

NEW HORIZON

Quarterly Newsletter of the Manasota Intergroup of Overeaters Anonymous

JULY 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!

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 for more information and to submit your article.

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

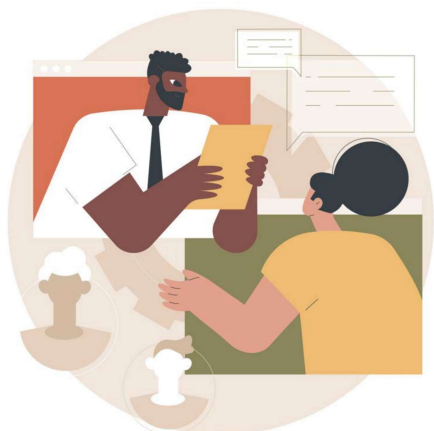
Concept Seven – Balance – The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

Subpart A governs the organization of the World Service Office and describes the responsibilities of the seventeen members of the Board of Trustees as directors of a nonprofit corporation.

Subpart B, which is approved by the World Service Business Conference (WSBC), defines OA membership, the basic structure of OA service bodies, and specific procedures relating to the functioning of the Fellowship.

The bylaws in Subpart B can only be changed through the group conscience process at the WSBC.

Because OA is committed to the group conscience process, the Board of Trustees willingly accepts the responsibility to carry out the decisions made by the WSBC, and the delegates of the WSBC willingly place their trust in the Board of Trustees to do so.



7th 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

SOAR 8 Treasurer
PO Box 242522
Little Rock, AR 72223
www.oaregion8.org

Manasota Intergroup
% Tina Selinsky – New Address
1540 21st Street East, Apt 36
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

*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 Eight – Delegation – The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.

The authority to oversee administrative issues, such as managing finances, pricing goods and managing human resources, is delegated to the Executive Committee, a subgroup of the Board of Trustees

The day-to-day management of the World Service Office is assigned to a skilled and experienced professional—the managing director. The managing director does not vote on matters before the Board of Trustees.

Employees of Overeaters Anonymous (“special workers”), including the managing director, are not required to be members of the Fellowship, but they must be well-versed on the principles of the OA program. The trustees advise the managing director on projects, and the managing director organizes the management and staffing of the World Service Office to accomplish those projects.

The World Service Office staff refers issues related to personal recovery, Traditions questions, or group problems to the appropriate trustee.

The Saturday 8:30am OA meeting is open to everyone including those with an eating disorder such as anorexia and bulimia. It is a writing and literature meeting with a once a month speaker. All are welcome to this small intimate meeting.

THE ZOOM LINK IS 8680 1869 137
THE PASSWORD IS 618001

Concept Nine – Ability – Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

To avoid conflict, it is suggested that intergroup bylaws and policies include defining the abilities, past service, and abstinence requirements for trusted servants to be considered for particular positions.

Upcoming Events

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

INTERGROUP OFFICERS

Chair: **Mary Beth**

Vice Chair: **Leslie**

Secretary: **Vicki**

Treasurer: **Tina**

World Service Business Conference

Delegate: **Anna**

Region 8 Representative: **Gabrielle**

Twelfth Step Within Committee Chair:
Traci

Public Information Committee Chair:

Position open

Zoom Coordinator: **Pam**

Newsletter editor: **Pam**

On Using the Tools: Writing and a Plan of Action

I don't know if the words "Spring Cleaning" is used anymore, but my wife and I do. Every year we do Spring Cleaning, a deep cleaning of our house. While doing so, we often donate items to Goodwill as well as throw away personal items we no longer use.

Which brings me to the subject of my OA journals. In the five years I have belonged to OA, I have written at least eight to ten journals. Each one is filled with heart felt entries as I have worked the Steps with my sponsor.

While cleaning out my closet I came upon them and began to read them. I was and was not surprised to discover that the issues I was writing about were the same ones I was currently working on. That was both humbling and gratifying. Humbling, because it reminded me that these are long standing issues that need long term recovery work. Gratifying, because it tells me that I have been working on the right issues all along.

While pondering some of my past entries, it came to me, "Why am I holding on to these journals?"

Over the next couple of weeks, I kept coming back to that question. As I questioned my motives, I discovered that I was afraid to let go of them. I was afraid that if I did, I would lose something of myself in the process. I even fantasized someday my family would discover them, read them, and publish them. That was when I stopped and asked myself, "Are you serious, Richard?"

I realized that thoughts of grandeur (too much me) and fears of losing my identity (too little me) were not serving me. I finally realized I was not right-sizing. So...a couple of weeks later, I tossed them into my recycling bin!

I thought I would regret my decision. I did not. In fact, an unexpected relief came over me as I released them. I released their hold over me. I felt free to just be me. I was right sized.

To put it another way, I ended up with a plan of action which aided my recovery.

I am not recommending this for anyone else to do. This is my "experience, strength, and hope" and how using two of the tools enabled me to grow and make "progress not perfection."

-richardv

Also by richardv: "STEPS NOT SNACKS"

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 7/1/2023)

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	Vicki 857-285-0707	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 Virtual	10:00 AM	Sarasota	Zoom ID: 322 275 7853 - PW: 253647	Delaine H. 906-322-4495	Steps, Last Tuesday Tradition
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
Wednesday Virtual	7:00 PM	Sarasota	Zoom ID: 851 2903 8131 - PW: 397508	Andrea 941-926-7555	Literature
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
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
Thursday Face to Face	6:30 PM	Englewood	70 W Fray St	Vicki 857-285-0707	Literature and newcomers
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
Saturday Face-to-Face	3rd Sat of Month only		Universalist Unitarian Church 3975 Fruitville Rd, 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