

# NEW HORIZON OVEREATERS ANONYMOUS

Quarterly Newsletter -- July 2020

OAManasota.org

Infoline 941/556-1293 -- NEW NUMBER -- 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.**

## Coping with Covid:

I have enjoyed my food plan these past months. In normal times, I am apt to encounter small but significant challenges, like dinner at a restaurant planned at the last minute, or absence of a particular food in my cupboard or fridge.

Currently I am committed to safe grocery shopping, to curbside pickup and drive-thru, which means I get what is on my shopping list. Which means I am staying with my food plan.

I recently decided that I will shortly review my food plan for an unexpected reason -- that I am compliant and comfortable! During my OA years I have frequently changed my food plan to remove a food item that I'm having trouble with -- wanting more, for example. For the first time, I will review my food plan because of a good period of abstinence and comfort. Surprising. I'm grateful and hopeful that I will emerge from this Covid-19 period with a deeper understanding of the connection between quiet time at home, and comfort with food and eating.

-- Margie F.

I am coming up on my 3rd anniversary. It's been a long time since I stuck to something, and it is working for me. In the beginning, as with all new things, it was a struggle. I weigh and measure my food; that's how I keep it clean. I have tried a whole slew of gimmicks, diets, and expensive weight loss schemes, and nothing worked for me. This does!

My husband and I moved into an assisted living facility back in November, 2019. My first concern was how I was going to keep my food clean. This is especially important to me. Miraculously, the chefs were willing to work with me. I also buy some foods that keep me abstinent. I have not been bothered by my husband's eating habits, which is another miracle!

Covid-19 has kept us in lockdown since March 8th. I have kept my food clean. I do crochet and other craft projects and play some table games with some of the other residents here. I keep my spirits up while working my program. Of course no one knows of my affiliation with a 12-Step program. I have found that I do not need others to entertain me. I am able to keep myself busy enough not to sway from my serenity and peace. That is what I have found with the 12 Step program that I practice daily.

-- Pamela K

## Short Takes

...new and interesting ways to package sugar...  
-- Devido

Are we going to kill ourselves tonight?  
-- Tamara

...fat-storing machine  
-- Scott

If you want to drive yourself crazy, figure out what other people want you to be, and then try to become it.

I had to establish my abstinence from where I was. I had to define a successful day of abstinence and build on that.

...no good reason to eat them.  
-- Abstinence book

There are only two sins: interfering with the growth of another human being, and interfering with your own growth.  
-- Big Book

A major symptom of my disease is recurring episodes of insanity. I must learn to talk myself through these episodes.  
-- Cindy

The greatest enemy of the truth is often not the lie -- deliberate, contrived, and dishonest, but the myth -- persistent, persuasive, and unrealistic.  
-- JFK

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

-- For Today, March 17th

Great individuals are in a state of complete freedom from themselves. Their character defects do not control them.

The only real and lasting happiness is feeling good about myself. The first requirement for this condition is abstinence.

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

Learn to reach for people rather than the food.

After size 8, then what?

If we can reach the end of a stressful day without resorting to food, we should consider that marvelous progress.

My Good Mother is not in the fridge.

**If someone's 12 & 12  
is beaten up,  
chances are *they* are not.**

### **AN ASSIGNMENT FOR THE OVERWEIGHT:**

**1. Make a list of everything that being overweight keeps you from doing.**

**2. Do them.**

## Announcements & Information:

Intergroup Meeting is the 2nd Saturday of each month from 11:15-12:30 online.

ZOOM meetings mostly until crisis is over.

---

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]

---

Recovery is the *loss of the desire* to engage in compulsive eating behaviors.

---

If nothing changes, nothing changes.

---

**Sponsorship Workshop**  
**August 15th, 2020**  
2-4 p.m. EDT

Feel the support and strength from having a sponsor? Ready to give back and become a sponsor? Want to learn more about having a sponsor?

3 speakers, Q & A, sharing time

Meeting ID: 835 1150 2655

Password: 138645

1 646 558 8656

Questions to Chair@PiedmontIntergroup.org

## 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
	<a href="mailto:srq48FL@gmail.com">srq48FL@gmail.com</a>	
SOAR 8 Rep:	Tina	941/993-9717
WSO Delegate:	Pam	941/343-7181
	<a href="mailto:ILoveLfans@hotmail.com">ILoveLfans@hotmail.com</a>	
Newsletter:	Cindy	941/302-4391
	<a href="mailto:FibberMcGates@gmail.com">FibberMcGates@gmail.com</a>	
12 <sup>th</sup> Step Within:	Tina	941/993-9717

Send changes to Cindy.

---

World Service Office                      OA.org  
PO Box 44727  
Rio Rancho NM 87176-4727

SOAR 8 Treasurer                          OARegion8.org  
PO Box 242522  
Little Rock AR 72223

Manasota Intergroup                      941/524-5069  
Jim Ferri                                      srq48FL@gmail.com  
2111 South Brink Avenue  
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.

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

---

**It is well known in psychology that people can accomplish things as a group that none of them could do alone.**

-- Harriet Lerner, For Today (paraphrased)