

## New Horizon

#### OA Manasota Intergroup Quarterly Newsletter September-2016

Information Line (941) 957-1488

www.oamanasota.org

#### **INTERGROUP MEMBERS**

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Vice Chair Vacant

Secretary Leslie (941) 223-4100

Treasurer Anna D (941) 378-9944

SOAR 8

Rep

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Within

Elizabeth

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Public Vacant

Info

To contribute to this newsletter, email ilovelfants@hotmail.com or to report any changes to the meeting list.

Editorial Policy: Opinions expressed here are solely of the writer and not OA as a whole or necessarily those of the editors. Articles are edited for style but not content.

#### ADDRESSES FOR 7th TRADITION CONTRIBUTIONS

We are self-supporting. Please consider a donation of \$3 at the meetings you attend.

World Service Organization www.oa.org

P.O. Box 44020

Rio Rancho, NM 87174-4020 (505) 891-2664

**SOAR 8 Treasurer** www.oaregion8.org P.O. Box 40273

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Make check payable to: Manasota Intergroup or MSI

After maintaining abstinence for over 2 years, I realized something was missing from my program. I looked back over my recovery journey and realized that I had not been doing much service over the group level. So I started attending Intergroup meetings and when the position of newsletter editor became available, I offered to do that service. Then I offered to attend the Region 8 Assembly as delegate and eventually was elected as Region 8 Rep. For me service was the missing piece providing the willingness to stay abstinent no matter what! - Pam G.

## Together in Recovery – A 12 Step Journey Winter Retreat, January 13-15, 2017 **Christian Retreat Center** 1200 Glory Way Blvd, Bradenton, FL

Registration starts Friday at 3, Dinner at 5, Program begins at 6:30. Retreat ends Sunday at noon.

Register before Aug 1, 2016 - \$45; after Aug. 1 - \$65 (Retreat program only)

Single Room:  $$65 \times 2 \text{ nights} = $130$ 

Double Room: \$32.50 x 2 nights = \$65

Meals = \$50

(Fri - Dinner; Sat - Breakfast, lunch, & dinner, Sun -

Questions? Call or email: Karen (614) 500-1080

kacie.kb40@gmail.com

Sponsored by Manasota Intergroup OA.

### **News from WSO:**

#### **New Podcast**

Have you heard the latest podcast in our "Service and My Recovery" series? Always to extend the heart and hand of OA is now available on the podcast page at oa.org. This newest podcast focuses on the spiritual principles of Purpose and Consideration and the roles they play in service and recovery.

#### **New Literature**

The Twelve Step Workshop and Study

**Guide** (#960), OA's new Conference-Approved book, is now available for purchase at the OA bookstore. \$13.50. Find it online at What's New (https://oa.org/whatsnew/) or at the OA bookstore (http://bookstore.oa.org/).

## Big Book Recovery from Compulsive Eating

# Step One: We Admitted We Were Powerless Over Food, That Our Lives Were Unmanageable

I always wondered why I could muster up enough willpower to go on a diet and lose a tremendous amount of weight, but then when I went on the "maintenance" portion, all of a sudden I was a crazed person who couldn't control my eating for even a day. Eventually I would gain all the weight back and then some.

What I learned reading The Doctor's Opinion in the Big Book, was that just like an alcoholic, as a compulsive eater, my body is just as abnormal as my mind when it comes to certain foods and certain eating behaviors.

Sure, I liked the taste of food, certain foods more than others, and any time I tried eating my binge foods in moderation, I just couldn't stop. Dr. Silkwood called this the phenomena of craving and it is a manifestation of an allergy. If a doctor told me that I was allergic to peanuts and could suffocate from an allergic reaction to them, I would certainly stay away from peanuts. So why did I fight it for so long that there were certain foods that I needed to stay away from?

Even when I finally admitted that I couldn't eat certain foods in moderation when I developed my plan of eating in OA, I found for the first 9 months, that I had times when I felt I could take a little bit in moderation, for whatever reason, and ended up in the same situation of binging. That's the mental obsession part of my disease. In "There Is A Solution" in the Big Book, "Therefore, the main problem of the alcoholic centers in his mind rather than his body".

For example, when I went on my vacation this summer, there were several times when the thought crossed my mind to eat a particular food not on my food plan. I started rationalizing, "I'm on vacation, I won't have the opportunity to eat this when I get home" "It will just be a little bit". But when I caught myself

doing that, I immediately said to myself, "I am powerless over this food and I know that once I start eating it, the physical craving will lead to more and more and more and I won't be able to stop".

So if I have a physical allergy that causes me to eat certain foods or exhibit certain eating behaviors uncontrollably, and a mental obsession that tells me that it's ok to try binge foods in moderation, what can I do? I have to find a power greater, or higher, or other, or stronger, than myself to relieve me of the mental obsession to stop eating compulsively and remain abstinent.

I fought the idea that I was powerless over food, that my life had become unmanageable – not because I knew it wasn't true – I knew my problem with food was just like the alcoholic's relationship and behaviors with alcohol. I just didn't want to give up my food. "The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death" p 30 Big Book.

But I found hope and acceptance in Step One when I read on p44 in the Big Book, "If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer."

And thus I began working the Steps and admitted I was powerless over food, that my life had become unmanageable.

Question to Ponder: Are there any foods on my plan that I have an overpowering urge for more and more? Am I willing to talk to someone in program about removing it from my plan?

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#### **WANTED: INTERGROUP REPS:**

The following positions are vacant and/or coming up for election due to rotation of service (term ending). Elections will take place at the November Intergroup meeting.

Meeting Position	Major Responsibilities	Abstinence Requirements
Chairman	<ul> <li>Facilitates monthly IG meeting</li> <li>Manages voting</li> <li>Communicates issues from Region 8, when appropriate</li> </ul>	6 Months
Vice Chairman	<ul> <li>Facilitates IG meeting when Chair not available</li> <li>Manages website and updates meeting list</li> <li>Additional responsibilities, as appropriate</li> </ul>	6 Months
Treasurer	<ul> <li>Collect 7<sup>th</sup> tradition from meetings within IG</li> <li>Manage Financial records</li> <li>Develop monthly Report &amp; distribute prior to IG meeting&amp; review during IG meeting</li> <li>Distribute funds as required</li> </ul>	6 Months
Region Rep	<ul> <li>Communicates info to/from Region 8 to IG</li> <li>Attend &amp; represent Manasota IG at Region Assemblies</li> <li>Obtain input from Manasota IG prior to voting, when appropriate.</li> </ul>	6 Months

#### **Abstinence**

In the last 40yrs I have had a couple of break-downs one ended me in to rehab facility. That's where I started to understand the principles of the AA program. It brought out all that anger, resentment and fear. I was diagnosed with PDSD and it was the first time that I ever, ever felt free from my demons. I learned how to accept the flash backs and start living the principles.

I began to pray a lot. It was not always rosy, I had to work at it hard! I did not have a good connection with my Creator; I would always take it back. That's not giving it to my Creator. It took a lot of practice.

I went to counseling for a very long time. I still to this day have one on standby. The last five months I have been more comfortable and peace with myself and my past. Thank you God!!

Each day that I live an abstinent day is a grateful day. I have (with my Creator and Sponsors) a day of peace and joy even when I don't feel good. I am not dwelling on how I feel, emotionally, spiritually, or physical. I am in my Creator's hands.

I like the foot step poem, when I only saw one set of foot prints, and I asked God why he had abandon me, His reply was when you only saw one set of foot prints, it was I who was carrying you.

I feel like I belong in the OA/HOW and even OA. I need the structure of the HOW program. I need to be accountable for my actions and my food. Thanks to the sponsors and my Creator, I have another day of Abstinence and living the principles in my daily life.

Pamela K.
Abstinent 5 Months

## OA MANASOTA MEETING SCHEDULE

Day	Time	City	Location	Contact	Notes
Monday	1 pm	Venice	Lion's Club Venice Health Park 1283 Jacaranda Blvd. (Left side of bldg., Community Room A)	Gloria: 941-488-2533	Discussion/Literature
Monday	7 pm	Bradenton	Trinity Methodist Church 3200 Manatee Ave W, Conference Room at SE corner of church by Fellowship Hall (park in front of Church off Manatee Ave [SR 64])	Sandi: 941-932-6651 Mary Beth: 941-705-1417	Literature/Big Book
Monday	7 pm	Sarasota	First Presbyterian Church 501 Bowman Ct. (off Oak St. east of301) Rm. #203	Pam G: 941-343-7181	Steps & Traditions/Beginner's Meeting on last Monday
Tuesday	10 am	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., (Main Bldg, back of church, thru double glass doors, 1 <sup>st</sup> door on left, Room 9)	Diana: 941-544-5838	Steps & last Tues. Tradition
Wednesday	10 am	Osprey	CLOSED UNTIL OCTOBER Church of the Holy Spirit 129 S Tamiami Trail (First door – left side of bldg.)	Babs: 339-788-1960	Steps & Traditions
Wednesday	6:45 pm	Sarasota	Gratitude Club, 530 Payne Parkway	Andrea: 941-926-7555	Literature
Thursday	10 am	Bradenton	Our Lady Queen of Martyrs Catholic Church 833 Magellan Dr (9th Street East) (between 63rd Ave East and Whitfield) Rm. #10 in school building	Mary Ann: 941-744-0230	Steps & Traditions
Thursday	10 am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Blvd. (off King's Highway)	Carolyn: 941-626-8969	Discussion/Steps/Speaker
Thursday	6:30 – 8 pm	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard) Call in to live meeting: 712-775-7031 Access code 519003816#	Ree: 315-447-4175	Special Focus Meeting: OA H.O.W
Thursday	7 pm	Anna Maria Island	Episcopal Church of the Annunciation 4408 Gulf Dr. Bradenton Beach	Gillian: 941-243-3919	
Friday	10 am	Venice	Lion's Club Venice Health Park 1283 Jacaranda Blvd. (Left side of bldg., Community Room A)	Gloria: 941-488-2533	Discussion/Literature
Friday	7 pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (parking lot in back of church; little white house)	Andrea: 941-926-7555	Speaker/Discussion
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Wendy 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Saturday	10 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Wendy 941-806-7080	Big Book/Literature
Sunday	4 pm	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 3	Kathy: 941-954-4210	Big Book/Step Study

Manasota Intergroup meets the 2<sup>nd</sup> Saturday of every month at 11:15 am at the Unitarian Universalist Church, 3975 Fruitville Road, Sarasota (Jefferson Room inside Courtyard), following the Saturday morning meeting.