



New Horizon

OA Manasota Intergroup
Quarterly Newsletter September 2017

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 (Jefferson Room, inside the Courtyard). Everyone is Welcome.

Board Members & Committee Chairs

Chair	Pam	(941) 343-7181	ilovelfants@hotmail.com
Vice Chair	Dennis	(617) 460-0188	
Secretary	Leslie	(941) 223-4100	
Treasurer	Audrey	(609) 273-6701	audreyt16@icloud.com
SOAR 8 Reps	Pam	(941) 343-7181	
	Paula	(941) 487-8027	
WSO Delegate	Robert	(978) 821-8236	
Newsletter	Anna	(941) 378-9944	manasotanewsletter@comcast.net
12 th Step Within Retreat	Karen	Open (614) 500-1080	
Public Info		Open	

To contribute to this newsletter or to report any changes to the meeting list, email manasotanewsletter@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: audreyt16@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

“Face it, Trace it, Erase it, and Replace it.”

“If you eat over a problem, you then have two problems.”

“The sweetness you are looking for in life, does not come from food.”

“If you focus on recovery, you will lose the weight; if you focus on the weight, you will lose recovery.”

“Now we know, so now we can grow.”

“A tree does not move, unless there is wind.”

Living Through Literature

“None of us decided to have this disorder, any more than we would have decided to have any other disease. We can now cease blaming ourselves or others for our compulsive eating.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Step One, Page 1

“As we become aware of what our eating guidelines should be, we ask God for willingness and the ability to live within them each day. We ask and receive, first the willingness, and then the ability. We can count on this without fail.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Step Three, Page 23

WSO Ask-It Basket Q&A

Q. How can we encourage members to do service? Many take the view that they can't do service before they recover!

A. When we first come into Overeaters Anonymous, we want recovery to be about us; then our sponsor mentions service. Service gives back to the program and helps us too. In order to keep what we have, we have to give back what was so freely given.

All members, newcomers and longtimers, are encouraged to do service to help their recovery. Newcomers can set up chairs, carry the literature for a meeting or the key to a meeting. Some meetings have coffee, which newcomers can set up. They can also make outreach calls to other members, participate in readings at meetings, make announcements, and visit their intergroup.

I was encouraged to go to intergroup by my sponsor. I didn't need to be abstinent to go and see what an intergroup was all about. I went as a meeting rep. There were all kinds of things I could do without any abstinence requirements at all, like helping plan recovery events. I was good with computers, so I made flyers. I was able to place flyers and pamphlets in our local libraries and hospitals. My service helped carry the message to the still-suffering compulsive overeater. When I did reach required abstinence times, I was voted in as Secretary of our intergroup. I also became the region rep for our Region Eight assembly.

My love of service and OA took off from there. I served in many positions on the intergroup board and in my region. Here I am today—an OA trustee.

I love the journey of recovery. I meet so many people I never would have met otherwise. Doing service means we can trudge together that "Road of Happy Destiny" the Big Book mentions (*Alcoholics Anonymous*, 4th ed., p. 164), and carry the message to other compulsive eaters; it is our primary purpose.

[Another trustee answers:]

Your second sentence, "Many take the view that they can't do service before they recover" captures one of the many paradoxes in our program. Those who wait to be recovering or abstaining before they give service miss the fact that many who do service are gifted with recovery/abstinence along the way.

We can remind members that Service is one of our Tools of recovery; it can also be included in another Tool: Action Plan. A sponsor can request that all his or her sponsees do some level of service. When encouraging members to do service, include many ideas: members can help set up chairs and put them away at the end of meetings (they will undoubtedly share with others while doing this service). A newer person can become a "speaker getter" for the group, or be the group's literature person. Two or more newer members can work as a team to do a service—this practice generates support and helps with commitment, and service becomes fun! All this while, any person who has a dilemma about putting service, recovery, or abstinence first gets to put aside intellectual argument and instead live in the solution.

Always remember that any person giving service can ask their Higher Power to be with them; that way they are working Step Eleven whether they realize it or not. And please remember too that we humans want to be asked to help.

—June 23, 2017 WSBC 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.

Living the OA Responsibility Pledge

I wanted to focus this on the importance of returning calls and texts to OA members. If a member is traveling, the communication with another program member can be an absolute lifesaver. I have been in such a situation, where I was out of state but really wanted and needed more program literature sent to me. Not sure why I felt this need, I figured I probably just needed more security in the way of literature at a time of being away from home. When another member texted me some program pages, it was a Godsend. This experience reminded me of the OA responsibility pledge of being responsible for always extending the hand and heart of OA to those who share my compulsion. I am so grateful for the people who have returned calls, texts, and helped me in other ways along my journey to a better life with abstinence as my bedrock. Anonymous

Manasota Intergroup Meeting Mention

The Thursday OA meeting at Unitarian Universalist Church, 3975 Fruitville Rd. at 6:30 PM, is a WSO registered meeting that follows the HOW (Honesty-Open-mindedness-Willingness) format. There is a specific structure to the meeting. It begins with readings which give the background of the HOW concept, a welcome to newcomers, and includes readings from the AA Big Book and the OA 12 & 12 including the 12 steps and traditions. The tools of OA are then described and "pitched" on by OA/HOW sponsors who relate how the daily use of those tools help them from taking that first compulsive bite. Each week there is a speaker (an OA/HOW sponsor) who shares experience, strength and hope stressing the importance of abstinence...physically, emotionally and spiritually. Time for sharing from all others in attendance, takes place prior to the close of the meeting.

There is a FREE conference call-in number 712-775-7031 (access code 519-003-816#) to enable those who cannot attend the live meeting and those from other areas to call in and participate at the live meeting. This meeting is open to ALL those who wish to stop eating compulsively and not limited in any way. We welcome everyone with open arms.

Submitted by: Ree M.

Experience, Strength & Hope

HELLO, OLD FRIEND. Let me assure you I have not forsaken you. Don't worry you'll be lonely when you leave here. I am here. I will always wait for you. You know where to find me even when others don't. I hide and I wait. Don't believe what they say, for you know I am your friend. I am here when you need comfort, when you hurt, when you feel you can't go on. I am here to numb those feelings so you will not have to be tortured with terrible emotions. Just stay close and I can and will fix you instantly with no waiting. Don't worry about calling people or going to those meetings. Do you remember how you chose me in the beginning? Through the years we have become so intimate. I trust you will choose me again and not give up this closeness we have known. We have had such wonderful times together, riding life to the highest highs. No one and nothing else has ever done that for you. Remember the good times, not the bummers. Keep the memories alive. We belong together. You'll never be happy without me. You'll never be satisfied sleeping with another. I want to be the first thing you awaken to each morning and the last thing you touch each night. No one will believe what a complete lover you are, how much you are devoted to me, how you come back for more and more. I love to watch you; watch all the things you do with me. I deeply appreciate how much you have sacrificed for me – jobs, family, friends, health, money. You always put me first, easily taking time off work for me. You gave up dreams and hopes. You put me before your friends. You put me before your family, even the ones you love most. You threw people and things away for me if they came between us. That makes me know how much you treasure me. I can't tell you how grateful I am for your loyalty and respect you have shown as I remember those beautiful things you have sacrificed to devote yourself to me. Don't ever despair. You can always depend on me. I wait for you; I will always wait. For I am your friend and lover! I AM YOUR ADDICTION.

MY NAME IS PAMELA, COMPULSIVE OVEREATER FOOD ADDICT. I grew up in a dysfunctional home, my parents were prominent members of our church. Both heavy alcoholic drinkers with schizophrenic and narcissistic personalities. At home, my brother and I never knew what was to come next. My parents had a song for me, "fatty, fatty, 2X4 can't fit through the kitchen door". The guilt and shame was emotionally devastating. At age 11, my father committed suicide, which my brother at age 9 and I witnessed. We were now left with an emotionally and dysfunctional mother. After my father's death, the only way she could cope was to put my brother and I in separate private schools. I would sneak down to the school kitchen and steal food from the school's pantry, because I was restless, irritable and discontent. Food was my only comfort.

We moved to Florida about 20 years ago. I had no structure, although I still had the Twelve Steps to live by in another program. I was miserable. I was eating out of control and I was rapidly gaining weight. I had gained 50 lbs my first month here and I was emotionally unstable. I could not fathom the idea of the insanity around food and what food was doing to me physically, mentally, and spiritually.

I became friends with a gal who was almost as overweight as I was. Then all sudden she was losing weight and lighting up spiritually. I would ask her how she was doing what she was doing. The first few times my ears kind of closed. Then I ran in to her one night and I was open to the idea of structure. She inspired me to attend the OA/HOW meeting on Thursday night and I asked her to meet me there. She was the inspiration to bringing me back to OA. Over the years shame and guilt were my constant companion.

When I think about my compulsive overeating, there is nothing glorious. My disease wants me to feel isolated, different, and persecuted. Food is a product of amazing versatility: it will remove the clothes off my back, if I by chance use it in sufficient quantity. Food will remove furniture from the home, rugs from the floor, food from the table, lining from the stomach, vision from the eyes, and judgment from the mind. Food will also remove good reputations, good jobs, food friends, happiness from children's hearts, sanity, freedom, spouses, relationships, and my ability to adjust and live with my fellow man, even life itself. FOOD ALWAYS LIED TO ME!

FOOD IS A DRUG FOR ME. I feel like I belong in OA/HOW. I need the structure of the OA/HOW format. 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. When one overeater shares their experience, strength and hope with another, they share the true nature of their malady. When introduced to O.A. that overeater will never be the same. 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.

To recover, I cannot afford to stand back, hoping for "cures," and avoid deliberate action because of my lack of faith. I lived with my condition for many years, spending my resources on promising "cures" without success. When I came to believe in God, a power greater than myself, and have the faith to take hold of my own recovery, I find the healing power I have been looking for. I have come to understand through the second step that the Power greater than I was expressed in the love and patient kindness of the presence of God within the Twelve Step program; fellowship that gave me the opportunity to be restored to an emotional and mental balance. I EARNESTLY BELIEVE THAT GOD EXISTS, THAT I MATTER TO HIM AND THAT HE HAS THE POWER TO HELP ME TO RECOVER.

Submitted By: Pamela K. July, 2017

OA MANASOTA MEETING SCHEDULE

Day	Time	City	Location	Contact	Notes
Monday	1 pm	Venice	Lion's Club Venice Health Park 1283 Jacaranda Boulevard (Left Side of Building, Community Room A) CLOSED UNTIL DECEMBER, 2017 Call Dennis to Verify if Reopened	Dennis 617-460-0188	Discussion/Literature
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	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#
Thursday	7 pm	Holmes Beach	Episcopal Church of the Annunciation 4408 Gulf Drive (Park in Lot @ Rear of Church, 2nd Avenue)	Gillian: 941-840-4854	Discussion & Writing Open to All, Gay Friendly
Friday	10 am	Venice	Lion's Club Venice Health Park 1283 Jacaranda Boulevard (Left Side of Building, Community Room A)	Dennis 617-460-0188	Discussion/Literature
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 St., Room 9 (Main Building, Entrance Back Parking Lot)	Kathy: 941-954-4210	Big Book Study