

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—April 2021

OAManasota.org
Infoline (941) 556-1293

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Spring into Action!

When I think about springing into action, my response often is, “Oh, no, what am I going to have to do now!” However, as a progressed food addict, I have found that the only way to recovery from the disease is through action.

One of my favorite pieces of literature that speaks about action is in the AA Twelve Steps and Twelve Traditions at the end of Step Three. It says, “All by himself (herself), and in the light of his (her) own circumstances, he (she) needs to develop the quality of willingness. When he (she) acquires willingness, he (she) is the only one who can make the decision to exert himself (herself). Trying to do this is an act of his (her) own will. All of the Twelve Steps require sustained and personal exertion to conform to their principles.” These words, found at the end of Step Three, launch us into the next action as we embark on Step Four, our searching and fearless moral inventory. Oh, more work! Yup, that’s right.

I don’t know about you, but I always wanted the results without action. I wanted to be thin without putting down the food. I wanted to be fit and toned without working out – this is still true for me. 😊 I want the transformation promised in the Big Book and other literature without following the instructions. In short, I want a quick and easy fix for the problem du jour. No matter how many times I try, it never works!

For me to remain abstinent, to not use addictive food to deal with life, and to stay in relative emotional sobriety, a lot of action is required. I am currently studying Step Twelve in the AA 12 x 12. I read a small portion each day and write on how it applies to me. I share that writing with my sponsor in our daily 15 minutes together. During that call, I also commit my food for the next 24 hours, read my written nightly review, and share 10 expressions of gratitude. There are at least daily phone calls to connect with my fellows. And the great opportunity to attend multiple 12 Step meetings throughout the week. My sponsee brightens my day as we follow the same format that I do with my sponsor. I have an app on my phone that offers a daily 10-minute meditation that I absolutely love. The narrator’s voice is so calming; when I miss it, I *really* miss it.

These actions require time from “my day.” Yet, I am so grateful that I have the willingness to do it one day at a time – imperfectly, of course. The structure of these daily disciplines means that I rarely veer too far off the path. Oh, there are days when I just “don’t wanna!!” Thankfully, I have built a great support network to keep me in the middle of the herd. Thankfully, this program really works! Let’s spring into action together because I certainly can’t do it alone.

Grateful for OA,
Mary F.

Test Your Knowledge of the Big Book

Answer each question and if you want a greater challenge, tell where it is found in the Big Book. Be careful, these are tricky. Some aren't as easy as they look!

1. In order to successfully make use of the solution, the process requires that we take three actions. What are they?
2. If we skip this vital step, we may not overcome compulsive overeating. What step is it?
3. The Big Book lists one single action to do for Step Seven. What is it?
4. According to the doctor, what is the only suggested relief from the phenomenon of craving?
5. Where would you find the following quote: "We are careful never to pray for our own selfish ends."
6. The vision is far reaching. We realize we know only a little. God will constantly disclose more to you and to us. This and what else is the Great Fact for us?
7. Bill W.'s old school friend suggested a novel idea that enabled Bill to make his beginning. What was it?
8. Whenever people are gathered together in business, there will be rivalries, and, arising out of this is a certain amount of office politics. They bring out the five greatest enemies of we compulsive overeaters. What are they?
9. The compulsive overeater at certain times has no effective mental defense against the first compulsive bite. Where must his/her defense come from?
10. This does for us what we could not do for ourselves. What is it?

The answers will be published in the July issue. If you can't wait until then, send an email to newsletter@oamanasota.org with your favorite OA quote or quotes and I'll send you the answers to this test. I'll publish your quote(s) in future issues of the newsletter.

Another Manasota Retreat Completed Successfully..... More service opportunities available!

The Pandemic has changed our lives dramatically and our annual retreat was no exception. This year we went digital and had the retreat on Zoom. It was well attended, and we had over 80 people. Positive feedback has been received. Consensus is that our speakers were great. Thanks to the Retreat Committee for putting this together. They have now stepped aside to allow some new people to do service.

It is now time to start planning for next year's retreat. We need a chair and a committee to decide if an in-person retreat is what we want to do. We will need to contact Day Spring Retreat Center and that needs to be done immediately. Also, we need to decide on the format.

We need several people to step up to plan the retreat for March 4-6, 2022. If we do not have people willing to volunteer, then we will not have a retreat. Please consider this service and contact Taube 617-371-8139 and/or Karen 614-500-1080 before May 1, 2021 to get more information.

Thank you,
Retreat Committee: Taube W., Karen B., Jim F.

Voices of Recovery, April 15

"Sometimes the process of doing Steps Four and Five brings to our awareness more than our character defects. Sometimes we uncover old traumas... Until we begin to deal with them some of us found that our abstinence was precarious or we continued to feel unhappy, even while we were abstaining and working the Steps."

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 50-51*

Why couldn't I stay abstinent? I had failed to tell another human being my entire life story. I could not get abstinent, stay abstinent, and live in recovery until I did so. I was the good little girl who grew up to be the people pleaser. Paralyzing fear seized my mind and body at the thought of telling someone else what I had done. So I stayed in the disease. My humility was born of greater trust in God and willingness to learn a better way of living.

Step 4:

“Made a searching and fearless moral inventory of ourselves.”

When I turned my will and my life over to my Higher Power in Step 3, my sponsor informed me that what that really meant was that I was making a commitment to work the rest of the steps; so, it goes without saying that my next venture was to start my 4th step. I followed the method outlined in the Big Book of Alcoholics Anonymous, and with my sponsor’s guidance, I thoroughly analyzed all my resentments (and I probably had over one thousand). In doing this I learned a great deal about myself. I had known for years that I was selfish and self-centered, but by examining and analyzing all my resentments I could see my powerlessness around it and my need for a Higher Power's help!!! First of all, I learned that whenever I had a resentment, it was because one of my basic instincts was threatened (i.e., my self-esteem, security, personal/sex relations, ambitions). Furthermore, to “protect” myself, I unconsciously told myself “lies” that perpetuated my resentments. For example, if someone ignored me, I would become hurt and angry; in analyzing my resentment, I learned that my basic instincts of self-esteem and emotional security were threatened. Some of the “lies” that I told myself were: “I know this person doesn’t like me.”; “I’m not good enough to be liked by them.”; and “I can’t be happy unless they pay attention to me.” My next step was to find and believe the truth: “I can’t read minds.”; and “My worth, value and security come from my Higher Power, not from how other people respond to me.” After a while I got the hang of analyzing my resentments and identifying the errors in my thinking. What is harder, however, is to believe the various “truths” that I uncovered. Thus, my sponsor suggested I say the prayer, “Dear God, please help me to see the truth, and help me to believe it!” Today I am grateful to say that I have finished my 4th step and have made most of my 9th step amends. I continue to analyze my resentments using the Big Book method, and it is helping me to lead a life of “sane and happy usefulness” one abstinent moment at a time.

– T.S., Florida

“Searching, fearless, moral... when I think of those words, it makes me puzzled. It makes me feel that way because I know I have to dig deep to find my inner defects and role in past situations with people and places. However, I know this action is for the better. I don’t like holding onto grudges - that’s something I did before I began my OA journey. Step 4 and OA in general have taught me how to look within myself and my life for the wrongs I have done. It doesn’t make me a bad person for identifying these areas, but rather stronger and more courageous. I can’t express how much this program has helped me and I am ever grateful for the steps.”

-Liv T.



My experience with Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Admitting my wrongs to another person was scary! What will they think? I had loads of shame. I was isolated and afraid. It is said that we are only as sick as our secrets. Did I want to recover? Admitting my wrongs to another person meant I was going to be vulnerable.

Doing the fifth step was like turning over a boulder in the garden. Slimy, creepy-crawly things were revealed; centipedes, earthworms, toadlets, weird eggs. These were my dark secrets, and I expected my sponsor to run away in horror, but she remained calm and insisted I was more like everyone else that I realized. This gift of acceptance enabled me to begin accepting myself.

-Kathy

Step 6:

Were entirely ready to have God remove all these defects of character. Spiritual Principle: Willingness

On the surface this sounds so simplistic – be ready for God to remove my defects! Some of the “fine print” caught my attention: “entirely ready” and “all” the defects. This brought up one of my deepest fears – the fear of the unknown. What will my life be like without my defects? Will I be able to excel in my job if I am not doing it perfectionistically? This step really brought me to a better understanding of willingness. Am I willing to change without knowing the consequences? My readiness, the strength of my intention, must be there before any significant change happens – no action occurs without intention.

My journey with my sponsor included looking at what I am afraid to lose? This was about self-image. Answering these questions helped me “let go” so I was “entirely ready”.

· Are there qualities you have that you think make you special? Are they serving you?

· What would happen if you dropped your self beliefs? What different choices might you make in your life?

In the case of perfectionism, it was clear that many qualities like attention to detail, being prompt & on-time, being professional were not the defects – it was taking being “perfect” to the extreme. Turning over this process in the beginning with intention was important - “let go & let God”!

-Kathy V.



Working Step 7

Now I get to explore: How free do I want to be? There is only one of me, and I pray to fulfil my blueprint in God's creation. I have made a list of both character defects and character assets. As I humbly pray, God reduces the negative feelings, beliefs, and behaviors and enhances the positive feelings, beliefs and behaviors.

I am finally accepting that I am a real human being. I have learned the difference between humility and humiliation. I'm not Wonder Woman or the Wicked Witch of the East. I am amazing and wonderful, vulnerable and flawed, just like every other addict. Earlier in recovery I didn't recognize the deep traumas I had survived, and how they interacted with the disease of food addiction. My personality and self-image were formed through the lenses of trauma and addiction. Along with cravings and obsessions, the disease generated self-hate and I felt like a monster. What a relief to understand it is the disease that produced the terrible thinking and behaviors, and I am not the disease.

-Libah

The New Serenity Prayer

God, grant me the serenity
To accept the people I cannot change,
Which is pretty much everyone
Since I'm clearly not you, God.
At least not the last time I checked.

And while you're at it, God,
Please give me the courage
To change what I need to change about myself,
Which is frankly a lot, since, once again,
I'm not you, which means I'm not perfect.
It's better for me to focus on changing myself
Than to worry about changing other people,
Who, as you'll no doubt remember me saying,
I can't change anyway.

Finally, give me the wisdom to just shut up
Whenever I think that I'm clearly smarter than
everyone else in the room,
That no one knows what they're talking about
Except me,
Or that I alone have all the answers.
Basically, God, grant me the wisdom to remember
that I'm NOT YOU. AMEN.

America/Media

Announcements & Information:

Intergroup Meeting is the 2nd Saturday of each month from 11:15 am-12:30 pm
Zoom ID: 322 275 7853
Password: 253647

Everyone is welcome!

Bradenton OA meetings are going live.

The Mon evening 7:00 pm meeting and the Tues. 2:00 pm meeting will be opening up at Trinity UM Church, 3200 Manatee Ave W. Bradenton, the week of April 12, 2021. Masks are required. Please join us.

Service Opportunities For You!

OPEN: Retreat Committee & Chair – Volunteers are needed to organize a retreat at the Day Springs Conference Center on March 4-6, 2022.

Open: Public Information Chair - We NEED you to help us carry our message of recovery to the compulsive eater who still suffers. When we inform the general public about our program and tell professionals and others who work with compulsive eaters about OA - we are doing a priceless service. Help us inform the public where to find our meetings & recovery. We are here to assist you - you will not be doing this service position alone!

WANTED: Intergroup Reps from ALL groups. Come join us once a month - 2nd Saturday. We NEED you too!

Events

April 18 – A New Day in Recovery, Interactive **Virtual** Workshop on Steps 4-6; 2-4:30 pm EST
Zoom ID 868 2187 1530 PW: 121212

April 16-18 - Milwaukee Area Intergroup **Virtual** Convention <https://www.oamilwaukee.org/>

April 21-24 – **Virtual** WS Business Conference

June 12 – Dallas Metroplex Intergroup **Virtual** Convention – 8am - 5pm CDT
Contact Maxine at 254-760-4321 or conventionvolunteers2021@gmail.com

Jan 14-16, 2022 - Florida State Convention – Hilton Cocoa Beach

Intergroup Board Members and Committee Chairs:

Chair	Mary Beth	941-705-1417
Vice Chair	Leslie	941-223-4100
Secretary	Tina	941-993-9717
Treasurer	Jim	941-524-5069
Region 8 Rep	Tina	941-993-9717
WS Delegate	Jamie	802-488-0187
Newsletter	Pam	941-343-7181
12 th Step Within	Tina	941-993-9717
Public Info	Open	
Retreat	Open	

Addresses for 7th Tradition contributions

We are self-supporting. Please consider a donation of \$5 at the meetings you attend.

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Sarasota, FL 34232

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

To contribute to this newsletter, email:
newsletter@oamanasota.org

The deadline for articles will be the first of the month of publication (January, April, July and October).

Thank you for your submissions to our newsletter.

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. Please, "Take what you want, and leave the rest."

We Care Contact List as of 3/13/2021

NAME	PHONE	AVAILABLE TO SPONSOR	EMAIL
Mary Beth	941-705-1417		
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Dee H.	906-322-4495		

Contact Leslie (941-223-4100) if you wish to be added to this list.

If you're feeling **NUTS**,
is it because you are

**Not
Using
The
Steps?**



WANTED

Stories of experience, strength and hope;
Your favorite quote or slogan;
Jokes, puzzles, trivia; or
Thoughts and feelings about recovery as an OA member!

Next issue: July 2021

Theme: Freedom

Steps 8-9

Send to: newsletter@oamanasota.org

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

With Zoom IDs and Passwords (as of 4/1/2021)

(SARASOTA, BRADENTON, PORT CHARLOTTE)

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) Starting in-person on 4/12/2021	Sandi 941-932-6651 Mary Beth 941-705-1417	Newcomer Meeting 1st Monday, Literature, Speaker Last Monday
Monday	7 pm	Sarasota	First Presbyterian Church 2050 Oak Street (Building on Left, 2nd Floor, Room #203) Zoom ID 829 8227 2073 Password: 274603	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) Zoom ID: 322 275 7853 Password: 253647	Janet 941-504-8663	Steps, Last Tuesday Tradition
Tuesday	2 pm	Bradenton	Trinity Methodist Church 3200 Manatee Avenue (Pavilion area behind church across the street at 4 th Ave.) Call Marcia at 941-748-4598 or Karen at 614- 500-1080 if weather is bad to see if there is a meeting or a change of location	Marcia N. 941-748-4598 Elaine T. 941-224-3130	Big Book
Wednesday	8:30 am	Englewood	2936 S. McCall Rd. Englewood, FL 34224	Laura 941-800-7811	Literature
Wednesday	7 pm	Sarasota	Gratitude Club, 530 Payne Parkway (Entrance Back of House, Proceed Right, Thru Kitchen) Zoom ID: 851 2903 8131 Password: 379508	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) Zoom ID: 896 8027 1820 Password: 492649	Rochelle 516-993-5919	1st Thursday Leader. 2nd Steps, 3rd Tradition, 4th BB, 5th Tools
Friday	7 pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (Parking Lot in Back of Church, Meet in Little White House) Zoom ID: 872 3203 4161 Password: 99301	Andrea 941-926-7555	Discussion
Saturday	10 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard) Zoom ID: 322 275 7853 Password: 253647	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) Zoom ID: 868 0186 9137 Password: 618001	Wendy 941-806-7080	Special Focus Meeting: Anorexic/Bulimic