

# NEW HORIZON

## Quarterly Newsletter of the Manasota Intergroup of Overeaters Anonymous

OCTOBER 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!**

Hi Fellow Manasota Intergroup members,

If you attend a meeting in Manatee, Sarasota, or Charlotte counties, this is your intergroup, and you're invited to attend and even consider doing service for Manasota Intergroup. I like to think of intergroup as the business of helping run the meetings in our area; but we do other things too such as give support to groups, help each other, and put on events.

We have 3 open spots this November 11 for elections: Public Information committee chair, Region Representative #2, and newsletter committee chair. Also, we need group representatives. These position requirements are detailed on our website, [oamanasota.org](http://oamanasota.org).

I've been the chair of our intergroup now for 3 years; it's a position I did not ever see myself doing, and I have gotten more confident and understand more than that we are doing. Plus, I have made some deeper relationships with other members and stretched myself out of my comfort zone. My position comes at a time when I have had multiple stressors in my life, so I'm feel HP knew the position would be good for me during this time.

Consider joining us and growing along with all of us.

Blessings and in service,  
Mary Beth



## 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 – New Address**  
**1540 21<sup>st</sup> Street East, Apt 36**  
**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."*



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Dear Friends of Manasota Intergroup,

It is with sadness that I write to inform you of the passing of one of our beloved OA members, Phil W., on September 9. Phil was a regular at the Sarasota 10 am OA meeting and has been a dedicated member of our local OA meeting for decades. He had an especially big heart for newcomers and those who were struggling and gave his time and energy very generously to be of service. When asked how he was doing, Phil often replied, "Abstinent and happy!!!" His enthusiasm for recovery was contagious. He had a singular passion for writing about food addiction and penned many books and articles on the topic in the hopes of teaching people how to treat it. Personally, he was a mentor and friend, and a source of great inspiration. I will miss him greatly.

Sincerely,  
Tina S.

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This is the last issue of this newsletter that focused on the Twelve Concepts of OA Service, a set of service principles specifically applicable to OA, and the nine Tools of Recovery. I hope you enjoyed this information and understand the Concepts a little bit more.

**Concept Ten – Clarity – Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.**

Clearly defined job responsibilities assure that necessary tasks are accomplished and that conflicts related to specific duties are avoided. This helps groups avoid problems arising from misunderstood job responsibilities and multiple people doing the same or similar tasks.

**Concept Eleven – Humility – Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants.**

Concept Eleven acknowledges that our service work may require assistance from people outside OA who have professional skills and talents not available within our groups. For example, the controller must have a background in finance, accounting, and management. Service bodies employ a trained professional to audit their financial records and file tax returns. The types and duties of standing committees are specified in the Overeaters Anonymous Bylaws, Subpart B. Ad hoc, or task specific, committees are formed at the discretion of the chair of the Board of Trustees.

## Upcoming Events

October 14, 11:15 am – Intergroup meeting

October 21, 2pm – Intergroup Social, Pumpkin Festival, contact Pam ([ilovelfants@hotmail.com](mailto:ilovelfants@hotmail.com)) for more details or call 941-343-7181

October 27-29 – Region 8 Assembly, Tybee Island, GA

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**

## Concept Twelve – Guidelines – The spiritual foundation for OA service ensures that:

### SELFLESSNESS

(a) No OA committee or service body shall ever become the seat of perilous wealth or power.

OA service bodies are formed to provide services to groups. Term limits help avoid power struggles through planned and regular rotation of trusted servants.

### REALISM

(b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle.

Financial prudence is especially necessary in a Fellowship that imposes no mandatory dues or fees upon its members.

### REPRESENTATION

(c) No OA member shall ever be placed in a position of unqualified authority.

No one is "in charge" of Overeaters Anonymous. Members of the Fellowship need to understand and agree that there is but one authority: a loving God as He may express Himself in our group conscience.

### DIALOGUE

(d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity.

Important decisions in Overeaters Anonymous are based on discussion and debate. OA groups are best served when they diligently listen to the minority and do not decide on matters by a close vote.

### COMPASSION

(e) No service action shall ever be personally punitive or an incitement to public controversy.

Sometimes a member may act inappropriately or be unable to fulfill the duties of an elected service position. As a Fellowship and individually, we make every attempt to act with compassion.

### RESPECT

(f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Service bodies are composed of OA members who serve the groups they represent.

# OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

with Zoom IDs and Passwords (as of 10/11/2023)

SARASOTA, BRADENTON, PORT CHARLOTTE

| Day                                       | Time     | City           | Location  | Contact  | Notes   |
|---|----------|----------------|---|--|---|
| Monday<br><b>Face to Face</b>             | 8:30 AM  | Englewood      | <b>Alano Club</b><br>2936 S. McCall Rd., Englewood  | Vicki<br>857-285-0707                                      | Literature  |
| Monday<br><b>Face to Face</b>             | 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     |
| Monday<br><b>Face-to-face and virtual</b> | 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  |
| Tuesday<br><b>Virtual</b>                 | 10:00 AM | Sarasota       | <b>Zoom ID: 322 275 7853 - PW: 253647</b>   | Delaine H.<br>906-322-4495                                 | Steps, Last Tuesday<br>Tradition  |
| Tuesday<br><b>Face to Face</b>            | 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  |
| Wednesday<br><b>Virtual</b>               | 7:00 PM  | Sarasota       | <b>Zoom ID: 851 2903 8131 - PW: 397508</b>  | Andrea<br>941-926-7555                                     | Literature  |
| Thursday<br><b>Face to Face</b>           | 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  |
| Thursday<br><b>Virtual</b>                | 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 |
| Thursday<br><b>Face to Face</b>           | 6:30 PM  | Englewood      | <b>Alano Club</b><br>2936 S. McCall Rd., Englewood  | Vicki<br>857-285-0707                                      | Literature and<br>newcomers   |
| Friday<br><b>Virtual</b>                  | 7:00 PM  | Sarasota       | <b>Zoom ID: 872 3203 4161 - PW: 099301</b>  | Andrea<br>941-926-7555                                     | Discussion  |
| Saturday<br><b>Virtual</b>                | 8:30 AM  | Sarasota       | <b>Zoom ID: 868 0186 9137 - PW: 618001</b>  | Wendy<br>941-806-7080                                      | Specific Focus<br>Meeting:<br>Anorexic/Bulimic                            |
| Saturday<br><b>Virtual</b>                | 10:00 AM | Sarasota       | <b>Zoom ID: 322 275 7853 - PW: 253647</b>   | Enid<br>781-956-2078<br><br>Mary<br>941-321-8756           | Big Book/ Literature  |
| <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    Info line: 941-556-1293