

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—July 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.

Willingness

I can be willing to do what I do not want to do. Sometimes my daily practices for my recovery fall into that category...it helps me practice with these small tasks regularly so when more significant opportunities arise I have some experience. I recently made an amends to my ex. We've been separated for 12 years, the first 11 of which I didn't have anything to make amends for...she did all the wrongs in the divorce. But, in the last year the sunlight of the spirit has warmed and nurtured me enough that it could also illuminate my wrongs to her. So I prayed for willingness to do something I didn't want to do. She has still never apologized for her part, or even acknowledged she did anything wrong...but I was given the gift of forgiveness, compassion, tolerance and willingness.

When I made the amends to her it was very emotional for both of us, and I immediately felt the tears

wash away years of stuff I didn't even know I was holding on to. It is a miracle I was able to do an amends at all! And her reaction was a miracle! And it is all a gift from HP. My footwork was being willing to do things I didn't want to: 4th steps on our relationship, praying for her over and over and over, practicing a living amends with her every day for the last 12 years. So grateful!

Lynn, Triangle OA Recovery News

Principles of the 12 Steps

1. **HONESTY** – when willpower is not enough
2. **HOPE** – you are not alone
3. **FAITH** – giving up the game
4. **COURAGE** – face to face with yourself
5. **INTEGRITY** – and the truth will set you free
6. **WILLINGNESS** – getting ready to let go
7. **HUMILITY** – let go and let God
8. **DISCIPLINE** – getting honest
9. **LOVE** – building bridges
10. **PERSERVERANCE** – accepting ourselves
11. **AWARENESS** – centering ourselves
12. **SERVICE** – living the program

For Today, August 30

"People wish to learn to swim and at the same time to keep one foot on the ground."

- Marcel Proust

Only by being willing to give up the safety of the old can I find out what the new has for me. Uncertainty, confusion and fear of leaving the safety of my old ways behind me are natural, but the need to save my life pushes me on. I move beyond my fears and prejudices and learn that I don't have to act on them; that, one day at a time, I can face whatever must be faced.

I may think nostalgically of my old hiding place from time to time, but the truth is, nothing that could possibly happen today can make me go back.

For today: the direction God gives me is forward; I am not afraid to take it.

Test Your Knowledge of the Big Book

Here are the answers to the Test Your Knowledge of the Big Book:

- 1) Self-searching; 2) leveling of our pride; and 3) confession of shortcomings. – Chapter 2: "There is a Solution," page 25
- Step Five – Chapter 6: "Into Action," page 72
- The Seventh Step Prayer – Chapter 6: "Into Action," page 76
- Entire abstinence – Chapter: "The Doctor's Opinion," page xxviii
- Chapter 6: "Into Action," page 87
- The answers will come, if your own house is in order. You cannot transmit something you haven't got. See to it that your relationship with God is right, and great events will come to pass for you and countless others. – Chapter 11: "A Vision for You," page 164
- "Why don't you choose your own conception of God?" – Chapter 1: "Bill's Story," page 12
- Resentment, jealousy, envy, frustration and fear – Chapter 10: "To Employers," page 145
- A Higher Power – Chapter 3: "More About Alcoholism," page 43
- Faith – Chapter 5: "How it Works," page 70-71

**World Service Convention is Calling!
Register by July 30 and Save US\$20**



Walking in the Sunlight: One Day at a Time

August 26-28, 2021 • ORLANDO, FLORIDA USA

Are you ready for some face-to-face recovery? The 2021 World Service Convention is about two months away, and it promises to be the largest face-to-face celebration we've seen in years! Make a plan to join us from August 26–28, 2021, because we'll be "Walking in the Sunlight: One Day at a Time" at World Service Convention in Orlando, Florida USA.

Submit your full registration of US\$150 by July 30, and you'll save US\$20 off the price at the door. Since there are no day rates available for this Convention, the full registration price is the lowest price you will see. Plus, as a Convention attendee, you can save on your trip with a special room rate at our hotel and venue, Renaissance Orlando at SeaWorld®, and that rate applies before, during, and after Convention from August 20 to 29.

Visit the [World Service Convention web page](#) for registration and hotel reservation links, plus a [tentative schedule of events](#) and links to the most current safety, sanitation, public health, and travel information issued by the hotel and venue, City of Orlando, area attractions, and the State of Florida.

Stay on top of the latest Convention news by sending your email address, first and last name, and country to conventioninfo@oa.org. Your information will be kept confidential to the World Service Office.

You can give service to Convention in a number of ways: Show and share your Convention spirit with a free bookmark download from the Convention web page, suitable for [printing at home](#) or having [professionally printed](#). Make plans to attend. In your conscious contact with Higher Power, ask daily for a safe and successful Convention. Thank you for your service!



Email Signatures

When you send an email to the loop, please sign your name so we know who the email is coming from. Do not include your personal business, company you work for, or personal profession. This runs counter to the OA principle of anonymity and may compromise our primary purpose. We are all equal in the fellowship of OA and do not want to distinguish ourselves by bringing in outside issues such as our education or professions. If this information is part of your default signature, just delete it prior to sending. Thanks.

Step 8:

Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 8, “Made a list of people we had harmed and became willing to make amends to them all” is JUST step 8. It’s not step 9. I only have to make a list, not the amends. Sometimes people group steps 8 and 9 together, but I don’t have to be concerned about making amends in this step. After the list is made or sometimes before, I can discuss these people, pets, etc., with my sponsor. All I have to do after I make the list is become WILLING to make amends. I just do the best I can with HP’s help.

Does it sound like you can’t possibly do it? Well, you can. Don’t let the disease talk you out of it.

– *Mary Beth*

Are these extravagant promises?

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometime slowly. They will always materialize if we work for them

– *Alcoholics Anonymous*

A Healing Process

By the time I reached step 8, I had a good understanding of who needed to be on my list and why. For the first time in my life I had stopped looking at the harm others had done to me and instead was willing to see how I had harmed others, including myself.

I knew as I made my list an amends would soon follow, and I actually looked forward to that healing process. I placed myself at the top of the list. I had harmed me in so many ways. I had not allowed myself the dignity of feeling and expressing my emotions. I had lived a limited life either because I was too fat and fearful to take part in life or I just numbed out, fear being the driving force in my life.

I harmed others as a result of not being fully present. Since I did not know myself, I certainly could not know you. I gave parts of me I had available at the time, but never all of me. I knew I would never be free to live as a whole person and in today until I cleaned up the past. Thank God for Step 8 and its power in the healing process. Thank God I had already forgiven others through the former steps and was now in a position to move forward, cleaning up the wreckage of my past.

– *Anonymous, Triangle OA Recovery News*



Step 9:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Freedom when I weed my garden daily!

I love the 9th step for a few reasons. I *used* to spend many months working the 9th step. One time, I spent 18 months working a 9th step. Then a program person educated me. She said that if Bill W. and Dr Bob spent mega months on a 9th step, they would likely relapse in a fast and big way. That is because time is of the essence when I feel resentments, fear, and false pride (judgement of self and others, according to the Big Book.) Of course, there must be a balance. I can't rush it but do need to tend to that 9th. I had a sponsor who used to say that I must tend to the weeds in my garden on a regular basis or else the project will then be daunting. Therefore, I work the steps according to the longer version every couple of years, but working every step every day is what works best for me. That is, I regularly need to use the OA tools and steps to take responsibly for my part in all situations. I need to do a nightly 10th step about my day. That includes reviewing any needs to make amends, which is the heart of the 9th step. That way, I am consistently weeding my garden so that the flowers and veggies are able to thrive and feed me (and those around me) on all levels!

- Wendy

"The Promises" Word Find

H	I	D	E	V	E	L	O	P	M	E	N	T	E	R	G	E	R	I	F	U	L
O	M	P	A	S	T	G	N	I	K	A	T	S	N	I	A	P	F	A	R	H	I
W	I	T	H	R	O	U	G	H	A	N	D	L	E	T	U	H	S	S	E	A	F
Y	O	U	R	I	N	T	U	I	T	I	V	E	L	Y	F	R	E	P	E	P	E
P	U	E	S	E	R	E	N	I	T	Y	H	S	I	W	E	O	L	H	D	P	S
I	R	C	N	E	W	I	L	L	I	M	Y	A	W	H	A	U	F	A	O	I	D
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I	E	E	R	P	E	A	C	E	N	L	C	A	N	E	N	K	I	L	Z	S	R
M	S	P	E	O	P	L	E	N	R	E	E	L	E	T	A	S	N	A	A	W	P
O	P	X	E	S	F	E	L	L	O	W	S	F	B	N	H	N	G	E	M	O	M
R	M	E	C	O	N	O	M	I	C	S	N	S	N	I	C	F	D	R	A	N	O
P	R	A	Y	L	N	E	D	D	U	S	I	T	U	A	T	I	O	N	S	K	C

Amazed	Freedom	Our	Shut
And	God	Ourselves	Situations
Attitude	Half	Outlook	Slip
Away	Handle	Painstaking	Suddenly
Benefit	Happiness	Past	Through
Change	HOW	Peace	Us
Comprehend	If	People	Uselessness
Development	Insecurity	Phase	Way
Doing	Interest	Pray	We
Door	Intuitively	Promises	Will
Economic	Know	Realize	Wish
Experience	Let	Regret	With
Far	Life	Self-Pity	Way
Fear	New	Self-Seeking	Your
Fellows	Others	Serenity	

Resentment Prayer

God, please give all the peace, joy, prosperity and good health that I desire to

(fill in the blank with the name of the person you resent).



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!

Retreat 2022 Cancelled!

Face to Face Meetings

Many groups are beginning to go back to face-to-face meetings. Please see the current meeting list for details.

- Bradenton Monday, 7 pm, Trinity UMC
- Sarasota Monday, 7 pm, 1st Presbyterian Church
- Bradenton Tuesday, 10 am, Sarasota Community Ch
- Englewood, Wednesday, 8:30 am
- Sarasota, Wednesday, 7 pm, Gratitude Club

Service Opportunities For You!

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

July 11, 3:00-4:30 EDT – Virtual Workshop: “The Sponsor-Sponsee Connection”

July 24, 12:30 EDT – Virtual Workshop “Bondage to Self”

Zoom ID: 891 6554 0024; Passcode: 120912.
More info: oavirtualregion.org

Aug 26-28, 2021 – OA Convention – Renaissance Orlando at SeaWorld – “Walking in the Sunlight: One Day at a Time” Register online at oa.org

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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5240 Sattler Lane
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.

WANTED

Quotes from

Overeaters Anonymous, Third Edition

“As long as I remember that I am powerless over food and can’t do this alone, I can continue to receive this gift of freedom.”

“I treasure the gift of freedom from food obsession.”

“Today I am grateful to OA for giving me the tools and freedom to make healthy choices around my food.”

“I could never have imagined the freedom from food, exercise, and body obsession I know today.”

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: October 2021

Theme: Gratitude and Service

Steps 10-12

Send to: newsletter@oamanasota.org

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 7/1/2021)

SARASOTA, BRADENTON, PORT CHARLOTTE,

Day	Time	City	Location	Contact	Notes
Monday Face to Face	7:00 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	Newcomer Meeting 1st Monday, Literature, Speaker Last Monday
Monday Now face-to-face and virtual	7:00 PM	Sarasota	First Presbyterian Church 2050 Oak Street (Building on Left, 2nd Floor, Room #203) Zoom ID 829 8227 2073 - PW: 274603	Pam G 941-343-7181	Steps & Traditions, Beginner's Meeting on Last Monday
Tuesday Face to Face	10:00 AM	Sarasota	Sarasota Community Church 4041 Bahia Vista Street, Room 9 (Main Building, Entrance Back Parking Lot) Zoom ID: 322 275 7853 - PW: 253647	Janet 941-504-8663	Steps, Last Tuesday Tradition
Tuesday Face to Face	2:00 PM	Bradenton	Trinity Methodist Church 3200 Manatee Avenue Meeting inside the church. Use the parking lot in front of the church and the front entrance. Call Marcia at 941-748-4598 or Karen at 614-500-1080	Marcia N. 941-748-4598 Elaine T. 941-224-3130	Big Book
Wednesday Face to Face	8:30 AM	Englewood	2936 S. McCall Rd. Englewood, FL 34224	Laura 941-800-7811	Literature
Wednesday Now face-to-face and virtual	7:00 PM	Sarasota	Gratitude Club 530 Payne Parkway (Entrance Back of House, Proceed Right, Thru Kitchen) Zoom ID: 851 2903 8131 - PW: 379508	Andrea 941-926-7555	Literature
Thursday Face to Face	10:00 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	10:00 AM	Port Charlott	Pilgrim United Church of Christ 24515 Rampart Boulevard (Off King's Highway) Zoom ID: 896 8027 1820 PW: 492649	Rochelle 516-993-5919	1st Thursday Leader. 2nd Steps, 3rd Tradition, 4th BB, 5th Tools
Friday	7:00 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 - PW: 99301	Andrea 941-926-7555	Discussion
Saturday	8:30 AM	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard) Zoom ID: 868 0186 9137 - PW: 618001	Wendy 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Saturday	10:00 AM	Sarasota	Unitarian Universalist Church 3975 Fruitville Road 3975 Fruitville Road (West Wing Room, Inside Courtyard) Zoom ID: 322 275 7853 - PW: 253647	Wendy 941-806-7080 Mary 941-321-8756	Big Book/ Literature

INTERGROUP MEETINGS ARE HELD ON THE 2ND SATURDAY OF EACH MONTH at 11:15 am

Zoom ID: 322 275 7853 - PW: 253647