



New Horizon

OA Manasota Intergroup
Quarterly Newsletter July 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

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Public Info		Open

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.

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

Did You Know? What's New?

Fellowship-Wide Event Dates Changed Save these dates!

At WSBC 2018, delegates voted to change OA celebration dates and times to be more inclusive of all members of our Fellowship:

- OA's Birthday will be celebrated every third weekend of January. Next year's OA Birthday is January 19–20, 2019.
 - Unity Day will be celebrated alternately on the last Saturday of February in even years and the last Sunday in February in odd years. Plus, Unity Day will now be celebrated at 11:30 a.m. local time (previously Pacific Standard Time). The next Unity Day celebration is at 11:30 a.m. local time on Sunday, February 24, 2019.
 - Sponsorship Day will be celebrated every third weekend of August. This year's Sponsorship Day is August 18–19, 2018.
 - International Day Experiencing Abstinence (IDEA) will be celebrated every third weekend of November. This year's celebration is November 17–18, 2018.
- The date to celebrate Twelfth Within Day has not changed. It will continue to be celebrated on December 12, and this year's celebration is Wednesday, December 12, 2018.

Slogans, Sayings & Such

We are not Bad people trying to become Good; We are Sick people who are becoming Healthy.

Wellness comes when I work a We program; Illness is the result of working an I program.

A "normal person" has 40,000 thoughts a day; an addict has 5 thoughts that they replay 40,000 times a day!

Relapse begins with dishonesty with ourselves, next we become dishonest with others, until finally we leave the rooms.

If today you find yourself not believing that you can recover from compulsive eating; then just believe that I believe - you will recover.

Living Through Literature

Are there any compulsive overeaters who do not want to be free of the consequences of their disease? No one wants to suffer the effects of obesity and/or enslavement to food. But the real question is, am I willing to give up the temporary oblivion food provides? That crutch enabled me to hobble through life when nothing else seemed to help.

Yes, the thought of losing that crutch is frightening. But in Overeaters Anonymous, no one is asking me to give up the food and go out and try to make it as a normal eater. Instead, they give me the one solution OA has: the twelve-step program of recovery. Step one administers the first dose of truth: I am powerless over food; and steps two and three tell me what to do about that powerlessness.

For Today: I surrender my crutch of food to a Power greater than myself, which is doing for me what I could never do for myself.
For Today (Page 314)

What OA's New Bariatric Surgery Policy Statement Means for Us

Delegates to WSBC 2018 approved a new policy statement:

"In keeping with Tradition Ten, Overeaters Anonymous has no opinion on bariatric (weight-loss) surgery. In the spirit of Tradition Three, Overeaters Anonymous welcomes anyone with a desire to stop eating compulsively, including those who have had the surgery or are contemplating it."

Now that our group conscience has been made clear, one suggestion for doing our part at meetings is to remain neutral, offering no opinion and accepting others' stories about bariatric surgery without comment, just as we do when members share about other ways they've tried to control their compulsive overeating. For the member who has had bariatric surgery or is contemplating it, a suggestion is to feel free to share about one's own surgery but promote no other method in meetings than working the Twelve Steps of Overeaters Anonymous.

Adhering to this policy is important, both for our Traditions and individual recovery. In fact, one OA member was unable to become abstinent until she felt free to share about her bariatric surgery.

So, let us always extend our hearts and hands. We have room enough for everyone who suffers from this disease.

WSO News Bulletin June 2018

Face It, Trace It and Erase It

When we hang on to resentments, we poison ourselves. As compulsive eaters, we cannot afford resentment, since it exacerbates our disease. If we do not get rid of our anger and bitterness, we will - sometimes sooner or sometimes later - lose the promises of this program of recovery.

Many of us have carried around old hurts which caused us to reach for food when we thought about them. We don't need the excess food and we don't need the grudges, either. When we give the resentments to our H.P., we are that much lighter in body and in spirit. Now that we have found OA, we have a way to get rid of the animosity and indignation which has been poisoning our system.

Taking a 4th Step inventory and making 9th Step amends are essential parts to becoming freed from resentments. These steps will need to be taken again and again if negativity sneaks its way back into our lives to threaten our physical, emotional, and spiritual well-being.

When In Doubt, Leave It Out

If a particular food is not on our plan, we do not eat it. When in doubt, leave it out. If there is a question in our minds about the advisability of eating a certain food, we are most likely better off without it. Whether we are losing weight or maintaining it, there will be some foods we choose to avoid, since past experience has proven we cannot handle them in moderation.

The principle of "when in doubt, don't" may also extend to other areas of our lives. If we are unsure of a particular course of action, it is best not to go rushing into it. As we learn to listen to the inner voice, we become more responsive to the leading of our Higher Power. We develop a firm basis for decision as our knowledge of our Higher Power's will for our lives becomes more solid.

When we are willing to wait for direction, it comes. All indecision may be turned over to our higher Power for Guidance and Good Orderly Direction.

Manasota Intergroup Meeting Mention

What Is An Intergroup? When several groups form in an area, they soon realize that they can better perform together rather than separately. So the groups may form an intergroup that is directly responsible to the groups it serves.

When Does Manasota Intergroup Meet? 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)

Last time Manasota took a Group Inventory? June 2018. We covered 38 questions which revealed our IG's strengths & weaknesses.

Example - "What is the purpose of our intergroup/service board? It's the second level of service after the meetings. The purpose is to get the word out about OA in Manatee and Sarasota counties. We do this on a very basic level by publishing newsletters and meeting lists; operating a phone line; and putting OA contact information in public places such as libraries and doctors' offices. We also participate in Region 8 and WSO by sending representatives to the meetings; supporting committees and events such as our retreat committee; and also building alliances with other OA intergroups in the area." (All Questions & minutes of Group Conscience participation are available at Intergroup.)

Who Can Attend? **Everyone Is Welcome! There are no Requirements to attend. Please Join us.**

Service Positions Open - Vice Chair, Treasurer, Twelfth Step Within Chair, Public Information Chair

Experience, Strength & Hope:

The Doctor as Patient

How did it come to this? I was 40 years old, sitting across from a leading weight-loss doctor. But I was the patient! After five years, I was returning to his practice. My weight had gone up and down 30 to 60 pounds every year. There I sat, a well-respected physician, graduate of Johns Hopkins University, board certified in two specialties, noted lecturer home and abroad, and now I was a desperate patient. I weighed 290 pounds, 50 to 60 pounds more than when I first left his practice. I had developed malignant hypertension with proteinuria, severe sleep apnea, and debilitating arthritis. After reviewing my records, the doctor, knowing I had succeeded on his diet before, asked a question that cut through my fat and into my soul: "Are you stupid?" I turned red and could not answer. I had asked myself that question after each binge. One year after that doctor's visit, my father passed away. My depression and anxiety increased with the feelings of restlessness, irritability, and discontent described in the addiction-recovery book *Alcoholics Anonymous*. My eating increased, my binges got worse, and my weight went up to 330 pounds. In December 2001, I rediscovered OA. There I learned I was not stupid and I had more than adequate willpower to succeed in my life, except when food, feelings, meals, relationships, discomfort, and snacks came together. I was a food addict. Like alcohol for an alcoholic, food was more powerful than I was with all my medical knowledge. I surrendered to the program and began to work OA's twelve steps and use OA's tools for recovery, such as following a healthy food plan and becoming accountable to a peer sponsor, who was my recovery mentor and guide. One hundred thirty pounds came off in fifteen months, and I have maintained a 120- to 130-pound weight loss for more than ten years. The miracle is that I don't obsess over my binge foods. I have been sugar, flour, and fried food free for 99.9 percent of 4,350 days in program. OA has helped restore my mental, spiritual, and physical health. I continue to go to meetings, surrender, do service, work with a sponsor, and follow a plan of eating. All my medical numbers look good, and my compliance as a patient has improved. I recommend OA to my obese patients; discuss my experience; encourage them to visit the OA website, oa.org; try six OA meetings within one month; and find a sponsor. My medical knowledge now includes an acceptance that certain foods and eating habits can be addictive. The neurobehavioral, brain-scanning research continues to prove this, and hopefully, that information will reach more practitioners in the medical field. Learning that I am a food addict and discovering the OA program has saved my life.

Anonymous - Reprint - *Courier* (OA News and Information for the Professional Community Publication)

Share Your Secret

After a meeting, a discussion evolved - Why are we fearful to share our recovery with people we see that could use our program? We all understand this is a program of attraction not promotion. BUT.... One of the best kept secrets is the recovery we all share by working the Steps. I feel really frustrated when I walk by a person that is morbidly obese and I do not feel I can share my recovery from my food addiction with them. I only share my abstinence/recovery with those in these rooms. I don't feel I can walk up to them and start telling them about my program, nor would I even feel comfortable if we were enjoying a conversation. On the other hand, I felt compelled to share my recovery from alcohol with a random person sitting behind me in church. A phone rings behind me and I thought, "Okay you forgot to shut it off", the second time was, "Come on, shut it off", when it rang the third time I turned around and gave this person a look of "Really!". When it was time to offer the Sign of Peace to one another he profusely apologized, said it was his ex, and the expression on his face left me with compassion. After the service the apologies continued. I simply replied, "I am glad you are here because you are exactly where you need to be"; then I shared I had over 25 years in AA and asked if alcohol could be a problem for him. In the meantime his mother reached over, gave me a hug and said, "Thank you".

When he answered "yes" to my question it shocked me, and it was then I told him, "You can't do this alone" and suggested he look up AA and find a meeting immediately. Since then, I have prayed for this person many times and especially at the end of a meeting. Six months later while attending some classes at church, I saw a lady and kind of wondered if she could be the mother that had given me the hug on that day. This same lady worked in the church office and when I went to drop off some papers, the scales fell from my eyes and I realized I recognized her. The next week she attended the study group I had been going to. I gathered the courage to go up to her and ask her if she had attended a Saturday afternoon service a few months ago with her son. She started crying and said, "I have been looking for you to thank you and tell you, my son has been sober for the last 6 months! It has changed him and made a difference in his children, I am so grateful to you." I truly feel this was God inspired. I just wish I could have that inspiration with those who would benefit from OA as I have, especially those who are going under the knife to loose weight. The recovery we experience in Twelve Step Programs ought not be "One of the best kept secrets". I will share my recovery freely when God prompts me.

Anonymous - Sarasota, Florida

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE, PUNTA GORDA)

Updated August 20, 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 (West Wing 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 (West Wing 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