



New Horizon

OA Manasota Intergroup
Quarterly Newsletter January 2018

Manasota Intergroup
Information Line
(941) 957-1488
www.oamanasota.org

Please Join Us: Manasota Intergroup meets the 2nd Saturday of every month at 11:15 am at the Unitarian Universalist Church, 3975 Fruitville Road, Sarasota (James Reeb Room, inside the Courtyard). Everyone is Welcome!

Board Members & Committee Chairs

Chair	Pam	(941) 343-7181 ilovelfants@hotmail.com
Vice Chair		Open
Secretary	Leslie	(941) 223-4100
Treasurer		Open
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To contribute to this newsletter or to report any changes to the meeting list, email manasotaneewsletter@comcast.net please.

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.

Thank you for your submissions to our newsletter.

Addresses for 7th Tradition Contributions

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

World Service Office
PO Box 44020
Rio Rancho, NM 87174-4020

www.oa.org

SOAR 8 Treasurer
PO Box 40273
St. Petersburg, FL 33743

www.oaregion8.org

Manasota Intergroup
14712 Newtonmore Lane
Lakewood Ranch, FL 34202

Email: audretyt16@icloud.com

Make check payable to: Manasota Intergroup or MSI
Please include your Group Number on your check.

Coming Up on the Horizon

“Serenity Through Surrender”

OA Manasota IG Spring Retreat

March 2-4, 2018 Register Now!!!!

New Venue: Canopy Walk, Pier with Canoes & Kayaks, Labyrinth & Much More

DaySpring Retreat Center
8005 25th Street East
Parrish, Florida 34219

Questions? Barbara (941) 228-7422 sousabarb@aol.com
Karen (614) 500-1080 kacie.kb40@gmail.com

Slogans, Sayings & Such

If food is one of our problems, abstinence is one of the answers.

Without God, I can't—without me, God won't.

Be kind to your mind.

Abstinence is a relief, not a punishment.

When we fall, we CAN get back up!

Without abstinence, the rest is just conversation.

Keep Coming Back!

Living Through Literature

If it were not for the pain, I wouldn't be here. Only when the pain of compulsive eating became worse than the pain it was intended to kill, did I become willing to abandon the pretense of controlling my life. Getting in touch with my pain is a new experience. Until the day it brought me to my knees, food was my first line of defense against any and all pain, even that caused by food itself. In OA, I have come to understand that I must let myself feel the pain before I can recover.

For today: I no longer choose to avoid my growing pains. My Higher Power, my program, my meetings, my friends — all stand with me as I face, head-on, whatever must be faced.

WSO Ask-It Basket Q&A

Q: How would you respond to a fellow OA member who told you what and how to eat and who said you weren't abstinent if you didn't follow a particular plan of eating?

A: Tradition Two states: "For our group purpose there is but one ultimate authority — a loving God ..."

The OA pamphlet *Person to Person* states, "Carrying the message to others simply means to unselfishly share our experience, our strength and our hope with them" (P.1). In the pamphlet *To the Newcomer* we read, "OA takes no position on what constitutes proper food planning, either for weight loss or weight maintenance" (p.6).

Since OA takes no position on these issues, it would make sense that we as individual members take no position, except to share our experience, strength and hope arising from working and living the Twelve-Step recovery program. The OA program suggest working it in its entirety (half-measures availed us nothing). Enforced measures are not mentioned.

What works for one may not work for another, especially with plans of eating. Members who do otherwise may be harmed.

As the OA pamphlet *A Guide For Sponsors* states, "It is important to know that a sponsor's role is not one of therapist, doctor, lawyer or other professions" (p.1). Further, the role of a sponsor is not one of making demands. This is not in keeping with OA guidelines and the spirit of OA.

In our zest to be of service as a sponsor, we may overstep established guidelines and customary practices. Reading OA's literature helps us to avoid such overstepping. For example, *The Tools of Recovery* pamphlet states on page 4, "Find a sponsor who has what you want, and ask that person how he or she is achieving it.

—WSBC 2007 ASK-IT BASKET Q&A

Did You Know? What's New?

Our Manasota Intergroup is doing Service by participating as the Decorations Committee. We hope you will join us for a weekend of Recovery & Fellowship at the:

28th Annual Florida State Convention of Overeaters Anonymous

February 23 - 25, 2018

Holiday Inn Tampa- Westshore

Registration is Now Open!!

Pick up a flyer at your local meeting or at www.oaregion8.org
In Search area, type Florida State Convention to download flyers & for further information.

From a New Member of Manasota Intergroup

In OA there is no "power structure", in its place we have a "service structure". Give back and you shall receive great gifts. "All you need is a desire to stop eating compulsively."

Intergroup handles the business of OA. Decisions are made after a group conscience. Each member takes part in the discussion. No one is excluded from speaking or voting.

Giving service is the backbone of OA. Please consider becoming a part of Intergroup. Give and you Shall receive.

Michelle, Sarasota Tuesday a.m. Representative

Manasota Intergroup Meeting Mention

What are you doing Monday nights at 7 pm? Are you interested in visiting a new meeting? We would love to have you stop by our Bradenton meeting! We have a guest speaker the first Monday of the month. On the other nights we read a piece of OA approved literature from start to finish. Our meeting is diverse, each member working the program in the way that works best for them. We strive to create a tolerant, loving environment where everyone is encouraged to share and cross-talk is kept to a minimum. If you have at least 30 days of consecutive abstinence we would love to hear your story of recovery. Below are some comments from some of our regular attendees:

"I love the idea of a home group – a place where everyone knows your name; it's where I dig in to service. I have been with the Bradenton Monday night meeting for at least 13 years and I believe it has helped me get and stay abstinent. There are people at this meeting who knew me 5 years ago when I was at my top weight of 400 pounds....." This meeting happens to attract a lot of newcomers, snow birds, and people in treatment for food addiction. I'm thankful we have a core group of committed people who keep the meeting vibrant year-round."

"I am a snow bird and this meeting is a place where I can go and rekindle the friendships I have from season to season, year after year. I feel safe sharing here because we focus on our own recovery and avoid cross-talk and advice-giving."

"I know from personal experience what a blessing a good meeting is when traveling."

Come check it out for yourself – we will welcome you with open arms!

Gratefully, Tina S., Bradenton, Florida

Experience, Strength & Hope:
Suggestions for Abstinence - Abstinence Actions

These actions helped us become abstinent and stay abstinent. Maybe they will work for you too.

- Accept your humanness, and let go of striving for perfection.
- Ask another member to sponsor you, and call your sponsor every day.
- Ask your Higher Power for help whenever you need it.
- At meetings, express your gratitude to your Higher Power for abstinence.
- Attend a Step meeting each week.
- Attend share-a-thons, workshops, and OA celebrations.
- Become a sponsor and remember that we only sponsor up to the level of our experience. “We give it away to keep it.”
- Before you eat over feelings, share them at meetings or with other OA members.
- Before you take a compulsive bite, call your sponsor. Call other members.
- Let the secretary of your group know when you will observe a recovery or abstinence birthday.
- Read The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Alcoholics Anonymous, and For Today.
- Call members from the “We Care” sign-in sheet during the week.
- Call newcomers to welcome them. Call members you haven’t seen at recent meetings and let them know they are missed.
- Choose a home meeting, join it, and attend regularly.
- Develop a plan of eating with the help of a nutritionist or your sponsor; commit to following it. Identify and avoid your trigger foods and compulsive behaviors.
- Discuss OA literature with other OA members.
- Go to as many OA meetings each week as you can.
- Help set out or put away the literature at meetings.
- Take a service position.
- Meet OA members before the meeting or ask members out afterward for coffee, sharing, and fellowship.
- Put your chair back where you found it and clear away any trash left after meetings.
- Read the Just For Today wallet card every day.
- Seek your Higher Power’s will for you each day, and try to follow it.
- Share with other OA members by email, remembering anonymity.
- Subscribe to Lifeline magazine, in print or online (or both).
- Take the first three Steps each morning and ask your Higher Power for abstinence.
- Tell still-suffering compulsive eaters about OA and how it works. Invite them to a meeting or give them a meeting list.
- Use the Tool of Writing each morning by listing five things for which you are grateful. Each evening, write down three things you did well that day and three things you’d like to do better.
- Visit your intergroup meeting to experience OA above the group level.
- Volunteer to lead your meeting for a month. Volunteer to be the speaker.
- Volunteer to read at meetings or share about a Tool.
- Welcome a member you haven’t met before (remember how you felt at your first meeting). Attend newcomers meetings.
- When you feel resentment toward another member, talk to the person about it, and ask your HP for help in letting it go.
- Write an article for Lifeline—OA’s “Meeting on the Go.” Give away copies of Lifeline and leave them behind for others.
- Write down what and when you are going to eat each day, and eat only those foods at those times.
- Write down your feelings. Try to identify your resentments.
- Always KEEP COMING BACK!

OVEREATERS ANONYMOUS LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE, PUNTA GORDA)

Updated January 9, 2018 Please visit www.oamanasota.org or call 941-957-1488 for recent meeting updates.

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)	Sandi: 941-932-6651 Mary Beth: 941-705-1417	Speaker 1st Monday, Literature/ Big Book, Newcomer Meeting Available as Needed
Monday	6:45 pm	Punta Gorda	Friendship United Methodist Church 12275 Paramount Drive (Meeting Sign will be up with room location.)	Rochelle B. 516-993-5919 Debi V. 941-268-6249	Topic Varies
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 Room 9 (Main Building, Entrance Back Parking Lot)	Robert: 978-821-8236	Steps, Last Tuesday Tradition
Wednesday	6:45 pm	Sarasota	Gratitude Club, 530 Payne Parkway (Entrance Back of House, Proceed 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	1st Thursday Leader. 2nd Steps, 3rd Tradition, 4th BB, 5th Tools
Thursday	6:30 – 8 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 in Back of Church, Meet in Little White House)	Andrea: 941-926-7555	Discussion
Saturday	10 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (James Reeb Room, Inside Courtyard)	Wendy: 941-806-7080 Mary 941-321-8756	Big Book/ Literature
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (James Reeb Room, Inside Courtyard)	Wendy: 941-806-7080	Special Focus Meeting: Anorexic/Bulimic
Sunday	4 pm	Sarasota	Sarasota Community Church 4041 Bahia Vista Street Room 9 (Main Building, Entrance Back Parking Lot)	Kathy: 941-954-4210	Big Book Study

