

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—April 2022

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.

Autonomy, Purpose, and Solidarity

In studying the traditions this time around, I became interested in the principles behind them. For this writing, I focused on Traditions 4, 5 and 6 and their corresponding principles of Autonomy, Purpose, and Solidarity. Autonomy as it refers to our OA groups means that each group sets its own guidelines by way of its own group conscience. It doesn't have to follow or answer to any authority. The only stipulation is that the group carry the message of recovery by using the OA 12 Steps and 12 Traditions. This gives our meetings a very wide berth. For example, we can have topic meetings, speaker meetings, step meetings, literature meetings and even meetings that cater to a particular subgroup of people provided we don't exclude anyone from attending. I personally try to respect group autonomy by reading the meeting format as it is written and not changing the way the meeting is run unless a group conscience is taken. Tradition 5 has to do with Purpose or as many like to put it, our "Primary Purpose." OA's Primary Purpose is to carry the message of recovery from compulsive overeating to those who still suffer, both in OA and outside of OA. The way that I try to respect this tradition is by showing up at meetings ready to do service and not

making it about other things. I must remember to reach out to the newcomer and make it a point to call them and listen to them. I avoid talking about outside issues not related to OA recovery during meetings and during my calls with others. Finally, tradition 6 is about "Solidarity". The dictionary definition is, "Unity or agreement of feeling or action, especially among individuals with a common interest; mutual support within a group." Because of OA's Primary Purpose, Tradition 6 urges us not to align OA with outside organizations and issues. For example, OA does not endorse treatment centers, therapists, political causes or stand behind any social issues. We also have no opinion on the various methods of eating and weight loss that are so ubiquitous in the media. It helps to remember to "Keep it simple" and put "First things first" when employing these traditions. When I do this, my recovery is strengthened, and I can more effectively carry the OA message to the compulsive overeater who still suffers. Thank you, Higher Power, for our 12 Traditions!!!!

-- Tina

Tradition Four

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual principle: Autonomy

I love going to other OA meetings when I travel. It is fun to see how they start their meetings, what they read, and the type of chips they give out. Each meeting has been a little different and I often share what I have seen with my home group. But as different as they may be, there was always one thing they had in common. Each group had an atmosphere that supported recovery through the use of the twelve steps and twelve traditions. This is an example of Tradition Four.

Each group is autonomous and is offered the freedom to find their own way. They can choose their own meeting time, place, format, and practices provided there is no harm done to other groups or OA as a whole and that the basis of the meeting is the use of the twelve steps and twelve traditions.

Autonomy also means to operate free from outside influences. Regardless of where we meet, we don't allow organizations to interject their practices into our OA meetings.

We can also practice autonomy individually by accepting responsibility for ourselves, our actions and their consequences, and our own recovery. We also allow others to do the same for themselves when sponsoring or helping them. At the same time, we learn to accept help when needed without expecting someone to do something for us that we can do for ourselves.

When I go to meetings and I think they are doing it "the wrong way" I will try to remember tradition four and be grateful we each have the freedom to hold a meeting as we see fit, provided we follow a few simple rules.

-- Bonnie

Autonomy

Autonomy is the spiritual principle underlying Tradition 4, but it is also an important spiritual principle for my life. Just as an OA group must think and act for itself and its members but be careful not to injure other groups or OA as a whole, I must take responsibility for my own life and recovery while being thoughtful of those around me. I turn my will and life over to a Power greater than myself, but I must decide, with guidance, the best way to work and live the 12 Steps. I work—very imperfectly—to replace childish willfulness with mature responsibility. I gratefully accept the guidance and help of my HP, my sponsor, and many people I love (inside and outside of OA). They do many things for me that I cannot do for myself, but I am working not to ask or expect them to do for me what I CAN do for myself. I am also trying not to do for others what they do not need me to do for them.

When I set healthy boundaries, I help myself and others by reducing resentment and allowing autonomy on both sides. It is especially important for me to remember this in sponsoring and being sponsored. I give guidance and receive it, but each of us must work the steps in a manner that works for us. What worked for my sponsor may not work for me in the same way and what worked for me may not work for some or all of the people I sponsor.

We trust out Higher Power and ourselves to be honest in these decisions. I am grateful for this principle and hope I can practice it "in all my affairs."

Anonymous, Chapel Hill

Tradition Five

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Spiritual principle: Purpose

When I think of Tradition 5, I think of community; a sense of welcoming those old and new. Explaining OA to an outsider, though possible, can be quite difficult to do. The basis of Tradition 5 is to spread awareness of our healing mission of recovery to individuals who are struggling with food/compulsive eating, perhaps people with past or current food problems. In OA, we foster a community of belonging, never denying anyone who enters the rooms. The rooms are a safe place to carry our message and help others in need.

I remember when I first began OA how lost I felt. However, after attending a handful of meetings and learning more about the program, I progressively became more comfortable and felt at home with other members. I knew I was not alone and could learn from others, as well as teach future members/newcomers things that would help them succeed in their recovery.

Shedding light on OA as a whole is so important, because we want to ensure there are no exterior myths associated that may dissuade potential newcomers from joining. With open arms to all, we accept and love everyone, no matter the severity of their addiction.

-- Anonymous



Voices of Recovery **May 9**

"Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality, and fellowship: These Twelve Steps and Twelve-Traditions principles, rather than our problems, should be the focus of every OA meeting."

-- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 147

Tradition Five says that "each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers." I often wonder what "its message" is. This quotation clearly defines it for me. It is my responsibility to carry the message of the Twelve Steps and Twelve Traditions principles. I can share my problems with my sponsor or a trusted friend. If I focus on at least one of the principles, I ensure that I recover, that I share my recovery with newcomers, and that I contribute to the health and well-being of my group.

Tradition Six

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual principle: Solidarity

This tradition reminds me of the adage “United we stand, divided we fall.” The spiritual principle behind this tradition is solidarity. **Together**, we focus on our primary purpose—to carry the message to compulsive overeaters who still suffer. If we allow our groups to be sidetracked by endorsing treatment centers, or financing outside programs or if we lend our name to weight loss programs, for example, then we can truly become lost. Some would argue that certain enterprises are good causes, and we should support them, but then who decides what is a good cause and what is not? I had a woman who circulated a flyer for breast cancer donations during a meeting—that’s a good cause, right? But has nothing to do with staying abstinent.

There are a lot of spiritual books out there, but not everyone agrees as to what is spiritual. What if we allowed Bible readings at OA meetings? Surely, Bible readings are beneficial, right? The problem is that not everyone feels that way, so it best left up to our OA conference as to what belongs on our literature table. I once received a lot of flak once for objecting to someone bringing in an Abstinence Tools daily diary worksheet. Everyone concluded that these sheets could be very useful as a checklist for our daily abstinence, but they were not OA approved. If these were allowed on the literature table, then what’s to stop the next person from bringing in a religious diary, or a weight loss calculator, etc. Pretty soon, our focus is taken off the primary purpose, and on to all these competing issues.

What we believe or what we use to help ourselves with our Abstinence as individuals, is up to us. But as a group, and as group members, we need to keep a singular focus on our primary purpose. To do otherwise, could endanger the whole.

-- Maureen

What’s NEW at Manasota Intergroup

Dear Friends of Manasota Intergroup,

This is Tina, writing with the Secretary’s Report for March. As you may know, Manasota Intergroup meets the second Saturday of every month at 11:15 am on Zoom. Your group is encouraged to send a representative to let us know how your group is doing and to hear all the latest goings-on at Intergroup. Speaking of which, I have a few things to report. Pam G. was elected as our new Zoom Administrator, so if your meeting has any Zoom questions or issues, please reach out to her. She is also looking for submissions to the newsletter which will be coming out in April. You can contact Pam directly at newsletter@oamanasota.org.

Do you remember hearing about the World Service Organization’s business agenda? Well 3 of our local groups discussed it and sent their groups’ votes to our new World Service Business Representative, Anna D. Anna will be attending the WSO Business Conference virtually at the end of April. Which brings me to the next item: The Region 8 Business Assembly. I will be going to the virtual assembly on April 1 – 3 to represent our Intergroup. I have been doing this service for almost 4 years. In November, the position of Region 8 rep will be open. Thank you, Pam and Anna, for assuming these service positions!!!!

Finally, I wanted to write to you a little bit about Intergroup Fellowship. We have decided to have a fun and games night once every quarter. No business, just fun and fellowship!!!! The first Intergroup Fellowship night will be held on Friday, April 8th, at 6 pm at my apartment in Bradenton. Would you like to join us? Please RSVP by texting or calling me at (941) 993-9717 for my address and directions. If you prefer, you can email me at sugarfreeplace@gmail.com.

Our next Intergroup meeting will be held on 4/9 at 11:15 am on Zoom. It’s the same link as the Saturday meeting. Please encourage your meeting to send a rep!!! Last month we had reps from Saturday 10 am, Tuesday 10 am and Monday 7 pm! Thank you all for your support and service. As OAs responsibility pledge states: Together we can do what we could never do alone!!! Keep coming back!!! It works!!!

In service,

Tina S., Secretary, Manasota Intergroup

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.

- Englewood Monday, 9 am, Alano Club
- Bradenton Monday, 4 pm, Trinity UMC
- Sarasota Monday, 7 pm, 1st Presbyterian Church
- Bradenton Tuesday, 2 pm, Trinity UMC
- Bradenton Thursday, 10 am, Our Lady Queen of Martyrs Catholic Church

Service Opportunities For You!

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

Public Information Chair – Help carry the message of recovery to the compulsive eater who still suffers by informing the general public and health care professionals.

12th Step Within Chair - Strengthen recovery within the OA fellowship by sharing information and organizing events.

Details for all positions are found in the Manasota Intergroup Policy & Procedure Manual.

We are here to assist you - you will not be doing this service position alone!

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 & Zoom Administrator	Pam	941-343-7181
12 th Step Within	Open	
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.

World Service Office www.oa.org
PO Box 44727
Rio Rancho, NM 87174-4727

SOAR 8 Treasurer www.oaregion8.org
PO Box 242522
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."

Events

April 22-30, 2022: World Service Business Conference – virtual

May 14, 2022: Manasota Intergroup meeting

June 11, 2022: Manasota Intergroup meeting

July 9, 2022: Manasota Intergroup meeting

Save the Date: World Service Convention – Orlando – August 21-23, 2025

***This space is
reserved for
your story!***

Podcasts Available on OA.org

Take some time—38 minutes or so—to listen to “Reflections: A Visit with OA’s Founder,” the 1999 interview with OA founder Rozanne S., found via the [Podcasts page](#) and more directly at oa.org/founder-recordings. As she is interviewed, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she’s overseen the spread of the OA message around the world.

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 2022

**Theme: Traditions 7-9
Fellowship**

Send to: newsletter@oamanasota.org



We Care Contact List as of January 2, 2022

NAME	PHONE	AVAILABLE TO SPONSOR	EMAIL
Mary Beth	941-705-1417		
Leslie	941-223-4100		
Gabrielle	941-922-7475 (can't receive texts)		Treasuretower22@yahoo.com
Mary F.	941-321-8756		
Margie F.	360-333-9312		Margiefarber4344@gmail.com
Richard	813-331-7395		rvantrea@stetson.edu
Pam	941-343-7181	Yes	ilovelfants@hotmail.com
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Jim F.	941-524-5069		Srq48FL@gmail.com
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Taube			Taube913@gmail.com
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Jamie	802-488-0187		Jpeal77@gmail.com
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Marcia N.	941-748-4598		
Dee H.	906-322-4495		
Pamela K.	941-374-3934		pkampfer@gmail.com
Edna R.	941-713-9836		ednajez@gmail.com
Nancy B	561-303-9896		Njbrusty@gmail.com
Bonnie McDowell	941-993-4634		bmc31203@gmail.com
Catherine K	856-313-7631		cmkelling@gmail.com
Karen B	614-500-1080		Kacie.kb40@gmail.com

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

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 4/3/2022)

SARASOTA, BRADENTON, PORT CHARLOTTE,

Day	Time	City	Location	Contact	Notes
Monday Face to Face	9:00 AM	Englewood	Alano Club 2936 S. McCall Rd., Englewood	Laura 941-800-7811	Literature
Monday Face to Face	7:00 PM	Bradenton	Trinity United Methodist Church 3200 Manatee Avenue West, Bradenton (Enter Front of Church, 1st Room on Left)	Pat P. 941-758-3117 (no texts)	Newcomer Meeting 1st Monday, Literature, Speaker Last Monday
Monday Face-to-face and virtual	7:00 PM	Sarasota	First Presbyterian Church 2050 Oak Street, Sarasota (Building on left, in the Parlor) Zoom ID 829 8227 2073 - PW: 274603	Pam G 941-343-7181	Steps & Traditions
Tuesday Face to Face	2:00 PM	Bradenton	Trinity Methodist Church 3200 Manatee Avenue, Bradenton 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
Thursday Face to Face	10:00 AM	Bradenton	Our Lady Queen of Martyrs Catholic Church 833 Magellan Drive (9th Street East), Bradenton (Between 63rd Avenue East and Whitfield) Room #10 in School Building	Mary Ann 941-744-0230	Steps & Traditions
Tuesday Virtual	10:00 AM	Sarasota	Zoom ID: 322 275 7853 - PW: 253647	Janet 941-504-8663	Steps, Last Tuesday Tradition
Wednesday Virtual	7:00 PM	Sarasota	Zoom ID: 851 2903 8131 - PW: 397508	Andrea 941-926-7555	Literature
Thursday Virtual	10:00 AM	Port Charlotte	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	Zoom ID: 872 3203 4161 - PW: 099301	Andrea 941-926-7555	Discussion
Saturday Virtual	8:30 AM	Sarasota	Zoom ID: 868 0186 9137 - PW: 618001	Wendy 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Saturday Virtual	10:00 AM	Sarasota	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