

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—October 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.

SERVICE AWAITS

We have several positions open for our intergroup elections on November 13. Among the open slots are region 8 representative, retreat chair, and public information committee chair. These are relatively easy and can be fun, rewarding, abstinence strengthening, and fellowship building appointments. Please consider these and feel free to reach out to someone in intergroup about what these entail or go to oamanasota.org and click on “Announcements and event “and then “MSI policy and procedure manual” for these volunteer descriptions. 6 months of abstinence are required for all aforementioned slots, including working the steps, traditions and concepts to the best of your ability, and being a regular member of one of the meetings within our intergroup. We also have some meetings that need a representative at intergroup, which is also discussed in the policy and procedure manual. Please consider it. We need you, and we need each other. Thanks for reading this.

--Mary Beth



Face It Together

I am learning to thank God for my problems. As soon as my mind gets snagged on a difficulty, I take it to him with thanksgiving. Then I ask him to show me his way to handle the situation.

The very act of thanking God released my mind from its negative focus. As I turn my attend to God, the problem fades in significance and loses its power to trip me up. Together we can deal with the situation, either facing it head-on or putting it aside for later consideration.

I am learning that things don't have to happen now. I am learning to wait because more shall be revealed.

--Diane N. Belle Plaine, Kansas

For Today, September 24

“True miracles are created by men when they use the courage and intelligence that God gave them.”--Jean Anouilh

“I have been granted a gift which amounts to a new state of consciousness and being,” wrote Bill W. With the courage and intelligence God gave them, the founders of Alcoholics Anonymous created the miracle of the great AA Fellowship – and changed the lives of millions

As a member of Overeaters Anonymous, I owe my recovery – and my life – to that miracle. To think of the efforts of these early AA members to share the gift of their spiritual awakening is to be filled with awe and inspiration. There are surely as many thousands of compulsive overeaters who are open to this same simple message, and who have yet to hear it.

For today: It is my responsibility to carry the message of spiritual awakening and recovery to compulsive overeaters, wherever they may be

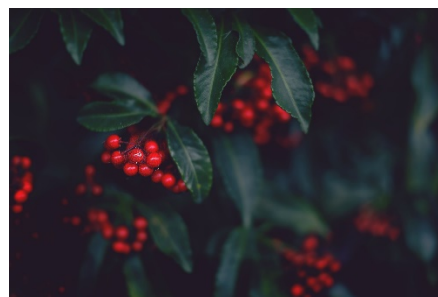
A Note From Your Secretary....

Hi friends, I'm Tina, a grateful recovering compulsive eater and secretary for Manasota Intergroup. I am responsible for attending our monthly intergroup meetings, recording the minutes, and then emailing them to the OA Manasota Intergroup loop. I know that folks don't always have time to read them, so here are a few highlights. In August, our intergroup voted to send \$500 to Region 8 and \$500 to World Service. This is great news because they can use the funds, and it means that our treasury is abundant! At each of our intergroup meetings, we invite the intergroup reps to let us know how their meeting is doing. If meetings are struggling with any issues, intergroup is a place where we can brainstorm solutions. Several meetings are face to face again or have become hybrid meetings. For example, the Monday night 7 pm Sarasota meeting

is both a face to face and a Zoom meeting; and there are 3 live meetings in Bradenton, one of which is the Monday night 7 pm meeting. I went last Monday, and it was superb! Perhaps your recovery could use a boost this fall? As your Region 8 representative, I'm pleased to let you know that the Greater Atlanta Intergroup is putting on a virtual Convention October 15-17 and the theme is Diversity. Please go to www.oaregion8.org for more information. And finally, I want to remind you that intergroup will be holding elections on November 13, 2021. Open positions include Region 8 Representative, Public Information Committee Chair, 12th Step Within Committee Chair and Retreat Committee Chair. If you attend the Saturday 10 am Zoom meeting, you simply stay in the meeting and intergroup begins at 11:15 a.m. If your meeting sends a representative to intergroup, we thank you! If not, please know that you are welcome to join us every 2nd Saturday of the month at 11:15 am on Zoom. Hope to see you November 13th on Zoom!

Gratitude

I used to dread waking up in the morning faced with another day of life on planet Earth. Now I am grateful to be alive and part of the amazing fellowship of Overeaters Anonymous. I don't have to be alone, stuck in the disease of compulsive overeating anymore. Thanks to the 12 Steps, 12 Traditions and the OA Fellowship, recovery is possible, and we get to share it with each other! I am so grateful; I am blessed.



Step 10:

Continued to take personal inventory and when we were wrong, promptly admitted it.

For me, the spiritual principle of Step Ten (Perseverance) is a reminder that to receive the daily reprieve from food addiction and compulsive overeating, I take daily action to assess my thoughts and behaviors in a form of an inventory. The second part of Step Ten is to admit whenever I have hurt someone else. It is continually working Steps Four – Nine. The instructions in the Big Book on how to take this action are simple. First, I watch for selfishness, dishonesty, resentment and fear during my day. If I notice any of these, right away, I ask my Higher Power to remove them. As soon as I can, I discuss them with someone and make amends, if I have harmed someone. The final thing I do is I look for some way of being of service to someone else.

I have also taken action with Step Ten if I have a particular resentment or fear that doesn't seem to go away. I will work with my sponsor to identify how I am being selfish, dishonest, self-seeking or afraid around this resentment or fear. This has helped me immensely and I have been willing to take actions that I initially was very fearful of doing. However, the alternative is that if I continue to let the resentment or fear fester, I will go out and pick up the food eventually.

I have begun to experience the Tenth Step Promises, which in the Big Book include not fighting anything or anyone – even food. I am seldom interested in my addictive foods. If tempted, I “recoil from it as from a hot flame.” I even find that I am in a position of food neutrality. Safe and protected, as it says in the Big Book. I am neither cocky nor afraid. This is so long as I keep in fit spiritual condition.

I also pay special attention to what the Big Book says about resting on my laurels. I must take daily action because my addiction is always waiting in the shadows. I am not cured of food addiction. I have a daily reprieve provided I maintain my spiritual condition. I persevere and properly use my will by taking daily action with Step Ten around my character defects and the necessary action so that my Higher Power will remove them as HP sees fit.

--Leslie C.

Step 11:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out.

I try to keep the steps simple. Luckily for me, I have not been perfectionistic about step 11. Many times when I meditate, which I do daily, I take silent walk. I relish silence nowadays in this noisy and chaotic world. It's my time to let HP know I'd like to know His Will and to get answers to problems. There is a famous Latin verse “solvitur ambulando” or “it is solved by walking” which seems applicable to me. I don't always get answers during my walk, but I get peace and give my brain a rest. This quiet time might make me more open to hear my HP and to come up with ideas that don't necessarily come right then; but I wonder if they are a result of the walk or quiet time. Sometimes if I don't walk, I will just sit in a chair for twenty minutes. The idea is to connect w/HP. I've taken my kids with me on my silent walks and maybe they'll use these walks themselves in the future for rest, contemplation, or answers.

I take step 11 very seriously. There have been only a handful of times that I've forgotten to meditate since I began to do so. I know I cannot do recovery with just myself and I need to “plug into the light source”, and that's what step 11 does for me. My belief is that meditation is probably linked to me staying abstinent, so I don't want to miss it. I also feel it calms me down and I may live longer and healthier because of this practice. Lastly, when I feel overwhelmed, I know I can just stop and be silent rather than keep forcing a solution or pray and get some peace. Prayer is not something I have done much of, but I am doing it more and more.

---Mary Beth

Step 12:

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practices these principles in all our affairs.

The 12th Step asks us to carry the message to other compulsive overeaters. I know that when I do Service I get so much more back than I ever give. When I carry the key, it gets me to meetings, when I am the timer, I focus on the speakers, when I am abstinent I show the attraction of the program and I end up being healthy and at peace. I have heard it said, the most important thing we can do is to carry the message to the still suffering compulsive overeater, but that person is me. I am only one bite away from being back in the disease and a suffering, compulsive overeater. Service helps me so much more than it helps you.

- *Anonymous*

IDEA Day

OA's International Day Experiencing Abstinence is celebrated annually on the third weekend of November. IDEA encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating. Join the Fellowship by attending an IDEA Day event in your area or giving service according to the suggestions below:

- Call or write to members who are alone, traveling, or have stopped coming to meetings.
- Offer to bring a meeting to one who may be isolating.
- Listen with love and acceptance; don't give advice.
- Become a sponsor to someone who is struggling to maintain abstinence.

There are many opportunities for members, groups and intergroups to give service and

carry the message on IDEA Day. Together we can!

*Each day is a gift,
that's why they call it
the PRESENT.*

Surviving and Thriving

Here are some tips from OA rooms on surviving and thriving during the holidays:

- Keep it simple.
- Ask for God's help to abstain.
- Have a game plan and tools in place.
- Get rid of temptations in the house.
- Remember, "When in doubt leave it out."
- Realize you cannot please others, so why die trying?
- Think of it as "just another Thursday or Saturday."
- Recall the natural high or "holy awe" you get from being around junk food and not eating it, or excess and not indulging (ours is a positive, happy choice!).
- Remember, making even the littlest room for HP helps!
- HALT if you are Hungry, Angry, Lonely, Tired or (bored, sad or anxious).
- Remember our "disease brains" think celebrating means getting sloppy, real celebration is living happy, joyous and free!
- Look up words like "joy," "happiness," "hope" in OA's daily readers, *For Today* and *Voices of Recovery*, to anchor your mind and heart in satisfying reality. I looked up "joy" in *For Today* and found the loveliest quote: "Those underserved joys which come uncalled and make us more pleased than grateful are [the ones] that sing'— Henry David Thoreau" (p. 64). We don't need extra food or "fabricated delight" to savor what is meaningful about holidays, whatever our creed or religion.

--*Lifeline*, November 2012

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!

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

Service Opportunities For You!

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

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!

Events

Oct 15-17: Region 8 Fall Convention & Assembly (Virtual): Unity with Diversity in Recovery – For more information click [here](#).

Nov. 7, 2-4:30 pm: Twelfth Step Within Committee of Region 8 hosting the last workshop of 2021: Steps 10, 11 and 12. Zoom ID: 896 3092 5571; Passcode: 290536

Nov. 19-21: IDEA Day

January 19, 2022: OA's 62nd Birthday

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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SOAR 8 Treasurer www.oaregion8.org
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Little Rock, AR 72223

Manasota Intergroup Email: SRQ48FL@gmail.com
% Jim Ferri 941-524-5069
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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Marcia N	941-748-4598		
Dee H.	906-322-4495		

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

WANTED

How many words can you make from the phrase "TURN IT OVER"?

Submit your list of words by 5 pm on October 31 to newsletter@oamanasota.org and the person with the most words will receive an Amazon gift card! Winner will be announced at the November Intergroup meeting.

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: January 2022

Theme: Traditions 1-3

Send to: newsletter@oamanasota.org

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 10/27/2021)

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)	Pat P. 941-758-3117 (no texts)	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, in the Parlor) Zoom ID 829 8227 2073 - PW: 274603	Pam G 941-343-7181	Steps & Traditions, Beginner's Meeting on Last Monday
Tuesday Virtual	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 Suspended through December 2021	8:30 AM	Englewood	2936 S. McCall Rd. Englewood, FL 34224	Laura 941-800-7811	Literature
Wednesday Virtual	7:00 PM	Sarasota	Gratitude Club 530 Payne Parkway (Entrance Back of House, Proceed Right, Thru Kitchen) Zoom ID: 851 2903 8131 - PW: 397508	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 Virtual	10:00 AM	Port Charlotte	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 Virtual	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: 099301	Andrea 941-926-7555	Discussion
Saturday Virtual	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 Virtual	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	Enid 781-956-2078 Mary 941-321-8756	Big Book/ Literature
Virtual	11:15 AM		Intergroup meeting - Second Saturday of the Month Zoom ID: 322 275 7853 - PW: 253647		

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

Zoom ID: 322 275 7853 - PW: 253647