



New Horizon

OA Manasota Intergroup
Quarterly Newsletter April 2018

Manasota Intergroup
Information Line
(941) 957-1488
www.oamanasota.org

Please Join Us: Manasota Intergroup meets the 2nd Saturday of every month at 11:15 am at the Unitarian Universalist Church, 3975 Fruitville Road, Sarasota (James Reeb Room, inside the Courtyard). Everyone is Welcome!

Board Members & Committee Chairs

Chair	Pam	(941) 343-7181 ilovelfants@hotmail.com
Vice Chair		Open
Secretary	Leslie	(941) 223-4100
Treasurer		Open
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To contribute to this newsletter or to report any changes to the meeting list, email manasotanewsletter@comcast.net please.

Editorial Policy: Opinions expressed here are solely of the writer and not OA as a whole or necessarily those of the editor. Articles are edited for style and length, but not content.

Thank you for your submissions to our newsletter.

Addresses for 7th Tradition Contributions

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

World Service Office
PO Box 44020
Rio Rancho, NM 87174-4020

www.oa.org

SOAR 8 Treasurer
PO Box 40273
St. Petersburg, FL 33743

www.oaregion8.org

Manasota Intergroup
5851 Pauma Court
Sarasota, FL 34232

Email: ilovelfants@hotmail.com

**Make check payable to: Manasota Intergroup or MSI
Please include your Group Number on your check.**

New! The OA 12 & 12, Second Edition

Updated and improved, OA's keystone book is our new reference for working the Twelve Steps and studying the Twelve Traditions of Overeaters Anonymous. The OA *Twelve and Twelve* has been helping members recover for twenty-eight years.

Now, this *Second Edition* has been revised for clarity and inclusivity, with a restructured Step Four chapter to increase usefulness: it includes new inventory questions and added headings such as "Negative Thinking," "Shame," and "Guilt."

Get this new edition today and learn how members working the Twelve Steps have found "physical, emotional, and spiritual health that we don't hesitate to call miraculous."

Slogans, Sayings & Such

Relapse is Not contagious, but recovery Is.

This is a disease of More versus Enough.

One Day & Night At A Time.

Surrender to H.P., instead of negotiating with your disease.

Powerless Over Food & Life Became Unmanageable =
Powerless Over Life & Food Became Unmanageable.

Change is not painful; but Resisting Change causes pain.

A Food Plan is like a Baseball Warning Track - it protects us from running into a wall.

Living Through Literature Service

"I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip."

Alcoholics Anonymous, Doctor Bob's Nightmare, Page 180

“Serenity Through Surrender” Retreat Report and Thank You

Another Manasota IG Retreat has come and gone. We had a total of 64 people attending. Fifty-three people stayed over, filling all of the available rooms. The 11 other people were our day-trippers who came for the whole day or some part of the retreat. We don't have a final number since a few expenses are out, but our IG made money for the 3rd year in a row somewhere around an extra \$2000+ to add to our reserves of \$2400.

Evaluations were very positive with 41 responses out of 64 people attending. Of the 41 people turning in their evaluations, 37 said they would return and 4 said maybe they would return. Overall the retreat was a success and we have received a lot of suggestions for next year.

A big thank you to my 2 cohorts - Helen D. and Barbara S. - who planned, found the site, took registration, negotiated with the facility and enthusiastically supported the whole process for the last year we were working on it.

Many other people also deserve a thank you including: Elizabeth, got the word out; Delain, prepared the folders and bought the raffle tickets; Andi, ran the raffles; Susan, designed the brochure; Paula, printed the brochures; Monday Night Bradenton Meeting, donated two beautiful baskets; Maryellen, coordinated the volunteers the day of the retreat; all the volunteers who drove the cart and helped in many other ways; and Wendy and Taube, transported our speaker John to and from the airport. I may have forgotten others, but know you were appreciated. Last, but not least, all the attendees who came and participated. Without you there would not have been a retreat.

There is already a group of volunteers who have signed up to help with next year's retreat. If you have ideas or input volunteer & do Service.

Submitted by Karen Beardman, Retreat Chair

<u>Did You Know? What's New?</u>	<u>OA's 2017 Survey Report</u>																								
<p>Manasota Intergroup will be sending Delegate, Pam G., to the World Service Business Conference (WSBC) in New Mexico the weekend of April 27 - 29th.</p> <p>She will be representing our local groups by casting our combined one Intergroup vote. In February, your group had the opportunity to vote on which proposals make it to the WSBC for voting. There were 19 New Business Motions & 10 Bylaw Amendments on the Agenda Questionnaire this year.</p> <p>Of these, all but 3 received the required votes to make it to the floor. The 3 proposals that DID NOT pass were P, Q & R. Each asked that a new Tool be created: Meditation, Physical Activity & Prayer.</p> <p>For further info @ oa.org go to: https://oa.org/members/events/world-service-business-conference/</p>	<table border="0"> <thead> <tr> <th align="left"><u>Life Improvement</u></th> <th align="right"><u>Total Results</u></th> </tr> </thead> <tbody> <tr> <td>Mental/Emotional Health</td> <td align="right">94%</td> </tr> <tr> <td>Daily Functioning</td> <td align="right">93%</td> </tr> <tr> <td>Spiritual Connection</td> <td align="right">92%</td> </tr> <tr> <td>Relationships</td> <td align="right">88%</td> </tr> <tr> <td>Overall Physical Health</td> <td align="right">84%</td> </tr> <tr> <td>Weight Issues</td> <td align="right">80%</td> </tr> <tr> <td colspan="2"><u>Age at Which Food Became a Problem:</u></td> </tr> <tr> <td>1-10..... 40%</td> <td align="right">21-25..... 5%</td> </tr> <tr> <td>11-15..... 22%</td> <td align="right">26-35..... 5%</td> </tr> <tr> <td>16-20..... 10%</td> <td align="right">36+..... 18%</td> </tr> <tr> <td colspan="2"><u>When They First Came to OA, 86% of members were overweight, 11% were at a healthy weight, and 3% were underweight.</u></td> </tr> </tbody> </table>	<u>Life Improvement</u>	<u>Total Results</u>	Mental/Emotional Health	94%	Daily Functioning	93%	Spiritual Connection	92%	Relationships	88%	Overall Physical Health	84%	Weight Issues	80%	<u>Age at Which Food Became a Problem:</u>		1-10..... 40%	21-25..... 5%	11-15..... 22%	26-35..... 5%	16-20..... 10%	36+..... 18%	<u>When They First Came to OA, 86% of members were overweight, 11% were at a healthy weight, and 3% were underweight.</u>	
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Manasota Intergroup Meeting Mention

Punta Gorda Monday Night Meeting 6:45 to 7:45pm We are a new meeting; just learning what it is that works and finding our way. This is a varied topic meeting. For instance, we decided our Newcomer Speaker's Meeting didn't need to be etched in stone. Last week when we had no Newcomers, we decided that if that be the case it will be a writing meeting. We read from the For Today book, the leader asked a question, we wrote for 10 minutes and then shared. We still had time at the end, so the leader asked each of us what we learned from the meeting.

When we do have a Newcomer at any meeting, then the meeting becomes a Newcomer Meeting and the person who is the leader will speak about what their life was before OA, what happened, and what their life is like now.

At our last Big Book Study Meeting several of us wanted to learn about Step 4, so that week's leader, in addition to all of us analyzing the Big Book Step 4 pages, told of her experience in doing Step 4 and answered many of our questions. In each meeting we incorporate a 5 minute guided meditation.

Join us! We still have not decided whether we will be a seasonal meeting or not. For the summer months please call our contact person to verify if meeting is active.

Friendship United Methodist Church, 12275 Paramount Drive, Punta Gorda, Meet in Conference Room in the White Building on the left hand side. We are located less than 5 minutes from I- 75, Exit 158 Tucker's Grade. We are right off Tamiami Trail. Call for directions. Contact: Sharon: 609.864.5734

Submitted By: Rochelle B.

Experience, Strength & Hope:
Starting Again in OA - Rebooting From Relapse Form

When our computer or device gets hung up, the first piece of advice we get usually goes, *Did you try restarting?* Rebooting causes programming to refresh itself, which typically relieves whatever bugginess has cropped up. In relapse, we can feel as though we have gotten hung up too. We are frozen in a pattern of compulsive eating, and we can't get to the next screen. But unlike an insensate device, we have to reboot ourselves to get our OA program back online.

We can't rely on anyone else to hit the power button for us. OA is a program for people who want it, not people who need it. We've got years of experience at resenting others for telling us what to do. *You aren't the boss of me* has rattled around our inner monologue more than a few times. Even if another person told us they'd drive us to meetings and help us do the work, we'd say no or get no benefit. As the ABCs on page 60 of the Big Book remind us, "probably no human power could have relieved our alcoholism."

It's up to us to take the actions required to gain or regain food sobriety. The recovery is ours, not the next person's. If we are ready to get back into the swing of OA, we might ask ourselves, *What have I learned from this experience with compulsive eating?* Could be we've learned some hard lessons about things such as:

- I can't stop eating compulsively once I start, and I can't stop from starting.
- My food plan wasn't enough by itself to prevent me from eating compulsively.
- My disease is worse now than when I first arrived at OA.
- I can't work this program without a sponsor.
- I need to take my sponsor's suggestions.
- This disease uses my own thoughts to kill me.
- I can't do this halfway.
- I need to do the Steps.
- I'm totally screwed without OA.

These are just a few things we may have learned, there are so many others. We can take what we've learned and use it as a stepping stone toward recovery. We know that eating in isolation is likely to kill us with a heavy dose of misery before we lose our life. We need the fellowship of OA.

- Luckily, OA's nine Tools are designed to help us make maximal use of the fellowship. Meetings, Telephone, and Sponsorship place us in direct contact with other local compulsive eaters who can help us.
- Literature gives us insight from OAs around the world.
- Writing helps us get those lessons mentioned above onto paper so we can remember them and talk about them with other OAs.
- Food plan helps us restore boundaries to our eating and provides an opportunity for accountability.
- Service helps us stay connected to OA.
- Anonymity frees us from shame with the knowledge that the public isn't invited to know our story.
- Action Plan gives us a framework for understanding how each element of our program supports our abstinence and recovery.

Of course, we're going to need more than fellowship with people as the ABCs we referenced above tell us. We need a Higher Power. That's a big lump in some of our throats, but less difficult to swallow than we imagine. All it takes is a *willingness* to believe something might be out there and a decision to work with that Something for the Steps to work for us.

Here's a few things we don't need to restart our program:

- Guilt, shame, and remorse: These feelings often pull us back down into the quicksand of self-pity and compulsive eating.
- Stubbornness: We know we're in trouble with food and that others have recovered, so why do we insist on doing it our failed way?
- Denial: If we still think we're in control or that we're not like our OA fellows or that we are unique, we're in for a bumpy ride.
- People-pleasing: We must toss aside our need to be "good" or please others because we have to get better for ourselves.
- Waffling: If we want recovery, we must commit to actions that result in recovery and avoid saying we'll do something then bailing on it.

Honesty, open-mindedness, and willingness are the keys to a successful recovery. If we practice their opposites, we'll get the opposite of recovery.

Finally, the journey to recovery can seem long and difficult when we try to imagine how getting back on track will play out. Yeah, there's work ahead of us, but we've been committed to our substance one day at a time for a long time. Now we can commit to freedom from food obsession one day at a time.

Reprinted From: Seacoast OA

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE, PUNTA GORDA)

Updated April 13, 2018 Please visit www.oamanasota.org or call 941-957-1488 for recent meeting updates.

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)	Sandi: 941-932-6651 Mary Beth: 941-705-1417	Speaker 1st Monday, Literature/ Big Book, Newcomer Meeting Available as Needed
Monday	6:45 pm	Punta Gorda	Friendship United Methodist Church 12275 Paramount Drive (Meet in Conference Room in the White Building on the left hand side. We are located less than 5 minutes from I- 75, Exit 158 Tucker's Grade. We are right off Tamiami Trail.) **See Notes**	Rochelle B. 516-993-5919 Debi V. 941-268-6249	*In Summer Months Call to Verify Meeting is Active Sharon: 609.864.5734
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)	Michelle 917-881-4395	Steps, Last Tuesday Tradition
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	1st Thursday Leader. 2nd Steps, 3rd Tradition, 4th BB, 5th 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 in Back of Church, Meet in Little White House)	Andrea: 941-926-7555	Discussion
Saturday	10 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (James Reeb Room, Inside Courtyard)	Wendy: 941-806-7080 Mary 941-321-8756	Big Book/ Literature
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (James Reeb Room, Inside Courtyard)	Wendy: 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Sunday	4 pm	Sarasota	Sarasota Community Church 4041 Bahia Vista Street Room 9 (Main Building, Entrance Back Parking Lot)	Kathy: 941-954-4210	Big Book Study

