

# NEW HORIZON OVEREATERS ANONYMOUS

Quarterly Newsletter -- October 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.

## Pocket Lint:

### **Food Plans vs. Diets**

In OA we hear people speak of their food plans, and eventually we learn to stop saying "diet" and learn the difference:

A **diet** is something we do to deny ourselves food because we've been bad, that is fat, and we need to punish ourselves. A **food plan** is a satisfying, healthy, slowly evolving plan of eating, today and one day at a time indefinitely, and it's a gift we give to ourselves, not a punishment.

On a diet, once we lose the weight, we look forward to rewarding ourselves with a return to "normal" eating. On a food plan, the healthy eating, the abstinent day, the day-lived-in abstinence, *are* the reward.

While **dieting**, we eat foods we hate because they're good for us. Yet there is *never* a reason in life to eat foods we hate, and food plans recognize this fact. There is no miracle perfect diet food that everybody has to eat, like it or not. Nobody can continue that kind of eating for long anyway; isn't that

why we always give up?

And aren't diets always **unpleasant**? Restrictive, no favorite foods, obsessed with calories? The very word makes us cringe. Food plans, however, are tailored to our needs and preferences, presenting us with modest portions of foods we like.

This fact makes food plans flexible; although we must be rigid in **adhering** to the plan, the plan itself changes as we learn more about nutrition and ourselves.

One thing many of us find difficult is the idea of *never* having our favorite binge food again, because we know it would trigger a relapse. But the food plan is for today only; we're going to choose not to eat that food *today* and face tomorrow tomorrow. And we discover, as I did, that after the first few days, it really is easier just to never eat that food than to eat it once in a while, forcing us to re-struggle to get back our abstinence.

Because as the old saying has it, abstinence is easier to **keep** than to lose and then get back.

## The Power of Now

Many of us walk through our 24 hours, but actually live in yesterday and tomorrow. It is right Now that we are alive. Certainly we must plan, we must be prepared, but the living part we are missing out on is where we grow in all ways.

Self-talk to Me: Don't be a ghost. Don't squander the chance to feel joy, smell roses, pet the cat, and so on. Pay attention! If you don't, you might not notice a little disease called *food addiction* throwing you a curve. How? There was a hint; a switch showed up. If you were living in the past, feelings, worries, getting antsy or heaven knows what, this was your disease pushing your buttons with your own hands.

Be present, Me: Learn to recognize the symptoms and use the program. Be willing to mount a defense. Get the heck out of Dodge if that is where the danger is. Then recognize what's eating you so you don't overeat. Use the program -- you know what to do.

Don't give in to the disease's Great Lie: I'll just eat this and then I'll start my food plan after. You know this is total B.S.

But if you did mess up, don't beat yourself up or do negative self-talk. This enemy fights dirty; keep on fighting for your life.

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### More Thoughts:

Keep your feelings in one hand and your food in the other -- and then keep them far apart.

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Feelings aren't facts.

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**The disease says, "Gotcha!"**  
**The program says, "Got your back!"**

-- Karen Louise

## The Merry-Go-Round

I used to enjoy riding a merry-go-round. That is, until something bad happened.

The merry-go-round would not stop! It kept going around faster and faster! To make matters worse, the Operator was nowhere to be found. I remember the panic I felt. The merry-go-round was in control and I was powerless to stop it!

What happened next was a miracle. I almost didn't notice that a new merry-go-round operator had arrived. I didn't know it at the time, but the operator turned out to be exactly who I needed: someone who cared enough to stick around and help me get off. And that's what the operator did.

After that endless ride, I made a decision to think twice before getting back on a merry-go-round again. But, alas, on occasion, I did. I couldn't help myself.

The miracle was that any time I got stuck or frightened, the operator was there for me. My operator was more powerful and wiser than I could ever have been on my own.

I came to call the operator my Highest Operating Power. I relied on HOP. I trusted HOP. I was able to HOP to it. Whenever I was with HOP, I had hope. I had hope that HOP could and would get me off all the merry-go-rounds in my life -- One Day at a Time.

-- Richard V.

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## August 24th Sponsorship Workshop

The workshop opened with a 3-person panel of sponsors speaking on sponsorship. Then a member gave a detailed account of how she goes through the 12 Steps with a sponsee.

Then the meeting switched to some exercises led by Cynda. First, we went around the circle telling a secret about ourselves. The 2nd exercise was the "And then..." circle, which caused general hilarity, and the last exercise was role-playing in pairs, each pair given a situation to play-act. Much more laughter went along with this.

Thanks to Cynda and her helpers for this lovely break from seriousness, and especially kudos to Tina for instigating it.

-- Cindy

## 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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### Upcoming:

**November 15-17, 2019**  
**The Power of the Big Book**  
Liberty International Marriott Hotel  
Newark, New Jersey  
[AVision4You.info](http://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](mailto:Taube913@gmail.com)

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### On Meetings:

Anything that separates you from the group  
is bad.

The meeting will love you  
when you can't love yourself.

You can't say anything wrong here.

It's painful coming here,  
but it's more painful not to.

When I'm in a meeting,  
my disease can't hurt me.

There's a roomful of wisdom here.  
-- Lloyd

## 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
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Newsletter:	Cindy	941/302-4391
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12 <sup>th</sup> Step Within:	Tina	941/993-9717

Public Information is available

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Opinions expressed here are not necessarily those of  
OA as a whole or of the editor.

Send submissions to Cindy -- email is best, even 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 well resonate with others.

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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.

# OA LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE)

Updated 10-12-19 Please visit [www.OAManasota.org](http://www.OAManasota.org) or 941-957-1488 for more info.

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)	Tina: 941-993-9717 Mary Beth: 941-705-1417	Newcomer Meeting 1st Monday, Literature, Last Monday Speaker
Monday	7 pm	Sarasota	First Presbyterian Church 2050 Oak Street (Building on Left, 2nd Floor, Room #203)	Pam G: 941-343-7181	Steps & Traditions, Beginner's Meeting on Last Monday
Tuesday	10 am	Sarasota	Sarasota Community Church 4041 Bahia Vista Street Room 9 (Main Building, Entrance Back Parking Lot)	Janet 941-504-8663	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	Wk 1 Leader's Choice Wk 2 Steps Wk 3 Traditions Wk 4 Big Book Wk 5 Tools
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 behind 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 a.m.	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Mary 941-321-8756 Wendy: 941-806-7080	Big Book/Literature