

NEW HORIZON

OVEREATERS ANONYMOUS

Quarterly Newsletter -- January 2020

OAManasota.org
Infoline 941/556-1293

OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from problems with food. Our weakness around food binds us together and makes us stronger.

Whatever your problems with food, you are welcome in OA.

There are no dues or fees.

For more information, call the Infoline above.

Pocket Lint:

Maybe Today

I've been bingeing my brains out for weeks and I wish I knew why. Well, I do know; it's partly this awful boredom, lack of motivation, and the need to console myself after anxiety. I no longer want to *want* to be abstinent or ride the bike or call a friend, much less leave the house. Except to eat, of course. I buy the food because I see it, and I eat it because I know it's here and I'm bored.

Well, maybe I can have an abstinent day today. It would be my 2nd such day this year, I think. Just find something to do when the desire to eat comes, and the feeling of wanting to eat will probably go away. Notice I said "wanting to eat" and not "hunger." Genuine physical hunger is the least of it. In fact, when I'm genuinely hungry, it's always real food that I want, not junk. But what would I find to do instead? I can't think of anything. This life is so boring.

On the other hand, maybe I should eat up those half-portions of junk in the fridge and then start again tomorrow. If I finish this junk now, it's only 3:30, I'll have not eaten for 15 hours or more by the time I wake tomorrow. Surely that's better than trying to struggle all night with saying No. Right? I've used up all my No's for today, I really have.

On the other hand I don't really feel like eating, and if I do, I'll feel bad afterwards -- and I'll still be

bored. Maybe just lie down and nap? Then I'll have only a few hours to kill until bedtime.

The evenings are hard, really hard. All those hours to kill. -- How I've always hated that phrase, an hour to kill. But it's how life is right now. I just kill time until I feel hungry or sleepy or until it's time to work or go to an appointment. Maybe what I need is more appointments!

Of course, in the old days, before this malaise set in, there were all those OA meetings to go to and calls to make and writing to do. Newcomers to talk to and old-timers to catch up with in the parking lot. And the reading; I got a lot out of that, I remember.

And there were 3 or 4 meetings a week, too, which was great, since one meeting kept me motivated for 2 or 3 days. And the meetings got me out of the house and gave me a purpose, something I used to want before I lost all my want-to's and started vegetating. Someday I'll go online and find a meeting to go to.

Anyhow, it's nearly 7:00 now and I haven't had those last portions of junk food. Maybe I'll tough it out, not eat anything more at all today. Maybe today could be a whole abstinent day.

Maybe.

-- Cindy

Beginners' Corner

Herewith, some phrases you'll hear around OA. You'll know you're an old-timer when you find yourself explaining them to others.

Remember, an acronym a day keeps confusion at bay!

Doing a 90 in 90: 90 meetings in 90 days, strongly recommended for those new, in crisis, or fresh out of treatment.

HALT: We learn not to let ourselves get too hungry, angry, lonely, or tired -- and for some, thirsty or bored. These are body states that are often mistaken for hunger. When, out of the blue, we suddenly feel the desire to eat or overeat, the odds are we're HALT. As we recover, we learn to question these sudden desires and deal with the real issue. A sort of "duh!" I know.

AWOL, a way of life;

HOW, honesty, openness, willingness. These refer to two offshoots of OA, a bit more structured. Also, useful phrases to keep us on track.

The Gray Sheet, the original food plan, discontinued in 1987.

Weighing and measuring -- portion control. A necessity for many, sometimes just at first.

ESH or **ES&H,** experience, strength, and hope. A considerable improvement over the alternatives.

The Scale God, a former Higher Power for most of us.

For Today, a little meditation book just for us.

ODAT or **ODAAAT,** one day at a time.

Few people can swear off binge foods forever, but most of us can do it for one day -- today. And then again the next day. And so on.

HP, higher power, including but not limited to recognizable deities. A good starting HP is the love and support of the group. HP is the heart of the program, but come anyway.

Take what works and leave the rest.

A ZIF, really as if; get a zif and fake it 'til you make it. Work the program as if you believed it would work; eventually it will.

Anonymity, important for newcomers to keep in mind. Of course we may break our own anonymity, but never others' without their permission. That's why we never mention OA on people's voice-mail or when we meet them in public unless we know it's OK.

And a few other goodies from the archives:

Came. Came to. Came to believe.

NUTS, Not Using The Steps

The five S's of relapse:

a slip, a sliver, a slice, a slab, a slob

The 3 A's for beginners: Awareness, Acceptance, then Action

Do you eat when you're not hungry?

The basic diagnostic question for compulsive eaters.

How do I know when I really, really, really need a meeting? When I really, really, *really* want to stay home.

And finally, remember, If you've had a bad week, you need the meeting; if you've had a good week, the meeting needs *you!*

Announcements & Information:

Intergroup Meeting is the 2nd Saturday of
each month from 11:15-12:30 at
Unitarian Universalist Church
3975 Fruitville Road, Sarasota
Entrance off courtyard; all are welcome.

March 6-8, 2020

Manasota IG Spring Retreat

Dayspring Center

Parrish, Florida

Resister Mary Rocker

4868 Lake Valencia Blvd East

Palm Harbor, Florida 34684

352/262-5588

KathyRaker1@gmail.com

Make checks out to Manasota Intergroup

March 20-22, 2020

Baton Rouge Recovery & Business Conv.

Baton Rouge, LA

info at BRIG.EVENTBRITE.COM

questions Aleta -- AHP42@ATT.CO

or 225-937-0566

Acceptance -- a Biggie.

First, it refers to our whole-hearted support and acceptance of each other. We don't nag, say "How could you?" or offer recipes.

Second, it refers to our acceptance of whatever our lives have been up to this point, whether abuse of 30 years ago, a bad decision of 3 years ago, or a binge of 30 seconds ago. The past is immutable, and we did the best we could at the time, given our knowledge, circumstances, and motivation. Life is lived from here forward. Acceptance is not the same as sullen resignation or hopeless inertia. True acceptance is a change in itself.

Third, it refers to our acceptance of the OA 12-Step program, that it really can work if we work it.

If you're really sorry, then why do it in the first place? And if you're *really* sorry, why do it over and over?

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
	srq48FL@gmail.com	
SOAR 8 Rep:	Tina	941/993-9717
WSO Delegate:	Pam	941/343-7181
	TLoveLfans@hotmail.com	
Newsletter:	Cindy	941/302-4391
	FibberMcGates@gmail.com	
12 th Step Within:	Tina	941/993-9717

Public Information is open.

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.

The treasury has money available for start-up costs [rent, advertising, literature] if you want to start a new meeting or have a project. See Jim (above)

OUTREACH OPPORTUNITY:

First Step of Sarasota needs two speakers every 3rd Thursday, 5:30-6:30 pm. Call Paula [above] for details.

OA LOCAL MEETING SCHEDULE

(SARASOTA, BRADENTON, PORT CHARLOTTE)

Updated 1-11-2020 Please visit www.OAManasota.org or 941-556-1293 for more info.

NOTE: New phone number.

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)	Tina: 941-993-9717 Mary Beth: 941-705-1417	Newcomer Meeting 1st Monday, Literature, Last Monday Speaker
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 Modular 17	Janet 941-504-8663	Steps, Last Tuesday Tradition
Tuesday	2 pm	Bradenton	Manatee Unitarian Universalist Fellowship 322 15th Street West (Use side entrance off the parking lot.)	Marcia N. 941-748-4598 Elaine T. 941-224-3130	Big Book
Wednesday	6:45 pm	Sarasota	Gratitude Club, 530 Payne Parkway (Entrance back of house, Go 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	Wk 1 Leader's Choice Wk 2 Steps Wk 3 Traditions Wk 4 Big Book Wk 5 Tools
Thursday	6:30 – 8:30 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 (712) 775-7031 Access code: 519003816#
Friday	7 pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (Parking Lot behind Church, Meet in Little White House)	Andrea: 941-926-7555	Discussion
Saturday	8:30 am	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Wendy: 941-806-7080	Special focus meeting: Anorexic/Bulimic
Saturday	10 a.m.	Sarasota	Unitarian Universalist Church 3975 Fruitville Road (West Wing Room, Inside Courtyard)	Mary 941-321-8756 Wendy: 941-806-7080	Big Book/Literature