8.org/newsletters.html>

OA MANASOTA MEETING SCHEDULE – Fall 2015

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 Methodist Church, 3200 Manatee Ave W (park in back of church; in conference room in adjacent Lighthouse building)	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)	Diana: 544-5838	ST/TR - last Tues. tradition
Wednesday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Babs: 497-6190	ST/TR
Wednesday	6:45pm	Sarasota	Gratitude Club, 530 Payne Parkway	Andrea: 926-7555	LIT
Thursday	10am	Bradenton	Our Lady, Queen of Martyrs Catholic Church 9th Street East (between 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)	Carolyn: 626-8969	DC/ST/SP
Thursday	6:30 - 8pm	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Anna B: 924-5498 Jamie: 822-0609	Special Focus Meeting: OA H.O.W
Friday	7pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (parking lot in back of church; come in to Conf. Room)	Andrea: 926-7555	SP/DC
Saturday	10am	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Terry: 923-2844	BB/LIT
Sunday	4pm	Sarasota	Bahia vista Mennonite Church 4041 Bahia Vista St., Portable 1	Paula: 487-8027	BB Step Study