



New Horizon

OA Manasota Intergroup
Quarterly Newsletter – Summer 2015

Information Line

(941) 957-1488

www.oamanasota.org

INTERGROUP MEMBERS

Chair	Marilyn	(941) 460-0912
Vice Chair	Vacant	
Newsletter	Pam	(941) 343-7181
Public Info	Erin	(310) 462-4732
Secretary	Cathaleen	(941) 685-4171
SOAR 8 Rep	Marilyn	(941) 460-0912
Treasurer	Anna D	(941) 378-9944
WSO Delegate	Paula	(941) 487-8027
12 th Step Within	Elizabeth	(978) 766-7040

Email oamembers@oamanasota.org to contribute to the newsletter 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
P.O. Box 44020
Rio Rancho, NM 87174-4020

www.oa.org

(505) 891-2664

SOAR 8 Treasurer
P.O. Box 443
Raleigh, NC 27602

www.oaregion8.org

Manasota Intergroup
1132 Ranchero Drive
Sarasota, FL 34240

Email: oamanasota@gmail.com

Make check payable to: Manasota Intergroup or MSI

Welcome to the Manasota Intergroup Summer Newsletter

Your help is needed to make this newsletter worth reading! Write down your thoughts about a topic, your favorite slogan and how it helps your recovery, or just even a few words of encouragement. Your contribution does not have to be long; even just a few words can help fill our pages. The topic for Fall is thankfulness! Looking forward to learning all about you, Pam, editor

Retreat!

**Save \$20 by registering
before Aug 1!**

Here are the details...

**“Together in Recovery:
A Twelve Step Journey”**

DAYS: Jan. 15 – 17, 6:00 pm Fri. through 12:00 pm Sun.

LOCATION: Christian Retreat Center

1200 Glory Way Blvd., Bradenton

FEES:

\$45 early registration by 8/1/15 (save \$20!).

\$65 registration fee after 8/1/15

Additional fees for accommodations and meals apply.

For more information please contact:

Karen B. at 614-500-1080 or kacie.kb40@gmail.com

OA Slogans

First things first!

Easy does it!

Let go and let God.

Act as if.

One is too many,
a thousand is not enough.

Keep it simple!

SERVICE

The difference between OA and the diet programs that I have tried in my life is that OA took me out of myself. I learned that what I had to share with others was important, and that I was worth something other than what perfection of the body could bring (I never had a perfect body and still don't). It gave me a sense of being good enough which I never got anywhere else.

WSO's focus for last year was on the *Principles of the Program*, and the focus for this year is on working ALL of the steps.

Each of the Steps focuses me on a task that teaches me one the Principles of the Program and learning to live by practicing those principles has changed my life.

Some people work Steps 1-3 and having found physical recovery; pass the message to compulsive overeaters that OA is different and that it works (Step 12). I have found that unless I change the person that I am, I will eat again.

Some people work through Steps 4-9, begin to feel the fulfillment of the *Promises*, and pass that message to others struggling with compulsive food issues. I have found that it is only through continued practice of Steps 10, 11, & 12 that I can continue to move forward and keep what I have found. I have been told and I have learned that if I am not moving forward, I am slipping backwards-nothing in this life stands still! Steps 10, 11, & 12 are my insurance. In Step 10 I continue to take my personal inventory, and when I am wrong promptly admit it. (the concepts of Steps 4-9, as needed) In Step 11 I put effort into maintaining my personal relationship with my Higher Power, and In Step 12 I practice the principles of the Steps, Traditions, and Concepts of the program and try to spread the message of recovery through Service to the program and living with personal integrity as expressed in my behavior.

At WSO I heard something like this: *The Fellowship supports me. The steps and the traditions change me. Because the person I was when I came in will eat again.* That is the only thing that stands between my disease (addiction) and recovery.

FYI: *Principles of The Program*: Honesty, Hope, Action, Courage, Integrity, Willingness, Humility, Love, Self-

Discipline, Perseverance, Spiritual Awareness, Service, Unity, Concern, Trust, Open-mindedness, Responsibility, Acceptance, Equality, Fellowship, Consciousness, Consideration, Representation, Balance, Delegation, Clarity, Dialogue, Compassion & Respect.

Paula
WSO Delegate

KEEP COMING BACK... We say it after every meeting. It is the secret of recovery. What keeps me coming back??? Step 12..Carry this message to other compulsive overeaters.

Doing SERVICE in OA... Whatever needs to be done...on any given day.

I need my meeting to be there when I need a meeting and by doing my small service I insure my recovery. I do my service for very selfish reasons.

Will the doors be open? Will the rent be paid? Will there be literature? Who will get the speakers? Who will collect the money? Will I find a sponsor? Will I be a sponsor? Who will represent our group at other service bodies? Who will share the news or make announcements???????

Service is as complicated or as SIMPLE as you want to make it. Getting to a meeting early and setting up the chairs, talking to newcomers. Staying after the meeting to clean things up. We are all one family and there is no mommy or daddy to do the work. Time to grow up and participate in the family, even if just attending the meeting is all we can do today.

We share our experience, strength and hope with others. Did you ever stop to think that someone in the room is literally DYING to hear what you may have to say. I know I always come to meetings with the hope that God will give me the message I need to hear through others sharing. I have been blessed by the messages I have heard at meetings.

Even if you don't have a dime to put in the basket your message of recovery is worth more than GOLD.

So Keep Coming Back and Do What You Can When You Can. The Secret of Recovery..... "SERVICE"

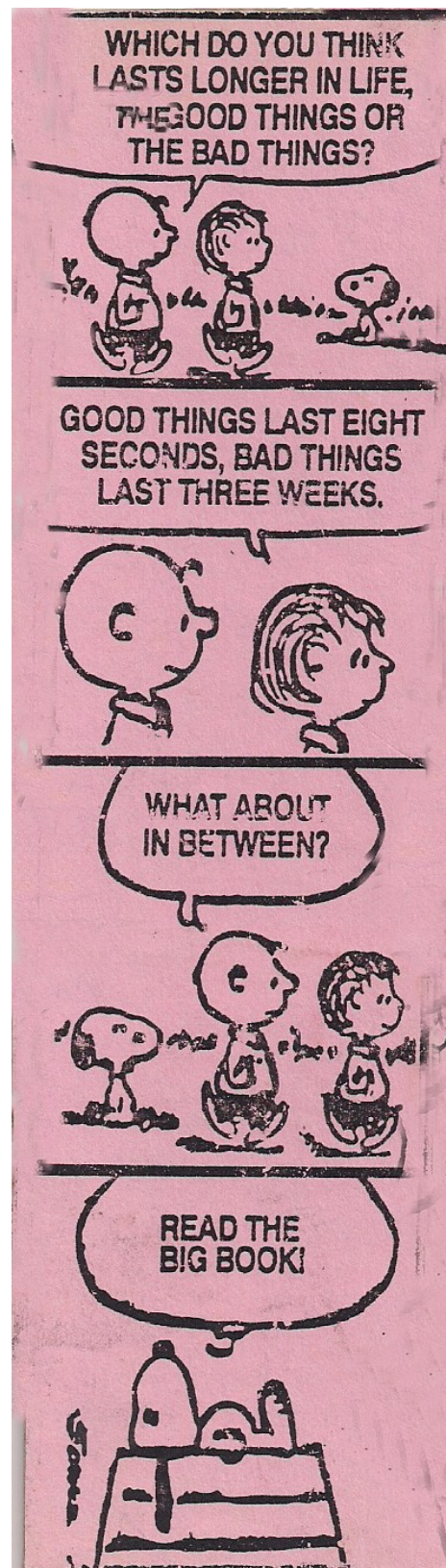
MaryAnn S.

The Treasures of Service

Howdy, Sister and Brothers! It has been said that, "God given talents are rendered useless if not put to good use." A grateful returning newcomer, I find doing service as the Bradenton Treasurer and Intergroup-Representative to be both enriching and meaningful. Armed with a new found purpose, I also discover that *Overeaters Anonymous* is a great platform which enables me to practice skills that have been laid to rest for many years.

Amazingly, for the first time in a long while, I feel alive doing something useful which also promotes my personal journey towards refinement and well-being. A wholesome sense of purpose and identity is being restored within me. The awareness of what has been lost is now slowly being regained, especially the feeling of accomplishment which is truly derived from doing something good for others. Hence, let it suffice to say that here in these rooms the true treasures lie! Here is where the opportunity to regain something missing, is suddenly found! Here the lonely is no longer lonely! Seek, and you will certainly find! My friends, let us remember that God will do for us what we cannot do for ourselves, but let us also remember that there are things we *CAN* do, and that is *SERVICE!* Got Service?

Angela F - Bradenton Group



Region 8 and Local Events

- July 10th-12th: SOAR 8 Business Assembly and Recovery Convention
- Sept 12th: Celebrating 38 Years of Recovery Event, Houma, LA
- Region 8 update: The website is <http://oaregion8.org> and if you want to view the quarterly newsletter, that link is <http://oaregion8.org/newsletters.html>

OA MANASOTA MEETING SCHEDULE – Summer 2015

Day	Time	City	Location	Contact	Notes
Monday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Gloria: 488-2533	DC/LIT
Monday	7pm	Bradenton	Trinity Methodist Church, 3200 Manatee Ave W (park in back of church; in conference room in adjacent Lighthouse building)	Sandi: 932-6651 Mary Beth: 705-1417	LIT/BB
Monday	7pm	Sarasota	First Presbyterian Church 501 Bowman Ct. (off Oak St. east of 301) Rm. #203	Pam G: 343-7181	ST/Beginner's Meeting on last Monday
Tuesday	10am	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 1 (back parking lot behind church)	Diana: 544-5838	ST/TR - last Tues. tradition
Wednesday	10am	Nokomis	Venice/Nokomis United Methodist Church 208 Palm Ave. Room #6	Babs: 497-6190	ST/TR
Wednesday	7pm	Sarasota	Bahia Vista Mennonite Church 4041 Bahia Vista St., Portable 18	Andrea: 926-7555	LIT
Thursday	10am	Bradenton	Our Lady, Queen of Martyrs Catholic Church 9th Street East (between 63rd Ave East and Whitfield) Rm. #10 in school building	Sandi: 932-6651	ST/TR
Thursday	10am	Port Charlotte	Pilgrim United Church of Christ 24515 Rampart Blvd. (off King's Highway)	Carolyn: 626-8969	DC/ST/SP
Thursday	6:30 - 8pm	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Anna B: 924-5498 Jamie: 822-0609	Special Focus Meeting: OA H.O.W
Friday	7pm	Sarasota	St. Wilfred Episcopal Church, 3773 Wilkinson Road (parking lot in back of church; come in to Conf. Room)	Andrea: 926-7555	SP/DC
Saturday	10am	Sarasota	Unitarian Universalist Church, 3975 Fruitville Rd. (Jefferson Room inside courtyard)	Terry: 923-2844	BB/LIT
Sunday	4pm	Sarasota	Bahia vista Mennonite Church 4041 Bahia Vista St., Portable 1	Paula: 487-8027	BB Step Study