

NEW HORIZON OVEREATERS ANONYMOUS

Quarterly Newsletter -- April 2020

OAManasota.org

Infoline 941/957-1488 for more information

OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from problems with food. Whatever your problems with food, you are welcome in OA.

From For Today:

My food addiction was acquired so I could survive in earlier, painful circumstances.

Thus began two myths:

**First, that pain was to be avoided at all costs;
and 2nd, that eating would relieve the pain free of charge.
These myths were useful then, but they are insanity today.**

Against all the evidence, I thought I could handle an occasional pig-out. I stubbornly refused to recognize that *I could not stop*.

It is not enough to want to be rid of the unpleasant side effects of my illness. I need to be willing to give up the gratification, sedation, or whatever payoff I get for practicing my compulsion.

The means by which certain pleasures are gained brings pain many times greater than the pleasures. -- Epicurus

M.O.W. program -- "my own way"

WIT -- whatever it takes not to lose my program

Food is not the problem. The problem is the problem.

Also:

"fat pills" -- Rick

There *is* a "magic pill" in OA. It's called a meeting.

WSO's new definition of recovery [2019]

The removal of the need to engage in compulsive eating behaviors.

Abstinence book: If I don't turn around now, I might end up where I'm headed.

Pocket Lint:

Isolation

Addiction is a disease of isolation.

How many times have we read, heard, and spoken those words? How many times have we looked back into our own history and nodded knowingly when we heard that phrase? How much relief have we felt when we made or received an OA phone call or text? And the meetings -- how warm and enveloping the kindness and acceptance we found there.

And yet here we are. In the middle of a pandemic, some of us all alone in our homes, many of us not working, most of us not able to visit with friends, wearing face masks during our one outlet: shopping. No pools, no beaches, no sun, very little exercise -- and no live OA meetings to go to. We all took the meetings for granted, and only when they stopped did we realized how alone we felt, with only telephones to keep us in touch. How suddenly the bonds of our live fellowship have snapped apart. At least for me -- who has used the phone meetings only once so far; I never think of them and I don't use the phone often -- anxiety rearing its ugly head.

And the food -- it seems to exist in limbo, for me at least. Like being on vacation, what I ate seemed for the first two weeks not to "count," whatever that means. Somehow I found myself giving myself permission to eat whatever I wanted, whenever I wanted it. A recipe for disaster, I know.

And not knowing how long it will last is hard, too. With some troubles, we know how soon they'll be over -- "You'll be out of that cast in six weeks." "The divorce will be final in June." But this pandemic is harder; will it last a month, two months, six months? Will it recur next winter? Will it evolve into something else or something worse? The uncertainty, along with financial uncertainty I'm sure, is killing our spirits.

Killing the abstinence of many of us whose abstinence was shaky. Wearing us and our programs down. And for me, I'm afraid I'll never get my serene abstinence back.

I hope I'm alone in all this. I hope everybody is coping breezily, on an even keel, abstinence in hand, not struggling. I wish for everybody reading this a serene and joyous acceptance of this terrible -- to me -- isolation.

-- Cindy

The Seven T's

Many of us have experienced something a normal eater would not: We prepare a planned abstinent meal and eat it. Then instead of feeling satisfied, we are hit with a desire to eat more. We don't feel full -- yet.

This is a common moment when we need to use the tool of "wait for it." Wait 20 or 30 minutes for the body to register the food and know that it is full. Use the 7 T's and Take Time To Think The Thing Through. -- or the short form, Wait.

Wait for the feeling to pass. Get up and leave the table. Do something else. Distract yourself. A short "time out" is often enough to let the feeling of wanting to eat, pass.

We may congratulate ourselves for outwitting our disease's trap and making it to the next meal abstinent.

-- Karen Louise

You may not have had
a relapse YET --
but You're Eligible Too

We're all just one bite away.

Announcements & Information:

Intergroup Meeting is the 2nd Saturday of each month from 11:15-12:30 at Unitarian Universalist Church
3975 Fruitville Road, Sarasota
ZOOM meetings until crisis is over -- call a contact person if you're not sure

On 4/11, Intergroup decided to purchase ZOOM Pro for 3 months. Nancy will be admin.

Other groups may use this program, but it's very awkward without your own admin. Wendy suggested that each group might want to purchase ZOOM for their own meetings -- thus each meeting would have its own administrator.

Call Wendy for more info.
941/806-7080 [no texts]

I've forwarded 2 flyers to the Oamembers list detailing workshop info . These are Zoom meetings from 3:00-4:30 every 2nd Sunday. There's one today, April 12th called Spring Cleaning, and other topics on the other Sundays.

This is all the info this editor has about zoom.

Real vs. Emotional Hunger

Real Hunger:

grows gradually
you'll eat anything
you can wait
you stop when you feel full
you feel good after eating
you feel energized

Emotional Hunger:

hits suddenly
you crave a special food
wants instant satisfaction
no amount of food fills you
you feel guilty or disgusted
you feel heavier

Board Members & Officers:

Chairwoman:	Paula	516/808-0813
Vice-Chair:	Mary Beth	941/705-1417
Secretary:	Leslie	941/223-4100
Treasurer:	Jim	941/524-5069
	srq48FL@gmail.com	
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Public Information is open.

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Jim Ferri	srq48FL@gmail.com
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Sarasota FL 34239-4204	

Opinions expressed here are not necessarily those of OA as a whole or of the editor.

Send submissions to Cindy -- email is best, even for short takes. Or snail mail; call for address. The editor will have articles from contributors in *every* issue -- IF YOU'LL HELP.

Suggested topic for July: **Sponseeship:**

What do our sponsors do to help us? Do we lie to them? What do we need that we're not getting?

Remember that what seems boring, repetitive, or obvious to you might well resonate with others.

If you'd like a printed copy of this newsletter and have no access to a printer, send me a SASE and I'll send you a printed copy.
Cindy Gates, 5230 6th Street CT W
Bradenton 34207-2907

OA LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE)

Updated 4-11-20 Please visit www.OAManasota.org or 941-556-1293 for more info

**NOTE: NO LIVE MEETINGS. CALL CONTACT PERSON TO ASK ABOUT
PHONE AND ZOOM MEETINGS and WHEN CRISIS IS OVER**

Day	Time	City	Location	Contact	Notes
Monday	7 pm	Bradenton	Trinity United Methodist Church 3200 Manatee Avenue West (Enter Front of Church, 1st Room on Left)	Tina: 941-993-9717 Mary Beth: 941-705-1417	PHONE 425-436-6384 Access code 754218# *6 to mute & unmute
Monday	7 pm	Sarasota	First Presbyterian Church 2050 Oak Street (Building on Left, 2nd Floor, Room #203)	Pam G: 941-343-7181	Steps & Traditions, Beginner's Meeting on Last Monday
Tuesday	10 am	Sarasota	Sarasota Community Church 4041 Bahia Vista Street Modular 17	Janet 941-504-8663	Steps, Last Tuesday Tradition
Tuesday	2 pm	Bradenton	Manatee Unitarian Universalist Fellowship 322 15th Street West (Use side entrance off the parking lot.)	Marcia N. 941-748-4598 Elaine T. 941-224-3130	Big Book
Wednesday	6:45 pm	Sarasota	Gratitude Club, 530 Payne Parkway (Entrance back of house, Go right thru kitchen)	Andrea: 941-926-7555	Literature
Thursday	10 am	Bradenton	Our Lady Queen of Martyrs Catholic Church 833 Magellan Drive (9th Street East) (Between 63rd Avenue East and Whitfield) Room #10 in School Building	Mary Ann: 941-744-0230	Steps & Traditions
Thursday	10 am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Boulevard (Off King's Highway)	Carolyn: 941-626-8969	Wk 1 Leader's Choice Wk 2 Steps Wk 3 Traditions Wk 4 Big Book Wk 5 Tools
Thursday	6:30 – 8:30 pm	Sarasota	Unitarian Universalist Church, 3975 Fruitville Road (James Reeb Room, Inside Courtyard) Fragrance Free Requested	Ree: 315-447-4175	Special Focus Meeting: OA H.O.W. Call in Available for Meeting (712) 775-7031 Access code: 519003816#
Friday	7 pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (Parking Lot behind Church, Meet in Little White House)	Andrea: 941-926-7555	Discussion
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Wendy: 941-806-7080	Anorexic/Bulimic Phone +1 646-558-8656 Access code 872337217#US
Saturday	10 a.m.	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Mary 941-321-8756 Wendy: 941-806-7080	Big Book/Literature Phone 605-468-8008 Code 847911# *6 to mute & unmute