

# NEW HORIZON

## Quarterly Newsletter of the Manasota Intergroup of Overeaters Anonymous

APRIL 2023

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.

**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!**

### MEET THE INTERGROUP OFFICERS

Chair: Mary Beth

Vice Chair: Leslie

Secretary: Vicki

Treasurer: Tina

World Service Business Conference Delegate: Anna

Region 8 Representative: **Position open**

Twelfth Step Within Committee Chair: Traci

Public Information Committee Chair: **Position open**

Zoom Coordinator: Pam

Newsletter editor: Pam

This year the newsletter will focus on the Twelve Concepts of OA Service, a set of service principles specifically applicable to OA, and the nine Tools of Recovery. If you are interested in writing on any of these items, please feel free to contact the editor at [newsletter@oamanasota.org](mailto:newsletter@oamanasota.org) for more information and to submit your article.

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*The Concepts define and guide the practices of  
the service structures that conduct the business  
of OA.*

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**Concept Four – Equality – The right of participation ensures equality of opportunity for all in the decision-making process.**

Every OA member has the right and responsibility to participate in the decision-making process (group conscience) at business meetings of Overeaters Anonymous. This participation may be direct, via



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

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

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

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

Manasota Intergroup  
% Tina Selinsky  
3145 Castleton Drive Apt A  
Bradenton, FL 34208  
sugarfreeplace@gmail.com

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](mailto:newsletter@oamanasota.org)**

*The deadline for articles will be the  
first day of the month of publication  
(January, April, July and October).*

**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."

discussion and voting at the local level; or it may be indirect, via entrusting an elected delegate or trustee to participate in other service body meetings, such as intergroup or national/language service board meetings, region assemblies, the World Service Business Conference and meetings of the Board of Trustees. This direct and delegated participation ensures the democratic foundation of Overeaters Anonymous.

**Concept Five – Consideration – Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.**

As trusted servants, despite our best efforts, we sometimes make decisions that other OA members believe may conflict with our Twelve Traditions and Concepts. When this happens, members have the right to appeal the decision to another level within the structure. The best method of appeal is to write a detailed account of the concern and present it to the appropriate service body for reconsideration.

**Concept Six – Responsibility – The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.**

Trustees answer directly to the World Service Business Conference delegates and are responsible for carrying out the directives they receive from that service body. This is to ensure that business flows smoothly and that issues are addressed in a timely manner. Delegates understand that a smaller group able to meet frequently is the most effective way to oversee world services.

***This space is reserved for you!***

***Please share your experience, strength  
and hope in OA.***

***We want to hear from you!***



## THE TOOLS OF RECOVERY

Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

### TELEPHONE

Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

### LITERATURE

Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us. We read OA-approved books such as *Overeaters Anonymous, Second Edition*; *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*; *Voices of Recovery*; *For Today*; and *Alcoholics Anonymous* (the Big Book). We also study and read OA-approved pamphlets.

### WRITING

Most of us have found that writing has been an indispensable tool for working the Steps. Putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them. When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps better discern any necessary action.

#### Upcoming Events

April 15, 11:00 am – Quarterly social at Gecko's Grill & Pub, Cattlemen & Fruitville, Sarasota – hosted by Pam.

May 13, 11:15 am – Intergroup meeting

June 10, 11:15 am – Intergroup meeting

July 8, 11:15 am – Intergroup meeting

July Quarterly Social – host wanted!

August 12, 11:15 am – Intergroup meeting

September 9, 11:15 am – Intergroup meeting

October 14, 11:15 am – Intergroup meeting

November 11, 11:15 am – Intergroup meeting

December 9, 11:15 am – Intergroup meeting

# OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 4/8/2023)

SARASOTA, BRADENTON, PORT CHARLOTTE

| Day                             | Time                         | City           | Location  | Contact  | Notes   |
|---------------------------------|------------------------------|----------------|---|--|---|
| Monday                          | 9:00 AM                      | Englewood      | <b>Alano Club</b><br>2936 S. McCall Rd., Englewood  | Laura<br>941-800-7811                                      | Literature  |
| <b>Face to Face</b>             |                              |                |   |  |   |
| Monday                          | 4:00 PM                      | Bradenton      | <b>Trinity United Methodist Church</b><br>3200 Manatee Avenue West, Bradenton<br>(Enter Front of Church, 1st Room on Left)  | Pat P.<br>941-758-3117<br>(no texts)                       | Newcomer Meeting<br>1st Monday,<br>Literature, Speaker<br>Last Monday     |
| <b>Face to Face</b>             |                              |                |   |  |   |
| Monday                          | 7:00 PM                      | Sarasota       | <b>First Presbyterian Church</b><br>2050 Oak Street, Sarasota<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  |
| <b>Face-to-face and virtual</b> |                              |                |   |  |   |
| Tuesday                         | 2:00 PM                      | Bradenton      | <b>Trinity Methodist Church</b><br>3200 Manatee Avenue, Bradenton<br>Meeting inside the church. Use the parking lot in front<br>of the church and the front entrance.<br><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  |
| <b>Face to Face</b>             |                              |                |   |  |   |
| Thursday                        | 10:00 AM                     | Bradenton      | <b>Our Lady Queen of Martyrs Catholic Church</b><br>833 Magellan Drive (9th Street East), Bradenton<br>(Between 63rd Avenue East and Whitfield)<br>Room #10 in School Building  | Mary Ann<br>941-744-0230                                   | Steps & Traditions  |
| <b>Face to Face</b>             |                              |                |   |  |   |
| Thursday                        | 6:30 PM                      | Englewood      | <b>240 Pine Street, Englewood</b>   | Donald<br>941-380-0054                                     | Literature and<br>newcomers   |
| <b>Face to Face</b>             |                              |                |   |  |   |
| Tuesday                         | 10:00 AM                     | Sarasota       | <b>Zoom ID: 322 275 7853 - PW: 253647</b>   | Delaine H.<br>906-322-4495                                 | Steps, Last Tuesday<br>Tradition  |
| <b>Virtual</b>                  |                              |                |   |  |   |
| Wednesday                       | 7:00 PM                      | Sarasota       | <b>Zoom ID: 851 2903 8131 - PW: 397508</b>  | Andrea<br>941-926-7555                                     | Literature  |
| <b>Virtual</b>                  |                              |                |   |  |   |
| Thursday                        | 10:00 AM                     | Port Charlotte | <b>Zoom ID: 896 8027 1820 PW: 492649</b>  | Elizabeth<br>617-413-8844                                  | 1st Thursday Leader.<br>2nd Steps. 3rd<br>Tradition. 4th BB. 5th<br>Tools |
| <b>Virtual</b>                  |                              |                |   |  |   |
| Friday                          | 7:00 PM                      | Sarasota       | <b>Zoom ID: 872 3203 4161 - PW: 099301</b>  | Andrea<br>941-926-7555                                     | Discussion  |
| <b>Virtual</b>                  |                              |                |   |  |   |
| Saturday                        | 8:30 AM                      | Sarasota       | <b>Zoom ID: 868 0186 9137 - PW: 618001</b>  | Wendy<br>941-806-7080                                      | Special Focus<br>Meeting:<br>Anorexic/Bulimic                             |
| <b>Virtual</b>                  |                              |                |   |  |   |
| Saturday                        | 10:00 AM                     | Sarasota       | <b>Zoom ID: 322 275 7853 - PW: 253647</b>   | Enid<br>781-956-2078                                       | Big Book/ Literature  |
| <b>Virtual</b>                  |                              |                |   |  |   |
| <b>Face-to-Face</b>             | <b>3rd Sat of Month only</b> |                | <b>Universalist Unitarian Church</b><br>3975 Fruitville Rd, Sarasota - Reeb Room  | Mary<br>941-321-8756                                       |   |
| <b>Virtual</b>                  |                              |                |   |  |   |
|                                 | 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