

# NEW HORIZON

## Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—January 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.

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### Steps & Traditions

When we first come to Overeaters Anonymous, we are preoccupied with our own recovery and weight loss. It is not long, however, before we realize this is not a diet club.

The twelve steps guide the individual to recovery and the **twelve traditions ensure the well-being of the groups**. Although the traditions were developed to prevent group problems, the principles of the twelve traditions can also be practiced in personal relationships by the individual member.

We find them vital to the growth and life of OA.

*--The Twelve Traditions of  
Overeaters Anonymous pamphlet*



**And the winner is...**

**Nancy B.**

of a \$25 Amazon gift card.  
Nancy had 41 words from the  
phrase: Turn It Over.

**Congratulations, Nancy!**

Look for the next contest coming soon!

## Healing Relationships with OA Traditions

I was one of those people who, when first arriving at OA is interested in all aspects of OA except for \_\_\_\_\_. And I had a list of what I was interested in and willing to give my time and attention to. The Twelve Steps? Yes. Telling someone what I ate? No. Getting a sponsor? No!

Then came another bottom in OA, and by something divine I was guided to my first sponsor, who not only had me read the *Big Book* but also the *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. I had to study the OA Traditions and write answers to Tradition questions. Well, by George, did my eyes get opened to a whole new way of living—really good, the top-of-the-line, feel-good-about-yourself-and-the-people-you’ve-surrounded-yourself-with kind of living. No longer were my parents responsible for all the crap that happened to me (blaming others). My brother wasn’t hated because he’d gotten everything (resentment)—now he was the sibling I adored. Co-workers weren’t “itty-its” who couldn’t do a damn thing right (expectations). These results were gems of our *Twelve Traditions*. I have a deep connection with the Traditions, and they are directly proportionate to my sanity and serenity when I practice them with genuine affection in my daily affairs.

I’ve had to learn to re-parent myself in OA, an ongoing process. The Traditions were my yellow brick road to self-understanding. Before, my motives were all about selfishness and self-will running riot, but in OA there’s awareness that others’ needs and well-being are important factors. Relationships of all kinds need time and energy. When I’m in the food, I cannot be present for my life or able to be there for you. The Traditions taught me that this self-destructive behavior and way of thinking is the second half of Step One: unmanageability.

There is woven interconnectedness between our Steps and Traditions, and their delicate

balance is evident in our spiritual Principles. Being guided by HP and the Traditions helps me get through most days better than picking up the first bite or thinking the first thought that would feed my not-good-enough syndrome. Today, instead of my alcoholic binge foods, I crave love and good living. I want to be of service to OA. It has given me so much, including long periods of abstinence and some of the best friends a girl could ask for. (Never call a Twelve Step friend when you want to hear something other than the truth, though.) There have been times during a meeting when I’ve interrupted and said, “It’s my observation we aren’t honoring our Traditions right now. We need to bring this to a group conscience or a business meeting.” And there are times when I’ve asked to talk with someone one-on-one to check in with them about their knowledge regarding our Traditions. (For the longest time, I’d presumed other OA members knew what I knew, but I found it’s not so.) When I was sponsoring, I too took sponsees through the Traditions, and they were almost always thankful when we were done. They too felt they had a new lens to see the world and the people in it.

Get to know our Traditions. They do a body—and a mind—good! — Ruth S.

**Can you find the 12 principles of the 12 Traditions?** (Hint: there are 11)

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

Answer at the end of this newsletter.

## Intergroup Service: An Unexpected Delight

This month I was leading our intergroup meeting and realized that for the first time we had at least one person attending from every meeting in our intergroup area. When I started to thank them all for coming, I became very emotional. Joy filled my heart as tears filled my eyes.

Intergroup meetings are often not well-attended because members have been heard to say they don't like the business end. But I know from experience that without our service to intergroup, we would not have such things as a newsletter, public information service and Twelfth-Step-Within service. Without members who are willing to do service at any level, I wonder how long OA would be here.

I sometimes think I cannot go to a meeting, retreat, region conference or workshop because I need to take care of my husband, who has dementia. Then I remember I need to take care of myself in order to take care of him. So off I go, and I do what I need to do for my recovery. God will take care of my husband, and when he needs more physical care, I will have enough recovery to get in-home help for him. With my Higher Power's courage and strength, I will take care of myself by doing service to OA; in turn it gives service to me.

Recovery from compulsive overeating is not a gift that can be clutched selfishly. Sharing what we have found with others is essential to our own continued abstinence.

Thank you, God, for the Twelve Steps that teach me to live life on life's terms. Thank you for the Twelve traditions that teach me to have a relationship with myself and then with others.

-- B.L., Florida

## Tradition One

*Our common welfare should come first;  
personal recovery depends upon OA unity.*

### *Spiritual principle: Unity*

The words "common welfare" and "unity" certainly didn't mean much to me when I was a practicing compulsive overeater! As my recovery progressed, however, I learned and re-learned that it isn't all about me. Rather it's about the fellowship of Overeaters Anonymous. What Tradition One means to me is that the welfare of the group has to come before my own desires, opinions and ego; I have to trust the group conscience and realize that the will of the group is far wiser than I am. In OA I am learning how to disagree without being disagreeable; I am learning how to listen and not judge. I need this fellowship. Being able to go to meetings these past 31 years has saved my life. And would you believe it if I told you that none of those meetings was perfect? What kept me coming back was that people created a safe space for me to be honest and share my struggles, and that they really seemed to care. Part of my recovery is learning to look for the good in things instead of criticizing or complaining. When people in meetings work their programs differently than I do, I can be grateful that we are not all the same, because that's what makes life interesting. I can also be grateful that I have a sponsor and a support system who understand what I need to do to work my program. We all have something in common in OA: a problem with food and the spiritual solution found in the tools, steps and traditions. If I am actively working the steps, I can employ Tradition One in my life by not having to be right all the time; by being open-minded enough to listen. In OA I can help create a safe and welcoming atmosphere by putting the welfare of the group ahead of my own personal agenda. In this small way I can ensure that OA will be around for the next newcomer who may literally be dying for recovery.

-- Tina S., Bradenton

## **Tradition Two**

*For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

*Spiritual principle: Trust*

What stood out to me as I re-read this Tradition to prepare for my reflection was the word “loving” God and the Spiritual Principle, “Trust.” One of the biggest gifts I have received from being in OA was the ability to redefine what my idea of a Higher Power is. For me, my Higher Power is the source of unconditional love who always wants the best for me. This is very different from the God I grew up with who I perceived to be judging and punishing. I feared that God and always felt like I never measured up. I certainly didn’t trust this God.

To know the ultimate authority in my OA groups is a loving God is very comforting. That the intent of Tradition Two is for my OA group to always be mindful of expressing this loving God’s desire when taking a group conscious. This helps me surrender my will to embrace God’s will. Just as with my abstinence. Every one of us in the group will have the opportunity to contribute to the discussion with an open mind. No one person has a greater influence on the outcome of a vote than another. It is my responsibility vote on what I believe is best for the group and OA as a whole. If the decision is different than what I voted on, I can trust that the group conscious is the expression of a loving God.

The second part of this Tradition speaks to leadership in OA groups and OA as a whole and the words “trusted servants” are used to describe them. It is important for groups to

rotate their service positions, even if a person is willing to stay in a position for a long time. This enables everyone to have the opportunity to do this important service of carrying the OA message to the still suffering compulsive overeater. After I had been attending OA meetings for 4 or 5 months and got a sponsor, she encouraged me to do service. While I was nervous about not knowing a lot about OA or abstinence, I felt comfortable enough to volunteer for a service position at my home group.

The Traditions are meant to apply not only to my OA group, but also to all of my relationships outside of OA. My employer offers a variety of self-paced continuing education classes on a variety of topics. One of the categories is titled “Servant Leadership”. I smiled when I saw that and thought that the person who named the category must be familiar with Tradition Two.

*--Leslie C.*

## **Common Welfare**

Program, most notably using the Twelve Traditions, continues to keep me on an even keel. When I’m at odds with a fellow worker or experience dis-ease with a company policy, or even a challenging customer, I’m immediately reminded of our First Tradition: “Our common welfare should come first.” This puts me back in touch with the concepts of being common, being in common with others, and taking into consideration our common welfare, which helps me keep my ego in check, since “common welfare” seldom means “me being right about something at all costs.”

— *Susan H., Altamonte Springs, Florida USA*

## Tradition Three

*The only requirement for OA membership is a desire to stop eating compulsively.*

### *Spiritual principle: Identity*

This tradition is the one that kept me coming back even when abstinence was a distant dream. There were many times where I didn't feel I should be in the rooms because I'd binged before going to a meeting. I became withdrawn and thought about not going to meetings or connecting with anyone inside or outside the rooms. I didn't have anywhere to go but felt like a fraud being there.

One evening I'd had an upset at work (I don't remember what anymore) and on the way home stopped at a store and got a big bag of a binge food. I was driving down the highway above the speed limit, crying and stuffing myself, tears going down my face. If the police had pulled me over I would have been fined for at the very least, distracted driving! It happened to be a local meeting night and I went to the meeting, even though I didn't want to be there. I was unusually quiet and didn't engage in the meeting at all. Afterwards, a long-time member stopped to check on me and I told her I didn't deserve to be at the meeting because I'd just been binging and was ashamed of my state of mind. She asked me if I had the desire to stop, and I said Yes. That was a turning point in my recovery. I fit, and I could be there no matter what! What a relief! Today, no matter if I am abstinent or not, I know I am accepted in the rooms of Overeaters Anonymous.

Thank you to that dear long timer who reminded me of this tradition, I owe her my deepest gratitude and in many ways the gift of my abstinence.

-- Lorri (B.C.)

## What's NEWS at Manasota Intergroup

Hello,  
This is Tina, your intergroup secretary. I hope all is well with you this holiday season. We had our monthly intergroup meeting on December 11th and we had 12 people present! That's a record number!!! In addition to our 6 Board members and newsletter committee chair, we had 4 intergroup reps, one at-large rep and one visiting member! We welcome your group to send a rep to our next Zoom meeting on Saturday, January 8<sup>th</sup>, 2022 at 11:15 am!

I happily and gratefully reported that Manasota Intergroup had the LARGEST donation to Region 8 in November: \$2,500. To view our donation on the Region 8 website, go to [www.oaregion8.org](http://www.oaregion8.org) and click on the "Region 8" tab and then on "reports". There you will find the treasurer's report for November. We also donated \$2,500 to our World Service Office.

Overeaters Anonymous is turning 62 this month!!!! Manasota Intergroup is hosting a HAPPY BIRTHDAY OA party at the Unitarian Universalist church on Sunday, January 16<sup>th</sup>, from 2 to 4:30 pm. For more information and to reserve a spot, please call or text Traci M. at (908) 415-0876.

To read the details of our meeting, including our discussion about keeping our Zoom meetings safe from intruders, I invite you to email me for a copy of the minutes at [sugarfreeplace@gmail.com](mailto:sugarfreeplace@gmail.com).

Wishing you and yours a very Happy, Healthy New Year!!!!

In service,  
Tina S.  
Intergroup Secretary



## 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, 1<sup>st</sup> Presbyterian Church
- Bradenton Tuesday, 2 pm, Trinity UMC
- Bradenton Thursday, 10 am, Our Lady Queen of Martyrs Catholic Church

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### *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.

**12<sup>th</sup> 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!

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## **Events**

**January 16: OA's 62<sup>nd</sup> Birthday Party, 2-4:30 pm; Unitarian Universalist Church, RSVP: Call or text Traci at 908-415-0876.**

**February 18-20: 3<sup>rd</sup> Virtual Region Convention, [Service2022@oavirtual.org](mailto:Service2022@oavirtual.org)**

**February 26: Unity Day, 11:30 am. All OA members are encouraged to take a moment of silence to express gratitude for the OA program.**

## 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 <sup>th</sup> Step Within | Open      |              |
| Public Info                  | Open      |              |
| Retreat                      | Open      |              |

### **Addresses for 7<sup>th</sup> Tradition contributions**

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

World Service Office      [www.oa.org](http://www.oa.org)  
PO Box 44727  
Rio Rancho, NM 87174-4727

SOAR 8 Treasurer      [www.oaregion8.org](http://www.oaregion8.org)  
PO Box 242522  
Little Rock, AR 72223

Manasota Intergroup      Email: [SRQ48FL@gmail.com](mailto: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.*

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To contribute to this newsletter, email:  
[newsletter@oamanasota.org](mailto: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."

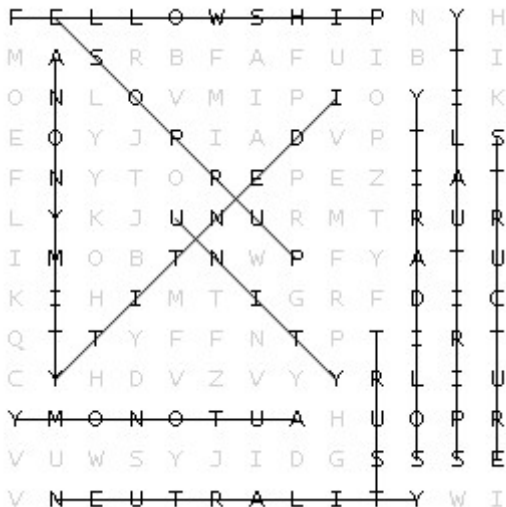
## We Care Contact List as of January 2, 2022

| NAME             | PHONE                              | AVAILABLE TO SPONSOR | EMAIL  |
|------------------|------------------------------------|----------------------|--|
| Mary Beth        | 941-705-1417                       |                      |  |
| Leslie           | 941-223-4100                       |                      |  |
| Gabrielle        | 941-922-7475 (can't receive texts) |                      | <a href="mailto:Treasuretower22@yahoo.com">Treasuretower22@yahoo.com</a>   |
| Mary F.          | 941-321-8756                       |                      |  |
| Margie F.        | 360-333-9312                       |                      | <a href="mailto:Margiefarber4344@gmail.com">Margiefarber4344@gmail.com</a> |
| Richard          | 813-331-7395                       |                      | <a href="mailto:rvantrea@stetson.edu">rvantrea@stetson.edu</a>             |
| Pam              | 941-343-7181                       | Yes                  | <a href="mailto:ilovelfants@hotmail.com">ilovelfants@hotmail.com</a>       |
| Emile            | 239-789-5353                       |                      | <a href="mailto:revgavreau@protonmail.com">revgavreau@protonmail.com</a>   |
| Phyllis          |                                    |                      | <a href="mailto:phyllislowitt@hotmail.com">phyllislowitt@hotmail.com</a>   |
| Jim F.           | 941-524-5069                       |                      | <a href="mailto:Srq48FL@gmail.com">Srq48FL@gmail.com</a>                   |
| Anna D.          | 941-713-3764                       |                      |  |
| Tina             | 941-993-9717                       |                      | <a href="mailto:sugarfreeplace@gmail.com">sugarfreeplace@gmail.com</a>     |
| Taube            |                                    |                      | <a href="mailto:Taube913@gmail.com">Taube913@gmail.com</a>                 |
| Marilyn Tonissen | 630-484-1426                       |                      | <a href="mailto:VTon56@yahoo.com">VTon56@yahoo.com</a>                     |
| Jamie            | 802-488-0187                       |                      | <a href="mailto:Jpeal77@gmail.com">Jpeal77@gmail.com</a>                   |
| Janet S          | 202-361-0073                       |                      | <a href="mailto:Janetsolomon1001@gmail.com">Janetsolomon1001@gmail.com</a> |
| Marcia N.        | 941-748-4598                       |                      |  |
| Dee H.           | 906-322-4495                       |                      |  |
| Pamela K.        | 941-374-3934                       |                      | <a href="mailto:pkampfer@gmail.com">pkampfer@gmail.com</a>                 |
| Edna R.          | 941-713-9836                       |                      | <a href="mailto:ednajez@gmail.com">ednajez@gmail.com</a>                   |
| Nancy B          | 561-303-9896                       |                      | <a href="mailto:Njbrusty@gmail.com">Njbrusty@gmail.com</a>                 |
| Bonnie McDowell  | 941-993-4634                       |                      | <a href="mailto:bmc31203@gmail.com">bmc31203@gmail.com</a>                 |
| Catherine K      | 856-313-7631                       |                      | <a href="mailto:cmkelling@gmail.com">cmkelling@gmail.com</a>               |
| Karen B          | 614-500-1080                       |                      | <a href="mailto:Kacie.kb40@gmail.com">Kacie.kb40@gmail.com</a>             |
|                  |                                    |                      |  |
|                  |                                    |                      |  |

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

## WANTED

**Did you find all 11 words?**



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 2022**  
**Theme: Traditions 4-6**  
**Primary Purpose**

Send to: [newsletter@oamanasota.org](mailto:newsletter@oamanasota.org)

## OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 1/06/2022)

SARASOTA, BRADENTON, PORT CHARLOTTE,

| Day                                    | Time     | City           | Location   | Contact  | Notes  |
|--|----------|----------------|--|--|--|
| Monday<br>Face to Face                 | 9:00 AM  | Englewood      | <b>Alano Club, 2936 S. McCall Rd.</b><br>Englewood, FL 34224   | Laura<br>941-800-7811                                      | Literature   |
| Monday<br>Face to Face                 | 4:00 PM  | Bradenton      | <b>Trinity United Methodist Church</b><br>3200 Manatee Avenue West<br>(Enter Front of Church, 1st Room on Left)  | Pat P.<br>941-758-3117<br>(no texts)                       | Newcomer Meeting 1st<br>Monday, Literature, Speaker<br>Last Monday     |
| Monday<br>Now face-to-face and virtual | 7:00 PM  | Sarasota       | <b>First Presbyterian Church</b><br>2050 Oak Street<br>(Building on left, in the Parlor)<br><b>Zoom ID 829 8227 2073 - PW: 274603</b>  | Pam G<br>941-343-7181                                      | Steps & Traditions, Beginner's<br>Meeting on Last Monday               |
| Tuesday<br>Virtual                     | 10:00 AM | Sarasota       | <b>Sarasota Community Church</b><br>4041 Bahia Vista Street, Room 9<br>(Main Building, Entrance Back Parking Lot)<br><b>Zoom ID: 322 275 7853 - PW: 253647</b>   | Janet<br>941-504-8663                                      | Steps, Last Tuesday Tradition  |
| Tuesday<br>Face to Face                | 2:00 PM  | Bradenton      | <b>Trinity Methodist Church</b><br>3200 Manatee Avenue<br>Meeting inside the church. Use the parking lot in front of the<br>church and the front entrance.<br>Call Marcia at 941-748-4598 or Karen at 614-500-1080 | Marcia N.<br>941-748-4598<br><br>Elaine T.<br>941-224-3130 | Big Book   |
| Wednesday<br>Virtual                   | 7:00 PM  | Sarasota       | <b>Gratitude Club</b><br>530 Payne Parkway<br>(Entrance Back of House, Proceed Right, Thru Kitchen)<br><b>Zoom ID: 851 2903 8131 - PW: 397508</b>  | Andrea<br>941-926-7555                                     | Literature   |
| Thursday<br>Face to Face               | 10:00 AM | Bradenton      | <b>Our Lady Queen of Martyrs Catholic Church</b><br>833 Magellan Drive (9th Street East)<br>(Between 63rd Avenue East and Whitfield)<br>Room #10 in School Building  | Mary Ann<br>941-744-0230                                   | Steps & Traditions   |
| Thursday<br>Virtual                    | 10:00 AM | Port Charlotte | <b>Pilgrim United Church of Christ</b><br>24515 Rampart Boulevard<br>(Off King's Highway)<br><b>Zoom ID: 896 8027 1820 PW: 492649</b>  | Rochelle<br>516-993-5919                                   | 1st Thursday Leader. 2nd<br>Steps, 3rd Tradition, 4th BB,<br>5th Tools |
| Friday<br>Virtual                      | 7:00 PM  | Sarasota       | <b>St. Wilfred Episcopal Church</b><br>3773 Wilkinson Road<br>(Parking Lot in Back of Church, Meet in Little White House)<br><b>Zoom ID: 872 3203 4161 - PW: 099301</b>  | Andrea<br>941-926-7555                                     | Discussion   |
| Saturday<br>Virtual                    | 8:30 AM  | Sarasota       | <b>Unitarian Universalist Church</b><br>3975 Fruitville Road<br>(West Wing Room, Inside Courtyard)<br><b>Zoom ID: 868 0186 9137 - PW: 618001</b>   | Wendy<br>941-806-7080                                      | Special Focus Meeting:<br>Anorexic/Bulimic                             |
| Saturday<br>Virtual                    | 10:00 AM | Sarasota       | <b>Unitarian Universalist Church 3975 Fruitville Road</b><br>3975 Fruitville Road<br>(West Wing Room, Inside Courtyard)<br><b>Zoom ID: 322 275 7853 - PW: 253647</b>   | Enid<br>781-956-2078<br>Mary<br>941-321-8756               | Big Book/ Literature   |
| Virtual                                | 11:15 AM |                | <b>Intergroup meeting - Second Saturday of the Month</b><br><b>Zoom ID: 322 275 7853 - PW: 253647</b>  |  |  |

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

Zoom ID: 322 275 7853 - PW: 253647