

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—January 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.

Abstinence Prayer

God, today is a new day for me and with you I can handle anything.

I ask for your protection in case sometime during the day my desire to eat compulsively becomes stronger than my desire to abstain.

I ask for your protection today from anyone or anything that would interfere with my abstinence.

I know I am powerless over food and that my life can become unmanageable again.

I do believe that you will relieve my compulsion and restore my sanity. Please help me to know your will for me today and give me the willingness to carry it out.

I turn my will and my life over to you. Please guide me through another day of abstinence.

God, I need you.

For Today: January 8

The process of changing a life-style is more important than reaching a goal or measuring a performance.

Theodore Isaac Rubin

There are many fundamental differences between diet clubs and Overeaters Anonymous. But perhaps the major difference is that in OA preoccupation with diet and weight loss is replaced by the vastly more interesting, satisfying and rewarding process of changing ourselves from the inside.

We begin this process with step one: surrender. For some of us that is impossible at the outset, so we do what we know has worked for others. We go to meetings, we make an effort to express our feelings openly, and we *act as if* the power to change, to abstain from compulsive overeating is already ours.

For today: I reject the idea that I can deal with compulsive overeating with diets, scales and weight charts. I do not have to measure my progress in this program.

Secretary's Corner

"Why are OAers such bad dancers?" Well before I answer that question, let me first introduce myself and tell you a little bit about why I'm writing. My name is Tina and I am your new Manasota Intergroup secretary, which means that I attend the monthly Intergroup meetings, take notes, review them for accuracy and then send them out via the OA Manasota email loop. Let me pause here and answer the question I posed in the beginning: "OAers make bad dancers because they lose interest after 12 steps!" Ha, ha ha..... So now you know why I'm the Intergroup secretary and not a comedian!

But seriously, one of the things that goes on at our monthly meetings is that representatives from local OA meetings share what's happening at their meetings. For example, this past month, the IG (short for Intergroup) rep from the 8:30 am Saturday Anorexics/Bulimics focused meeting shared that their meeting wants to reach out to share the message of recovery with young people. Their idea is to contact local schools and put up OA posters with contact information. Intergroup was very supportive of the idea and offered to fund the posters. Discussing the issue at our intergroup meeting provided an opportunity for more people to be involved and support the project.

Another cool thing about our intergroup is that we have a fully staffed Board right now plus a newsletter editor and chair of the 12th Step Within Committee. We also take some time at our monthly meetings to get to know each other a little bit. For example, at the end of our last meeting, the question was posed, "What would you do if you weren't afraid?" The answers varied from, "Going to the movies", "Hugging my family more", "Speaking up for myself", and "Listening more". I hope you will join us at our next meeting on Saturday, January 9th at 11:15 a.m. The Zoom link will be sent out to the OA Manasota email loop. If you want more information, please contact me at sugarfreeplace@gmail.com. Thanks for the opportunity to serve!

Tina S., Secretary, Manasota Intergroup

Short Takes

When I'm back in the picture all things are possible. I get back in the picture when I let God take my picture instead of me. My lens? Blurry. Distorted. Grainy. Cracked. And not focused clearly.

And God's lens? Clear. Sharp. Clean. Many colors. Not limited to black or white. A prize-winning photo. One to be loved. I love it.

We all see God through a prism.

God is ever changing and ever constant.

God is like gravity and air.

God is dependable, not codependent.

There is a world of difference between doing something willingly and doing something willfully.

- *Richard*

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OK, all you recovering OAers out there! You can burn calories doing your everyday activities!! Calories can be burned by the hundreds by engaging in strenuous activities that do not require physical exercise. Listed below are exercises and the calories they burn per hour:

- Beating around the bush - 75
- Jumping to conclusions - 100
- Climbing the walls - 150
- Swallowing your pride - 50
- Dragging your heels - 100
- Pushing your luck - 250
- Making mountains out of molehills - 500
- Wading through paperwork - 300
- Bending over backwards - 75
- Jumping on the bandwagon - 200
- Running around in circles - 350
- Eating crow - 225
- Climbing the ladder of success - 750
- Pulling out the stops - 75
- Adding fuel to the fire - 160
- Opening a can of worms - 50
- Putting your foot in your mouth - 300
- Starting the ball rolling - 90

Announcements & Information:

Intergroup Meeting is the 2nd Saturday of each month from 11:15 am-12:30 pm
Zoom ID: 878 4180 4737
Password: 355535

Everyone is welcome!

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! Service is satisfying.

Virtual Events

A New Day in Recovery
presented by the Region 8
12th Step Within Committee

What: An interactive Workshop on Steps 1-3
When: **January 17, 2021, 2 pm – 4:30 pm EST**
Zoom Meeting ID: 868 2187 1530
Password: 121212

**Keys of the Kingdom
OA Birthday Party
January 16-17, 2021**

Brought to you by the Los Angeles Intergroup. Workshops, including a weekend long Big Book study, Special Focus Meetings and Panels covering a variety of topics. Register today at OABDP.org.

**Save the Date – Virtual Retreat
March 7 & 8, 2021
Big Book focus
More details forthcoming**

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
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Public Info	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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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 12/31/2020

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

To the Young Person: Updated and Released Exclusively as E-book

To the Young Person has been thoughtfully modernized to include all-new recovery stories—plus a classic testimonial—submitted by young OA members. This pamphlet covers a broad range of disease manifestations, including anorexia, overexercising, and compulsive food behaviors, and explores how these have adversely affected the physical, mental, and emotional health of the young OA authors. The fulfillment of OA's promises of recovery is foregrounded and the life stories of the authors varied, making this pamphlet meaningful for OA members of all ages. The questionnaire preceding the stories in the pamphlet has been rewritten to be more engaging and personal, intending to make it easier to help young people decide if they have a problem with food. *To the Young Person* is available exclusively as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms. Copyright 2020.

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: April 2021
Theme: Spring into Action
Steps 4-7

Send to: newsletter@oamanasota.org