

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—July 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.

World Service Business Conference Report Part One

Anna attended the World Service Business Conference (WSBC) on Zoom from 4/20 to 4/30. Anna proposed dividing her report up over the next few months so it wouldn't be too overwhelming to people. She gave the first installment today. The WSBC offered language options online in real-time during the convention (Spanish, Portuguese, and English). This makes it easier for all members of Region 8 to participate since we encompass Spanish and Portuguese speaking countries. Each participant had to select a language.

Anna observed part of the Board of Trustees meeting prior to the actual conference. It was hard to know what they were discussing because it didn't involve any of the motions and they used jargon that Anna wasn't familiar with.

All motions were heard from the floor during the scheduled conference. The meetings took place from 10 am to 4 pm for 8 days. They often extended the meeting past 8:30 pm. Next year Anna will go in person to Albuquerque.

On Friday, 4/22, there was a virtual workshop presented by a delegate from Brazil's National Service Board and a delegate from Westchester group in Connecticut. Brazil is the only country

in Region 8 that speaks Portuguese. They sent 13 delegates representing 80 groups. They are forerunners in translation of OA materials and people are looking to them for guidance. OA is doing well in Brazil: they have 80 groups, and they have 120,000 page views on their website.

Kimberly from Connecticut shared that their intergroup does purchase liability insurance. The PIPO (Public Information and Professional Outreach) committee of the Westchester service body reaches out to therapists and physical therapists to give them information about O.A.

There were also delegates from Greece and Israel who led special focus virtual groups. The Gold Coast Intergroup of South Florida is struggling.

The leaders of the virtual workshop stressed that for OA to be diverse we first must be inclusive. They want to replace the specific language of National Language Service Boards and Intergroups with the broader term "Service Body" to be more inclusive. On Saturday Anna met with the Unity with Diversity committee.

Results of the motions can be found on oa.org. In August, a full conference report will be posted. Anna will send WSO Bulletin to the Manasota Intergroup Loop.

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual principle: Responsibility

The spiritual principle behind the 7th tradition is responsibility. We as members have a responsibility to contribute to OA both financially and with our time and energy. Over the past 33 years, I have been to over 36,000 meetings. That's approximately \$180,000 in 7th tradition contributions if I had donated about \$5.00 per meeting. I'm not confident that I have actually donated that much, but I do try to give back to OA for two main reasons: 1) OA has saved my life and it continues to do so on a daily basis; and 2) because OA relies solely on the contributions of its members to stay financially solvent in carrying the message of recovery.

OA freed me from the bondage of compulsive eating and food addiction. In the beginning all I could do was go to lots of meetings; I felt like I was fighting for my life. Abstinence eluded me and depression enveloped me. At meetings I heard messages of hope, and there was a tiny part of me that believed there was hope for me too. Why wouldn't I want to give back to an organization that helped restore hope in me and gives me a purpose for living?

Furthermore, OA is not free. We don't charge people to attend meetings, but meetings need money to pay rent and other incidental expenses. The World Service Office has full-time paid staff who help run OA. They do a multitude of things, only some of which I am familiar with. For example, they help get the literature published, printed, sold, and distributed; they also have funds for Intergroups and other service bodies to do the work of carrying the message to the still-suffering compulsive overeater; and they help plan and organize the annual World Service Business Conference held in Albuquerque, New Mexico. I trust that when I make a donation to OA my money is used wisely. In this time of COVID, I can get a little lazy about making contributions. Part of the reason I am writing this

is to be more accountable and commit to making regular donations to OA.

Finally, the OA responsibility pledge talks about extending my "heart and hand" to ALL who share my compulsion. It's important for me to be generous with my time as well as my money. I need to give back by sponsoring, making calls, attending meetings, and helping in any way that I can. When I do this, I find that it really is more satisfying to give than to receive!

Thank you for listening!

--Tina S.



It wasn't until the last few years that I've begun to see Tradition 7 as applying to something besides money. It does apply to finances, but I began to understand it as more than that. It was saying to me that I need to do for myself. Relying on my own two hands to complete a task and on my own mind to learn things, rather than assuming that someone else can do it better. This doesn't mean however, that I can't or shouldn't ask for help when I need it, such as when working the steps. It does mean that I often would negate my own abilities to do things and that I should try to do what I can. How can I contribute to a meeting to make it better, even if by just pushing in the chairs when it's over (a personal service favorite of mine). In what way can I make a bad situation better? It's time to roll up my sleeves and get to work. Whether at home, work, or in OA, there are some things that I felt unqualified to perform, but it's important to tell myself that maybe I CAN do it. I never saw myself as Intergroup chair for example, but I am grateful that I am now serving in that capacity. Once again, I don't think Tradition 7 is saying not to rely on others, especially when it comes to working certain steps; rather, it challenges me to do what I can with what I have.

--Mary Beth

Tradition Eight

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Spiritual principle: Fellowship

This is Tradition 8 and it reminds me who I am. I am one of a fellowship of equals who share experience, strength and hope in order to help others recover. That is our primary purpose. It also tells me that we can hire people to do things that we can not do. In that it teaches me that it is okay to ask for help. That is something that that I don't do easily or willing even after all these years. I need this reminder.

We all come to OA with different circumstances, yet we are all united and freely given the experience, strength and hope by those who come and came before us. All that is asked of us is to pass it on as one who has had that experience.

Because we are nonprofessional, we are a fellowship of mutual, not unequal support. Though many of us have sought professional help outside of the rooms, we are a community of people who have or have had many of the same experiences, especially when it comes to food. We relate rather than compare. The interchange through this type of personal contact has been and continues to be absolutely invaluable to me and critical to my recovery.

This tradition, as do all the traditions, keeps me focused.

I worked for many years as a professional in the field of addiction but that is not why I am here. That is not my job in this fellowship and this tradition is very clear about that. Yes, that is part of my experience, strength, and hope but it is an outside issue. It doesn't make me any better or any more knowledgeable than anyone else because this is a fellowship based on personal experience with the intricacies of food addiction, not professional input.

I've been approached over the years by people who have said things to me like, "I've heard that you are a such and such professional. You must have great skills and great knowledge." They then go on to say that would seem to make me a great sponsor and they ask me to sponsor them. Yes, I'm flattered, and it DOES feed my ego, but NO, absolutely not. I'm not here because of that kind of experience. I'm here because I'm another bozo on the bus of people who have various problems with food and/or

food behaviors. Common sense as well as the traditions, especially Tradition 2 ("We have but one ultimate authority," and it ISN'T me), Tradition 3 ("the only requirement is"), Tradition 10 ("no opinion on outside issues"), Tradition 11 ("attraction" and "personal anonymity").and Tradition 12 (again "anonymity" and "principles before personalities"), teach me and guide me on how to relate to others who suffer as I do. The only way I can pass on what I've been given is to GIVE what I've been given. That is through the non-professionalism of the program, the fellowship and the wisdom of the traditions.

This is wisdom that was hard won by the experiences of our predecessors in AA. We are just plain lucky to have their willingness and support to let us continue to use them and their collective wisdom as we see fit.

Being nonprofessional, people who like me are professional and suffer the disease of addiction, have the opportunity to work on their own recovery. Tradition 1 states that: "Personal recovery depends upon OA unity." We don't have unity unless we are a fellowship of equals. When I speak as an OA member, I do so as a member whose own recovery and experience are my primary concern. Each of us holds the knowledge we all need and our participation as individuals who relate is necessary to all who wish to recover. There in comes the "unity" and "our primary focus."

Tradition 8 guides me on how to be the message. It allows me to set aside what I do and be who I am. It lets me be a human being rather than a human doing. I can come as I am. That's a concept and a saying that I have clung to ever since my first meeting. It brings tears to my eyes at this moment because the very last thing I did before boarding the plane to move to Florida two months ago was to go to a meeting at a church that had that very sign outside of it. "Come as you are." I had the person who was driving me to the airport pull out of the parking lot in the direction of that sign so that the very last thing I saw that morning as I left was THAT sign. I said, as I had said many times to that person. "This is how I are," knowing that it was probably the last time I would see that particular sign that meant so much to me. The spiritual principle behind Step 2 - hope, reminds me that I will find a similar sign somewhere here in Florida or wherever I am.

I have defocused. That is something I do. That is why I need the traditions to teach me how to act, how to think and how to be. I am an addict and a bulimarexic. My name is Vicki and I need your help. This is who I are. This is all I are and I CAN ask for help. Tradition 8 reminds me of this each and every time I hear it, see it or read it.

--Vicki

Tradition Nine

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual principle: Structure

When asked to write a brief article on Tradition Nine, I thought, sure, I love the traditions. Once I began studying Tradition Nine – in the AA, OA, and Al-Anon Twelve Steps and Twelve Traditions books – I realized how amazing Tradition Nine really is. Just imagine a worldwide organization with tens of thousands of members, yet there are no membership requirements, except the desire to stop eating compulsively. There are no fees, no dues, no rules imposed on its members, no punishment handed out, no orders issued. Even without these common organizational disciplines, the OA organization has thrived for over 60 years and has helped thousands of compulsive eaters just like me do “together what we could never do alone.” How is this even possible?

The answer to that question can be found in the Twelve Traditions. The Spiritual Principle of Tradition Nine is “structure.” I thought, how can “ought never be organized” and the Spiritual Principle of “structure” coexist? They seem so paradoxical to me. Yet isn’t this the way spiritual principles often first appear?

The OA 12 and 12 on page 146 reads, “Though our service bodies need to be organized, OA is encouraged by Tradition Nine to keep the emphasis on fellowship rather than on organization. This Tradition helps us ensure that God always remains our ultimate authority in OA. Without an organized power structure in which to operate, no single person or group can govern others. ... Our personal and group survival depends on adherence to these Principles, not on obedience to any power structure.”

Our World Service, Region, and Intergroup service bodies function with the ultimate goal of supporting OA’s primary purpose of carrying the message of healing to those who still suffer so that newcomers may find experience, strength, and hope when they walk through the door or join a phone or online meeting.

Additionally, “the Ninth Tradition doesn’t mean that OA groups should never make guidelines for conduct at their meetings. When problems arise, groups often hold group conscience meetings to find solutions.” (OA 12 and 12, p. 148-149) “Individuals who have a healthy respect for the group conscience follow the guidelines the group has decided upon” (p. 149). Can you imagine any other organization that operates on this spiritual basis? I feel blessed to have been introduced to this spiritual way of life. What a gift!

--Mary F.



What does the Intergroup representative do?

In areas where an intergroup has been formed, each group usually elects an intergroup representative. Representatives from the various groups meet periodically at intergroup gatherings.

In addition to keeping his/her group informed about things going on at the intergroup or in other groups that attend the intergroup gathering, the representative is expected to fully participate in service activities undertaken by the intergroup; for example, marathons or workshops that serve OA meetings in the area or OA as a whole.

May group problems can be resolved by sharing experiences at intergroup meetings with representatives from other groups.

From its ranks of officers and intergroup representatives, each intergroup selects representatives to attend regional assemblies and delegates to attend the World Service Business Conference. These positions have abstinence and service requirements.

--*OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities*, p. 22

World Service Business Conference Part Two

On Saturday, April 23, each delegate was assigned a committee to work on based on their top 3 choices. Anna's committee is "Unity With Diversity." Elected 2 new co-chairs, Cindy C. and Amadini, who are both "green-dots" meaning that this is their first WSBC as delegates. The trustee associated with this committee is Beth B from Region 6; this is her 2nd term doing it. At their meeting they chose an acting secretary.

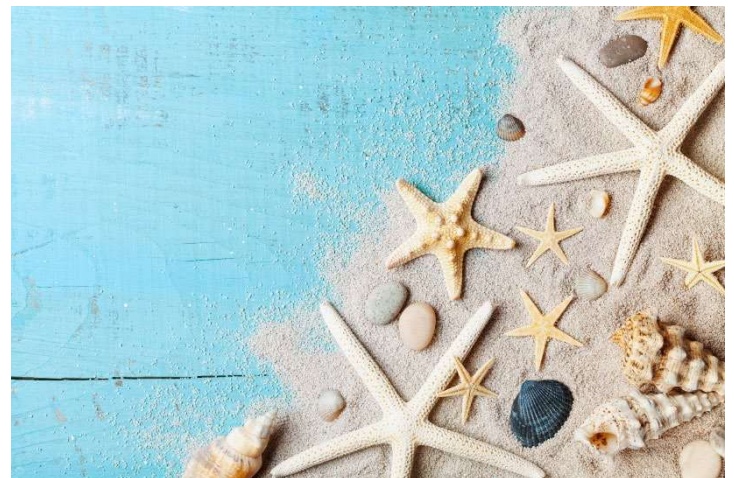
The committee was asked to make an amendment to one of the proposals on the agenda which stated that only certain people could speak at conference. They wanted to make it OK for translators to speak since some of the delegates don't speak English. The proposal and amendments were eventually withdrawn in favor of a simpler amendment which included translators and people with special needs. The wording caused a lot of controversy although the amendment did pass. Anna also attended their first committee meeting post-conference last Saturday.

At that time, they enumerated their goals: 1. Welcome men and those who have had bariatric surgery (delegates from Brazil took this goal to keep translation costs down). 2. By-law proposal language to change the "special needs" wording. 3. Creating a Welcome Quiz that promotes inclusivity in OA. 4. A special focus support subcommittee (for example, 100 pounders meeting, Asian/Pacific Islanders Meeting, Secular Meetings, Health Issues Meetings, and LGBTQ meetings).

There were 218 delegates in total and only a slim minority of LGBTQ person were represented. We want to make sure that we are welcoming everyone to OA and encouraging diversity. This subcommittee has thought of visiting special focus meetings and asking if they need support.

Anna is co-chairing the special focus support subcommittee. Anna will be on this committee until the next WSBC.

The next workshop Anna attended was the All About Conference Workshop in which they went over the business meeting protocol in detail and made sure the voting process was clear. After a motion is presented there can be 3 "pros" and 3 "cons" to the motion and then they allow for 15 minutes of questions after this. English speaking delegates had 2 minutes to speak pro or con, and non-English speakers had 3 minutes to speak. Anna will continue with her report at the next intergroup meeting.



If you are looking for a male
OA sponsor, Richard V. is
available. You may call him
at 813-331-7395 and leave a
voice mail or text him
anytime.

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!

New Hybrid Meetings

The Saturday Sarasota 10am meeting is happy to announce there will be a hybrid meeting (in-person **and** Zoom) on **July 23rd** and **August 27th**! The in-person meeting will take place at the Unitarian Universalist Church, 3975 Fruitville Road, Sarasota, in the Reeb Room, at 10 am.

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!

Events

August 13, 2022: Manasota Intergroup meeting

Sept 10, 2022: Manasota Intergroup meeting

Oct 8, 2022: Manasota Intergroup meeting

Oct 21-23, 2022: Region 8 Virtual Convention

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

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	Anna	941-713-3764
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 day 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 July 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	Yes	rvantrea@stetson.edu
Pam	941-343-7181		ilovelfants@hotmail.com
Emile	239-789-5353		revgavvreau@protonmail.com
Phyllis			phyllislowitt@hotmail.com
Jim F.	941-524-5069		Srq48FL@gmail.com
Anna D.	941-713-3764		
Tina	941-993-9717		sugarfreeplace@gmail.com
Taube			Taube913@gmail.com
Marilyn Tonissen	630-484-1426		VTon56@yahoo.com
Jamie	802-488-0187		Jpeal77@gmail.com
Janet S	202-361-0073		Janetsolomon1001@gmail.com
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.

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: Oct 2022

**Theme: Traditions 10, 11 & 12
 Fellowship**

Send to: newsletter@oamanasota.org

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE
with Zoom IDs and Passwords (as of 7/1/2022)

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	4:00 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	Big Book/ Literature
Face to Face & Virtual	7/23/2022 only 8/27/2022 only		Unitarian Universalist Church 3975 Fruitville Road, Sarasota, Reeb Room	Mary 941-321-8756	
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