

# NEW HORIZON

## Quarterly Newsletter of the Manasota Intergroup of Overeaters Anonymous

JANUARY 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 NEW 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.

**Concept One – Unity – The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.**

The Fellowship of Overeaters Anonymous is founded on the belief that “God *as we understand Him*” is expressed in the decisions made by the representative group conscience of our membership as a whole. Voting members unite through delegated participation at the group, intergroup, national/language/ special-focus service board, region, and world service levels; and in accordance with their conscience and in keeping with the Twelve Traditions, member delegates make the decisions they believe are best for Overeaters Anonymous as a whole.



**Concept Two – Conscience – The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.**

Representational democracy is the best method for serving OA. Representatives from intergroups and national/language service boards worldwide, region chairs and members of the Board of Trustees set policy and guide world services.

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*The Concepts help us apply the Steps and Traditions in our service work, which is an important part of the OA program.*

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### **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](mailto:sugarfreeplace@gmail.com)

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 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.”*

**Concept Three – Trust – The right of decision, based on trust, makes effective leadership possible.**

The Third Concept gives OA groups the right to bestow upon a trusted individual or group the authority to make decisions on behalf of the group when needed. Working within their job descriptions, trusted servants have the right to decide how to do their jobs. We trust them to act and lead responsibly. Recovery from compulsive overeating first helps us learn to trust ourselves and later to trust others. OA members who are placed in these decision- making positions are generally members who have served in other roles; thus, the selecting body trusts that, based on past performance, these members will make the best choices for the group as a whole.

## **THE TOOLS OF RECOVERY**

We use Tools – a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service and action plan – to help us achieve and maintain abstinence and recover from our disease.

### **A PLAN OF EATING**

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. Although individual plans of eating are as varied as our members, most OA members agree that some plan – no matter how flexible or structured – is necessary.



*This space is reserved for you!*

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

*We want to hear from you!*

### **Upcoming Events**

January 14, 11:15 am - Intergroup meeting

January 14, 3:00 pm – Get together at Enid’s house

February 11, 11:15 am – Intergroup meeting

February 18, 9:30 am – Workshop

March 11, 11:15 am – Intergroup meeting

April 8, 11:15 am – Intergroup meeting

May 13, 11:15 am – Intergroup meeting

June 10, 11:15 am – Intergroup meeting

July 8, 11:15 am – Intergroup meeting

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

### **SPONSORSHIP**

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence. We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual.

### **MEETINGS**

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program.

### **VOICES OF RECOVERY, JANUARY 8**

“Weaving the Fabric of Our Lives.” – *Beyond our Wildest Dreams*, p. 175

“Weaving the Fabric of Our Lives,” chapter thirteen of *Beyond Our Wildest Dreams*, has provided me with a fresh image of the OA program and my personal recovery journey. This image reinforces for me the importance of making OA an integral part of my life. By using the Steps to guide my behavior, the Traditions to guide our groups, and the Concepts of Service to guide our service bodies, I can weave a beautiful recovery tapestry and increase my chances of staying in recovery. The image of my Higher Power lovingly guiding the weaving of my recovery tapestry—spiritual, emotional, and physical—adds to my peace and serenity. As long as I use the tools: meetings, telephone, plan of eating, sponsorship, writing, literature, anonymity, and service, my recovery tapestry will not unravel, and I will continue to move forward in my recovery.

# OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 1/2/2023)

SARASOTA, BRADENTON, PORT CHARLOTTE

Day	Time	City	Location	Contact	Notes
Monday <b>Face to Face</b>	9:00 AM	Englewood	<b>Alano Club</b> 2936 S. McCall Rd., Englewood	Laura 941-800-7811	Literature
Monday <b>Face to Face</b>	4:00 PM	Bradenton	<b>Trinity United Methodist Church</b> 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	6:30 PM	Englewood	<b>240 Pine Street, Englewood</b>	Donald 941-380-0054	Literature and newcomers
Monday <b>Face-to-face and virtual</b>	7:00 PM	Sarasota	<b>First Presbyterian Church</b> 2050 Oak Street, Sarasota (Building on left, in the Parlor) <b>Zoom ID 829 8227 2073 - PW: 274603</b>	Pam G 941-343-7181	Steps & Traditions
Tuesday <b>Face to Face</b>	2:00 PM	Bradenton	<b>Trinity Methodist Church</b> 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 <b>Face to Face</b>	10:00 AM	Bradenton	<b>Our Lady Queen of Martyrs Catholic Church</b> 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 <b>Virtual</b>	10:00 AM	Sarasota	<b>Zoom ID: 322 275 7853 - PW: 253647</b>	Delaine H. 906-322-4495	Steps, Last Tuesday Tradition
Wednesday <b>Virtual</b>	7:00 PM	Sarasota	<b>Zoom ID: 851 2903 8131 - PW: 397508</b>	Andrea 941-926-7555	Literature
Thursday <b>Virtual</b>	10:00 AM	Port Charlotte	<b>Zoom ID: 896 8027 1820 PW: 492649</b>	Elizabeth 617-413-8844	1st Thursday Leader. 2nd Steps. 3rd Tradition. 4th BB. 5th Tools
Friday <b>Virtual</b>	7:00 PM	Sarasota	<b>Zoom ID: 872 3203 4161 - PW: 099301</b>	Andrea 941-926-7555	Discussion
Saturday <b>Virtual</b>	8:30 AM	Sarasota	<b>Zoom ID: 868 0186 9137 - PW: 618001</b>	Wendy 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Saturday <b>Virtual</b>	10:00 AM	Sarasota	<b>Zoom ID: 322 275 7853 - PW: 253647</b>	Enid 781-956-2078  Mary 941-321-8756	Big Book/ Literature
<b>Virtual</b>	11:15 AM		<b>Intergroup meeting - Second Saturday of the Month</b> <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