

NEW HORIZON

Manasota Intergroup of Overeaters Anonymous

Quarterly Newsletter—October 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 Three

At the conference, they offered virtual workshops which were well attended: on Friday, there were 125 people and on Saturday there were 149 people. On Sunday Anna attended a Literature Question and Answer Virtual Workshop. The Twelve Traditions Virtual Workbook was adopted at conference. The voting on the Workbook was procedural but not amendable. You could make a Yes or No vote but could not change was being proposed. If it was not approved, it would return to committee. The workbook is intended to get members to reflect on how they apply the traditions in their own life. OA.org currently has guidelines on how to do tradition and concept workshops. It passed: 136 – yes and 55 – No. The Board of Trustees will decide how the book will be published (eBook, downloadable, traditional). There were 3 breakout rooms for “Meet the Maker” in which you could hear the maker of specific motions explain the rationale of their motion and ask questions. Anna talked about Proposal D which recommended that the Board of Trustees refund \$134,800 from the stimulus money that OA received. One rationale was that in 2021 OA didn’t need the money. While that may be true, the money was applied for to make sure all our expenses were covered, including the salaries we pay to our hired staff. It was also noted that we lost \$131,000 on the hotel when we cancelled the 2022 WSBC and decided to go virtual. This motion was not passed.

Part Four

As previously reported, Anna is on the Unity with Diversity Committee. They have 12 members and 6 members have attended each of the meetings that they had so far. Anna is on the subcommittee that is reaching out to the special focus meetings to offer them support. One way they do this is by contacting the meeting secretary to see if they can visit the meeting and get information on how best to serve them. They have created a google doc to keep track of their work. Anna gave a demonstration on how to find the special focus meetings using the meeting finder on oa.org. She also gave several examples of different special focus meetings that exist.



Part Five

At the business meeting the Standing Rules were discussed and two additions were made: 1) Add more time for non-English speaking delegates to talk; 2) no eating/chewing gum on camera during any meeting. There were 208 eligible voters. Proposal 8 was adopted to include the OA Responsibility Pledge on all literature, emails, etc., if space allows. Suggested that groups and other service bodies also include the OA Responsibility Pledge. Proposal E, to establish July as OA service month, was defeated. Proposal G was adopted to make available “Where Do I Start?” as a free pdf. Anna also reported that OA literature is sold by Amazon, but OA only receives 65-70% of the Amazon price. Encourage members to purchase literature through OA.org.

Tradition Ten

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual principle: Neutrality

This tradition seems so cut and dry when first read. It seems obvious that OA as an organization cannot take sides on any of the many social injustices, political viewpoints or religious perspectives in our society as a whole.

Not only would it affect membership, but it would overshadow the true purpose of the OA program, "To carry the message to the still suffering compulsive overeater" and alienate those who would benefit from the program.

But what about in our local meetings? Isn't it innocent enough to mention a cause or concern when we share? The answer is a resounding No!

To bring those issues to a meeting will not only alienate other members but it also changes the tone of a meeting. "Many of us suffer from negative thinking and speaking. We desperately need a positive atmosphere in our OA groups if we are to recover," as stated in the OA Twelve Steps and Twelve Traditions.

Having no opinion also means we don't oppose any other causes. Ridiculing or making disrespectful comments on other weight loss programs, religious or political beliefs has no business in a meeting. Belittling others doesn't help anyone when our main purpose is to carry the message of recovery OA has to offer.

Other outside issues also include discussions on the various other twelve step programs. Many of us identify with more than one program of recovery.

We can find ourselves getting sidetracked by them in an OA meeting.

It is best to focus our discussions on recovery from compulsive overeating and compulsive food behaviors rather than these other issues. Whatever twelve step group we may belong to it

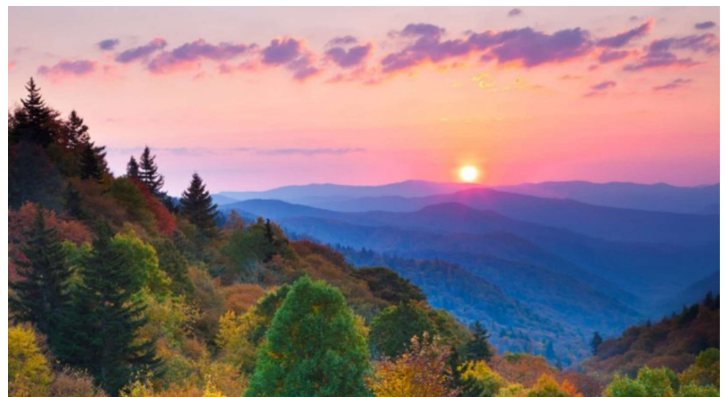
is important to remember to speak the language of that fellowship.

Finally, in honoring the 10th Tradition, OA groups only use OA approved literature. There is an extensive list that can be found on OA.org. While many of us enjoy other literature, OA has no opinion on those texts.

Tradition 10 allows us to focus on recovery from compulsive overeating rather than the issues of a troubled world. We are not immune to these thoughts and ideas but in OA we learn how to live life on life's terms and maintain a minimal amount of grief and strife.

In OA meetings we see hopeless people recovering from the disease of compulsive overeating. To have any issue detract from that miracle would be a disservice to us all.

- *Bonnie*



Reflect on the following:

What must I do to add to the quality of life via the program? How can I relate this growth to my life outside the program?

"It is not so much what I say as what I do. It is not so much what I do as what I am."

- 1) *Principles before personalities.*
- 2) *Anonymity is real humility.*
- 3) *Humility, expressed by anonymity, is the greatest safeguard that OA can ever have.*

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Spiritual Principle: Spiritual Awareness

My earliest memories are of me playing in front of the mirror. The game I played consisted of me pretending to be famous and answering questions from an invisible interviewer. I remember what a blast it was, mimicking TV commercials, award ceremonies, and entertainment shows. Twenty years later, I found myself in a public relations and marketing career, getting paid to promote, persuade, and motivate.

Discovering Tradition Eleven (and frankly, all the Steps and Traditions) was like encountering a foreign language. No promotion? No celebrity endorsements? No film at eleven? I initially rationalized Tradition Eleven's anonymity Principle this way: We in OA have a disease that we should be ashamed of. Keep it secret.

As I continue to bring my sick body and mind to meetings, however, I also heard such concepts as "we are as sick as our secrets." I figured it was important to share honestly at meetings, but nowhere else. OA meetings were islands of safety and respite, like the island of Molokai was for those with leprosy.

Higher Power has given me many opportunities to understand Tradition Eleven in the spirit that it was written. In recovery, we in OA are not ashamed of our illness. We want to carry the message to those who still suffer. The vehicles we have chosen to carry this message, however, are not promotion based. They are attraction based. But what does this mean? In both my career and my childhood fantasies, to attract always meant to promote aggressively and competitively.

Today, I understand that promotion of OA with spokespersons or advertising rollouts would harm individual members and the recovery community. Our "advertising" has a different look and feel: It is

in the quiet of a newcomer's abstinence that I feel hope. It is in the humility of a relapsing longtimer that I experience gratitude. It is in the perseverance of members who are in pain that I know recovery. It is in giving anonymous service that I feel rewarded. I am deeply moved and attracted by these authentic experiences.

Though I still love makeover shows that transform individuals in thirty minutes, I don't trust them as real. I do trust Overeaters Anonymous because I have learned over the years that humility is the best public relations policy, and carrying the message can be done over time, with love rather than ego leading the way.

— *Edited and reprinted
from Today newsletter, St. Louis Bi-
State Area Intergroup, November
2005*

Tradition Twelve

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

Spiritual Principle: Spirituality

It is amazing to me that anonymity helped me come into OA because of my fear and shame and now it keeps me here because it allows me to recover. When I first came to OA I was ashamed that I could not lose weight and I did such crazy things with food, I was sure no other person ever did. Today in recovery, the anonymity of the program means to me I am not alone, so many others do the same thing with food that I do, WHAT A RELIEF. I also learned that no one in the meetings or the fellowship will talk about me or what I said and will not judge me. Anonymity as a principle over personalities which means I don't care what your last name is, how much money you make or how many awards you have won. You may be totally different from me in race, creed, color, and sexuality, but it does not matter. You are my brother or sister because you have the same disease I do. I am amazed at the number of brothers and sisters I have in Florida, the country and around the world. People I might never have been able to hear or talk to outside of OA. Today I can call these people and have an instant kinship as deep as any of my family members who have known me since birth. What a blessing.

-Catherine

Fear Undone

Feeling the burn
at the edges
a nightmare turned sordid
in the brutality of terror.
the safe, calm place
built to house the child
lost within her fear
I will visit that story no longer
taking what I can from it
and leaving the rest
for those scavenging the soul.
bright hope
built upon the turning away
there was something more
given in haste
just go by the day
by the hour
by the minute
sometimes even that's too long
just waiting
for the relief
of fear
the dreaded emotion
constructed in the aftermath
of a lived horror
that cannot be erased
however
some semblance of sanity remains
as she is still able
to tell the story
without succumbing
to the past.
broken moments
pasted together
a recycled dream
in which mother is present
to staunch the flow
of blood and tears
even if it is 33 years too late
the chance to live
is born once again
the shattered memories
reconstructed
to paint the picture
of what happened

and then let it go
to control the uncontrollable
terror
and keep the peace
despite the presence of the wounds
now scars
that itch on rainy days
the purity
carried by this child
shall never be erased
or forgotten
even though it was violently stolen
with shame
put in its place
the filth of what happened
procured by many desperate letters written
in a way that cannot be repeated
and the broken child
survived this war
a fractured psyche
searching to heal
a peace
to take its place
something she could never understand.
take the broken
and make it whole again
progressing in fits and starts
until the entire process
is complete
and she lives
once again.

-Jenn



Voices of Recovery

November 14

"We discover that we can learn from and work in harmony with people whose personalities we dislike, as long as we focus on OA principles."

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 203

Tradition Twelve says that "anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities." But just what are those principles that we ought to be placing before personalities? A quick read of the Twelve Steps reveals that honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, and service are among them. When placing just one of these principles before a challenging personality or situation, I reach a state of humility and thereby become "teachable." Bill W. wrote, "We alcoholics see that we must hang together, else most of us will finally die alone." These principles, when applied, can help us fulfill AA's legacy and ensure that OA will be here for the next newcomer who stumbles through our door.

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.

OA WORD SEARCH

Find the following words in the puzzle below:

Abstinence	Friends	Telephone
Acceptance	Higher Power	Tolerance
Anonymous	Inventory	Tools
Believe	Read	Twelve Steps
Defects	Serenity	Write
FoodPlan	Sponsor	



Each day is a gift!

That's why they call it the PRESENT.



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!

Service Opportunities For You!

Intergroup elections to be held on Nov. 12, 2022. Positions available: Secretary, Treasurer, Region 8 Rep, 12th Step Within Committee Chair, Public Information Committee Chair.

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

Oct 8, 2022: Manasota Intergroup meeting

Oct 21-23, 2022: Region 8 Virtual Convention

Nov 12, 2022: Manasota Intergroup meeting

Dec 10, 2022: Manasota Intergroup meeting

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

Rediscover the OA book, ***Voices of Recovery: A Daily Reader, Second Edition.*** Visit bookstore.oa.org to purchase a copy or for links to e-book formats.

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 October 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		revgavreau@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		cmkelling35@gmail.com
Karen B	614-500-1080		Kacie.kb40@gmail.com
Enid	781-956-2078		

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: January 2023
Theme: Concepts 1-3
Tools

Send to: newsletter@oamanasota.org

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 10/7/2022)

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	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	Delaine H. 906-322-4495	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	Elizabeth 617-413-8844	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