

NEW HORIZON

OVEREATERS ANONYMOUS

Quarterly Newsletter -- October 2020

OAManasota.org or 941/957-1488 for more information

Intergroup Elections -- November 14th via Zoom

Please read this all the way through before you scrap the idea of offering yourself for a position. Several positions are available, and they are fun, great service, and rarely difficult.

Our World Service Business Conference [WSBC] delegate position is open. It requires two years of service beyond the group level and one year of current abstinence.

Also requiring six months of current abstinence are Intergroup chair, secretary, and possibly treasurer. All these positions are for a two-year term starting November 14th, and you must be present on election day if you wish to be considered. Additionally, you should be working the 12 Steps, traditions, and concepts to the best of your ability and be a regular member of a Manasota affiliated group.

Also open are Public Information and Newsletter.

All position descriptions are on OAManasota.org under "announcements and events," and then click on "MSI Policy and Procedure Manual 2014."

Each meeting needs to send a delegate to the Intergroup meetings; delegates are chosen by group conscience, and you may also have an alternate delegate. The only requirement is that you be regularly attending a Manasota meeting.

Personally, I have found working with Intergroup very rewarding, and I have made new friends since coming. I thought I didn't know enough to do what the position requires, but the awesome members help me if I am stumped. I have grown so much since coming to these meetings. During the pandemic, Intergroup meetings and service have been a lifeline for me.

If you're hesitant as I was, come to the Intergroup on October 10th to help you decide if you want to pursue this further.

Blessings in recovery,
Mary Beth

Positive Pitch

Recently I hit a big anniversary in OA.

I'd thought about it a few times before but immediately dismissed the thought when it came to mind. The week before the date, I found myself denying the reality of it. Thoughts like, "This abstinence isn't real or good enough," or "I don't weigh and measure, so I'm not abstinent as others are."

Another one was "I'll just let this anniversary 'slide by' because it's uncomfortable for me to be the center of attention, and more importantly, that way, I won't need to deal with the issue at all."

The week before, I shared about this dilemma in a meeting. I burst into tears. In sharing, I realized that my most challenging issue was the fear and shame around embracing success and asking people to help me celebrate.

The truth, as I now see it, is that anniversaries are a celebration for *all* of us in the program. My self-centeredness was getting in the way of a very important experience for my OA community.

That is, that when we work the program to the best of our ability, all of us succeed. We are able to share in the reality that *the program does work*.

Truly, I know that OA has saved my life on many levels. Thanks to each of you for acknowledging and celebrating your anniversaries. Doing so definitely helps all of us.

-- Wendy
grateful member

Worth repeating:

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

Big Book Sampler

4th Edition

Chapter 16:

I hung on to an idea I'd had most of my life, that if I could just control the external environment, the internal environment would then become comfortable. Much of my time [in hospital] was spent writing notes, letters, etc. to keep the world running while I was locked up. One has to be pretty sick to do that.

Today I feel I have used up my right to chemical peace of mind.

At last, acceptance proved to be the cure to my problem.

When I stopped living in the problem and started living in the answer, the problem went away.

I was judging myself by my intentions, while the world judges us by our actions.

My serenity is inversely proportional to my expectations.

I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me.

My serenity is directly proportional to my acceptance.

At last I was relieved of the bondage of my uniqueness.
...released from the prison of uniqueness. -- p. 450-1

Chapter 6:

They had not learned enough of humility, fearlessness, and honesty, until they had told someone *all* their life story.

More than most people, the food addict leads a double life.

About amends: We are there to sweep off *our* side of the street.

What we really have is a daily reprieve contingent on our maintenance of our spiritual condition.

After all, our problems were of our own making. The food wrappers were only a symbol. We have stopped fighting anybody or anything. We have to!

Announcements & Information

Intergroup meeting is the 2nd Saturday of every month
from 11:15 to 12:30 -- online for now.

Log-on information is on the meeting list.

Coming up:

Region 6 Convention -- October 23-25, 2020

2020 Focus on Recovery -- Virtually
Workshops -- Panels -- Keynote speakers

for info go to OARegion6.org/2020

Region 7's 2020 Virtual Convention November 6-8, 2020

Anchors Away!
Letting Go of What No Longer Serves Us

Register at OARegion7.org

Convention Chairwoman: Amy
ConventionChair@OARegion7.org

Registrar: Leslie
Registrar@OARegion7.org

from the Big Book, 4th Edition

One definition of a bottom is the point when the last thing
you lost or the next thing you are about to lose is more
important to you than excess food... Some of us die before
we get there. -- p. 425

...non-addicts change their behavior to meet their goals,
and addicts change their goals to meet their behavior.
-- p. 423

...double vision, neck brace, and all, I was doing just fine
on my own. -- p. 427

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

When you think about making a submission, remember
you don't have to be profound. When you tell what
you've learned, or what problems you've had, or how you
work the program, you might be writing just what your
reader needs to hear at that moment.