

# NEW HORIZON

## OA Manasota Intergroup's Quarterly Newsletter

Information Line  
(941) 957-1488  
[www.oamanasota.org](http://www.oamanasota.org)

2402 Hermitage Blvd.  
Venice, FL 34292

### New Way of Living Brings Joy

I lived in fear and insecurity all my life and was often overcome with guilt. I think this came from growing up in an alcoholic and very religious home. It seemed that no matter how hard I tried, I was never good enough. To survive, I had to play by the family rules, which meant that mistakes and certain feelings were not allowed and certain things were not discussed. Often I was alone, feeling unsafe and unprotected.

Food became my way of avoiding or coping with my inner or outer turmoil. I thought I could control food. Consequently, it became the area in my life most out of control. I struggled with bulimia for eight years and with compulsive overeating for another three years. The daily cycle was predictable. To escape the overeating, I resorted to any means possible—dieting, restricting food, starving and swearing to never binge or purge again. The disease consumed my life, and the secrets

ate away at my soul. It reduced my sense of self-worth and self-esteem to almost nothing.

Four years ago, I received a chance to start a new life in Hawaii. I am not sure how it happened, but God was already working miracles for me. My new life, my partner's unconditional love, my therapy and my personal growth were enough to begin an amazing healing process.

I was recovering from bulimia, but the compulsive overeating remained. Shame, guilt and fear kept me from reaching out and being honest about my predicament. Convinced that no one could understand, I felt defeated, desperate and alone. I could not stop—not until I walked through the doors of OA at the age of 24 one year ago.

In OA, I found fellowship, love and understanding. No longer alone, I finally had hope. I had discovered that OA not only offered me a way of living without the food but also facilitated my physical, emotional and spiritual recovery. One of the biggest challenges and the most powerful force in my growth has been my spiritual development. Before I could develop spiritually, I had to move beyond the old, distorted religious beliefs and the shame associated with them into a new understanding of God as a kind, forgiving comforter with an all-encompassing love.

Immense healing came through the Fellowship, support from my loving husband and my new understanding of God. I learned how to love and be loved. Most of all, I found inner peace. I accepted that who I am is enough, embracing all that I am, including my imperfections. Shame and fear have subsided. Today I no longer eat to stuff my feelings or to keep life's problems from overpowering me. I do not exert precious time and energy on an unrealistic and hopeless journey toward perfection. Because my heart, mind, thoughts and energy are now freed from the obsessions, I can be fully present in the moment.

Now I have a better understanding of recovery. Physical recovery alone was not enough. Although I only needed to drop 15 pounds to be at my goal, I have lost over 215 pounds of emotional weight. Because my recovery has been physical, emotional and spiritual, I am seeing the changes of the disease slowly release their hold on me.

I continue to work my program, blessed with the miracle of abstinence and recovery. I am okay, and I will always be okay as long as I keep God by my side. I am finally happy, joyous and free.

Reprinted from [Lifeline](#) magazine

### Upcoming Events in the Region 8:

#### March 19-21, 2010:

Region 8 Business Assembly & Recovery Convention  
Memphis, TN.

For more information, visit:  
[www.oaregion8.org](http://www.oaregion8.org)

#### July 9-11, 2010

Region 8 Business Assembly & Recovery Convention  
"12 Steppin' in the Big Easy"  
New Orleans, Louisiana

#### April 26—May 1, 2010

World Service Business Conference  
"Half a Century = One World of Growth"  
Albuquerque, New Mexico, USA

F—Face

E—Everything

A—And

R—Recover





**Important Addresses:**

**World Service Organization**  
**P.O. Box 44020**  
**Rio Rancho, NM 87174-4020**  
**(505) 891-2664**  
**E-mail: info@oa.org**  
**www.oa.org**

**SOAR 8 Treasurer**  
**P.O. Box 1277**  
**Largo, FL. 33799**  
**Www.oaregion8.org**  
**Make checks or money orders to:**  
**Region 8**

**Manasota Intergroup**  
**ATTN: Mary Foushi**  
**P.O. Box 50126**  
**Sarasota, FL. 34232**  
**(941) 342-4939**  
**Make contributions to:**  
**Manasota Intergroup**

**Intergroup Members:**

<u>Position</u>	<u>Name</u>	<u>Phone No.</u>
Chair	Wendy C.	349-0009
V-Chair	Open	
Secretary	Open	
Treasurer	Mary F.	342-4939
Literature	Anna D.	378-9944
Public Info	Open	
WSBC Rep	Open	
12th Step Within	Open	
SOAR 8 Rep	Lynn S.	371-2213
Newsletter	Alina K	323-1983

The newsletter needs your stories!! The next newsletter topic is "Hope". Please submit a story of any length sharing your experience, strength, and hope on this topic. You may e-mail submissions to alinak23@hotmail.com. Thank you!

*Positive Pitch*

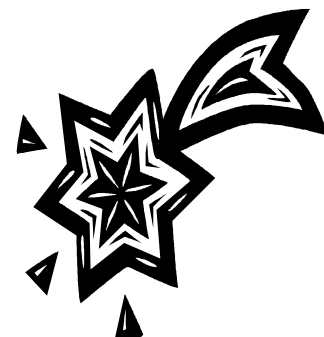
Why Service? I recall that, for a number of years that I was in OA, I felt so depleted and in need that I could not bear the thought of giving to one more person relevant to the tool of Service. My job was also in the helping profession. I rationalized that I do enough Service in my job, and with my friends and family. I attended meetings and stayed abstinent but the thought of being a sponsor and regularly calling people purely to be there for them just felt like too much. As ironic as it sounds, it was only when I started doing Service that my recovery truly took off. I attended my first Intergroup conference and felt entirely "fed" by the process. I took on a sponsee and took positions within our Intergroup. I felt a part of the OA community in a way that I had previously not. That feeling gave me a much deeper sense of connection and safety in program. My abstinence seemed easier and consistently cleaner. I was getting way more than I was giving once I started to work the tool of Service. We currently have a number of open Service positions in our Intergroup. One is the opportunity to attend the World Service conference in New Mexico, all expenses paid. I encourage you to consider using Service as a way to catapult your recovery, as it has mine.

In Service,  
Wendy, Chairperson, Manasota Intergroup

**Notice:** OA needs you to fill the Opened Intergroup member's positions mentioned above. Contact Wendy C. 349-0009. In addition, many service positions will be opening up in the coming year. Please consider giving your time for these valuable and necessary positions!!!  
*Editorial Policy: Opinions expressed here are solely the writer and not OA as a whole or necessarily those of the Editors. Articles are edited for style but not content.*

Thank you to all the groups who voted on the World Service Business Conference agenda items:

- Sarasota—Tuesday 10 AM
- Sarasota—Monday 7 PM
- Nokomis—Monday 10 AM
- Nokomis— Wednesday 10 AM
- Sarasota—Thursday 6:30 PM
- Sarasota—Saturday 10 AM





## Manasota Intergroup 2009 Donations

Thank you for your generous contributions in 2009 to Manasota Intergroup. These funds help to spread the hopeful message that there is recovery from compulsive overeating.

When the 7th Tradition basket is passed, remember to “Give as if your life depends on it.”

—Mary F., Intergroup Treasurer

Group Name	Group #	Totals
Bradenton Mon pm	47485	\$125.00
Bradenton Thurs am	39393	\$60.00
Bradenton Fri pm	41233	\$16.20
Englewood Thur pm	34769	\$25.00
Englewood Sunday pm	49578	\$25.62
Nokomis Mon am	15412	\$240.00
Nokomis Wed am	29157	\$120.00
Northport Mon pm	00719	\$0.00
Northport Fri am	40253	\$100.00
Port Charlotte Thurs am	05140	\$125.00
Sarasota Mon pm	04059	\$771.71
Sarasota Tues am	11791	\$311.00
Sarasota Wed pm	25384	\$201.00
Sarasota How Thurs pm	48703	\$126.20
Sarasota Fri pm	30966	\$0.00
Sarasota Sat am	20781	\$373.17
Venice Sat am	36061	\$110.00
Workshop Fundraiser		\$286.00
WSO - PI Fund		\$250.00
Monthly Totals		\$3,265.90

## NOVEMBER 2009 REGION 8 REPORT

I had the privilege of representing our intergroup at the business assembly and recovery convention in Tampa, November 6<sup>th</sup>-8<sup>th</sup>. I was delighted to see 5 other members from our intergroup in attendance. There was a good turnout, with 49 voting reps and, a total attendance of 160. Costa Rica and Columbia sent reps, as well. I dined with Anna, from Costa Rica, and she spoke of opening 2 meetings in her country, where people are hungry for recovery. We are fortunate to have so many meetings, here.

- Atlanta gave their final report from the last region meeting in March, where registration peaked at 213. They described it as, “Beyond our wildest dreams,” The intergroup earned \$3948, with \$465 coming from the basket raffles, and \$861 in boutique sales. The hotel staff was invited to take everything that was left over in the boutique. (what a great idea) Post convention meeting attendance is skyrocketing.
- Elections were held; Chair-Stephanie D. WSO Trustee-Gerri H. Treasurer- Karen C. 4 reps were elected as our region reps to World Service, in May. All committees chose new chairs.
- Arik, from Tampa told his beautiful and inspiring recovery storey. He’s given away 200 pounds, and he now works as a personal trainer.
- A motion to amend the qualifications of Region Board members created a lively debate; Proposal; “The nominee must have arrested his/ her compulsive eating and be practicing the spiritual principles of the Twelve Steps and Traditions for a minimum of one year as evidenced by one year of current continuous abstinence; maintenance of a healthy body weight or movement toward a healthy body weight, and completion of all 12 steps.” The motion was defeated due to the verbiage about body weight.
- Region 8 Logo Design Contest; due date; March 19, 2010. Contact [chairperson@oamiami.org](mailto:chairperson@oamiami.org) for details.
- \*Elvis came to perform at our banquet on Saturday night. We took a trip down memory lane, as he serenaded us, many of us even danced....We are not a glum lot.
- Florida State Convention 20<sup>th</sup> Anniversary - February 26-28, 2010 Cocoa Beach Hilton Oceanfront.
- Region 8 Business Assembly and Recovery Convention -March 19-21, 2010 Memphis Tennessee.

Respectfully submitted by Lynn S

Manasota Intergroup Representative

**OVEREATERS ANONYMOUS MEETINGS - WINTER/SPRING 2009-2010**

**BG Beginners \* BB Big Book \* ST Step \* TR Tradition \* DC Discussion \* LIT Literature \* SP Speaker**

**SUNDAY**

**4:00PM Englewood/ST/TR**

Gulf Cove Methodist Church  
1100 McCall Rd  
Port Charlotte  
Rt. 776 S. Englewood  
Sheryl: 876-6173

**MONDAY**

**10:00 AM Nokomis/ DC/LIT**

Venice/Nokomis United Methodist Church  
208 Palm Ave. Room #6  
Gloria: 488-2533

**10:00 AM Bradenton/BB**

Our Lady, Queen of Martyrs Catholic Church  
9th Street East (Btwn. 63rd Ave East and Whitfield)  
Rm. #10 in School Building  
Marcia: 748-4598

**7:00 PM Bradenton/BB**

Trinity Lutheran Church  
2200 26th St. W. (side office)  
First week tools  
Kathy: 544-6948

**7:00 PM Sarasota/ST**

First Presbyterian Church  
501 Bowman Ct. (off Oak St., East of 301), Room 203  
Beginner last Mon.  
Pam G: 343-9579

**TUESDAY**

**10:00 AM Sarasota/ST/TR**

Bahia Vista Mennonite Church  
4041 Bahia Vista St. Portable 17  
Last Tues. tradition  
Loretta: 923-9481

**WEDNESDAY**

**10:00 AM Nokomis/ST/TR**

Venice/Nokomis United Methodist Church  
208 Palm Ave. , Room #6  
Beth: 484-4881

**7:00 PM Sarasota/LIT**

Bahia Vista Mennonite Church  
4041 Bahia Vista St., Portable #18  
Andrea: 926-7555

**THURSDAY**

**10:00 AM Bradenton/ST/TR**

Our Lady, Queen of Martyrs Catholic Church,  
9th St. East  
(Between 63rd Ave E and Whitfield)  
Rm #10 in School Bldg  
Helaine: 758-8896

**7:00 PM Englewood/DC/ST**

United Methodist Church  
700 E. Dearborn, Room 101  
Church Parlor  
Millie: 475-5386

**10:00 AM Port Charlotte/DC/ST/SP**

Pilgrim United Church of Christ  
24515 Rampart Blvd. (off King's Highway)  
Fran: 764-7719

**6:30-8:00 PM Sarasota/H.O.W./SP**

Church of the Holy Spirit Episcopal  
129 S.Tamiami Trail, Osprey, FL 34229  
Mary F.(941-342-4939)  
Linda S.(941-484-9373)  
SPECIAL FOCUS MEETING  
O.A. H.O.W.  
**BEGINS 11/05/09** (Directions:  
Immediately north of Wal-Mart,  
turn east at the M&D restaurant,  
turn left towards the sanctuary.  
Enter first door on the right at

**FRIDAY**

**10:00 AM North Port/LIT**

Bon Scour North Port Health Park  
HWY 41 Sumter Blvd, Conf. Room #2  
Denise: 624-6723  
Barbara K: 423-2632

**7:00 PM Sarasota/SP/DC**

St. Wilfred's Episcopal Church  
3773 Wilkinson Rd  
Conf Room  
Sandy: 365-6059

**SATURDAY**

**8:30AM Venice/Outdoors/BB**

Manasota Beach Pavilion  
(RT AT BRIDGE, SHELTER ON LEFT,  
PARKING ON RT)  
8570 Manasota Key Rd.  
RED TIDE ALERT: MEET AT  
ENGLEWOOD SPORTS PARK  
ON RIVER ROAD  
Ann P: 474-2988  
Barbara: 423-2632

**10:00AM Sarasota/BB**

Unitarian Universalist Church  
3975 Fruitville Rd.  
Jefferson Room  
Rich: 954-8476

“I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness; no longer must we each depend on our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.”

**- Rozanne, Founder of OA**