

# NEW HORIZON

## OA Manasota Intergroup's Quarterly Newsletter—Summer 2010

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

2402 Hermitage Blvd.  
Venice, FL 34292

### I love Step Nine!

Surprised? So am I! When I wrote my first Step-Eight list, I was overwhelmed. How could I find all those people and make up for all those wrongs? Was it a realistic goal?

I pushed forward because I knew people who had what I wanted and had done a thorough, painstaking and prayerful Step Nine. At that time, I was blessed to have a Step Meeting for my home meeting. We read from the AA "Twelve and Twelve," and I listened as longtimers shared how they had made their lists, became willing and made amends. I am grateful for their honest shares about the most painful and shameful deeds for which they had made amends. I am grateful they shared not just the outcomes, but also the process they went through to get to Step Nine. I am grateful they stayed in program so I could see the blessings and recovery that come from cleaning up one's past. I had great examples and role models, a wonderful sponsor and a good

foundation.

The first and easiest amends I made were financial. I apologized for the items I had pilfered, eaten or taken. I discussed my plan for changing my behavior and paying back the money I owed. Sometimes, people had to be convinced this was necessary. Sometimes, I had to establish a payment plan because I didn't make enough money to pay it back at once.

Next came the hard amends—the emotional hurt I'd inflicted and the living amends I owed. They demanded more than an apology; they demanded a change in the way I lived my life. I was scared. People might reject me or be angry with me; I might go to jail; and I didn't think I could keep living cleanly toward some of my sick and crazy loved ones. Slowly, I realized all I needed to do in Step Nine was clean up my side of the street. The rest of the Steps would help me live on that street and keep it clean, one day at a time.

I was propelled forward by my desire for complete freedom, not just from food addiction, but also from shame about my past, angst over the wrongs I'd done, and fear of people and the future. I believe the Big Book when it says, "...we will never get over drinking until we have done our utmost to straighten out the

past...nothing worth while can be accomplished until we do so..."(p. 77-78). Deep within, I knew the key to freedom lay in how thoroughly I cleaned my house. I went from person to person on my list, writing a script of what I would say and how I would find the person, discussing it with my sponsor, praying about it and carrying it out.

I've never had a negative amends experience. Each one started out scary, went well and buoyed me for the next. Sometimes, I walked away having repaired and reclaimed a relationship. Other times, the damage was too great; the person forgave me, but chose not to be part of my life. This was sometimes hard, but I understood the reason and accepted it. Not matter what, I always walked away from an amends feeling more free and clean. That good feeling and the skills I learned in Step Nine are treasures I build upon every day of my recovery. The best gifts is knowing that if I work the OA program wholeheartedly, I will never have wreckage again.

-N.W. Fairfax, Virginia USA  
(reprinted from Lifeline Nov. 2009)

Interested in learning more about Step Nine? Join one of our Step, Big Book, or Literature Meetings! (see meeting list on back)

### Upcoming Events in the Region 8:

**June 19 - 9 a.m. to 12 p.m.**

OA Central Fl. Intergroup presents:  
"Spring Cleaning" Marathon

Mary Magdalen Catholic Church  
861 Maitland Avenue  
Altamonte Springs, Fl.  
For more information, go to:  
[www.oacfi.org](http://www.oacfi.org)

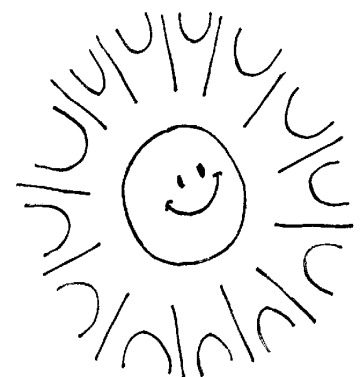
**July 9-11, 2010**

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

**September 23—26**

"Finding the Treasure"  
*Overeaters Anonymous Retreat*

Amelia Hotel (904) 206-5200  
1997 S. Fletcher Avenue  
Amelia Island, Fl. 32034  
[www.ameliahotel.com](http://www.ameliahotel.com)





**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 "Service and Contributions make OA a success!" Please submit a story of any length sharing your experience, strength, and hope on this topic. Submissions can be e-mailed to alinak23@hotmail.com. Thank you!

*Positive Pitch*

I recently hit a big abstinence anniversary in OA. I'd thought about it a few times prior to it, but immediately dismissed the thought when it came to mind. The week before the anniversary, I found myself denying the reality of the anniversary. Thoughts like, "This abstinence isn't real or good enough." "I don't weigh and measure, so I'm not abstinent like others are," or "I'll just let this anniversary 'slide by' because it's uncomfortable 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 decided to share about the dilemma in a meeting. I burst into tears. In sharing, I realized that the 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 our OA community. That is, when we work the program to the best of our ability, all of us succeed. It allows each of us 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 celebrating by acknowledging my anniversary in a meeting and having fun later that day.

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.*

*HOPE*

"As we become aware of what our eating guidelines should be, we ask God for the 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, p. 23

At a time in my recovery when I could not stay abstinent, the words "without fail" offered me comfort and hope. When I could do nothing else, I could pray on my knees every day, no matter what, for the willingness and the ability to be abstinent. The miracle is that the willingness came and then the ability. I continue to ask God for the willingness and ability to be abstinent daily, and it continues to work. I believe that just as God grants me the willingness and the ability to be abstinent, He helps me overcome my character defects. If I pray for the willingness and the ability to do God's will, I will receive the willingness and



### *Tradition #3*

“The only requirement for OA membership is a desire to stop eating compulsively”

As someone who has come back to OA in the last few months this tradition is especially close to my heart. In learning about the program I think it is natural for people to categorize other members by their different choices in creating a program that works for them. It's one way that we as human beings work to understand a new environment, especially one that is so different from any other we have encountered.

With that in mind I think that it is also important for me to temper my thoughts and ideas about other members. I am working to remember that just like me everyone in these rooms came here in search for something; help, answers, support, community, empathy, or a change. In my everyday life I make snap judgments about others all the time, sometimes in meetings I find myself falling into the trap of taking other people's inventory. I create this sliding scale of need, where do I fall, am I the worst in the group, or are there others that I judge as worse off.

This leads me into one of the pitfalls that I have noticed of late. Keeping the focus off of me. I have spent so much time fixing others. Micromanaging my friend and loved one's lives, I now see that that tremendous amount of energy could've been spent working on my own shortcomings, and leading a life that I can be truly proud of.

What is for me one of the most amazing revelations for me are the unity and the honesty. I have lived for so long in isolation, allowing my disease to close me out of my life. I have kept secrets from everyone. Secrets that I've now been able to share. And guess what, when I told them during my meetings, the earth didn't stop moving, the ceiling didn't fall in. The greatest thing happened, someone looked me in the eyes and said, “ I know exactly what you're talking about”. The joy I felt in that moment, that I am not alone.

Anonymous in Sarasota

### *New Scholarship Fund*

Manasota Intergroup has established an annual \$200 scholarship fund to assist members who would like to attend an OA-sponsored event yet are prohibited due to financial hardship. Members who request financial aid may apply for up to \$50 to be used toward the cost of registration and travel expenses.

Applications for financial aid must be sent in writing to Manasota Intergroup, PO Box 50126, Sarasota, FL 34232 or emailed to [mfoushi@comcast.net](mailto:mfoushi@comcast.net). Recipients of scholarships are encouraged to share with their home group and with Intergroup their experience, strength and hope from attendance at the event.

On behalf of your Manasota Intergroup, I am pleased to express our sincere appreciation for your continued generous contributions.

In service,

Mary F., Intergroup Treasurer

**OVEREATERS ANONYMOUS MEETINGS - SUMMER 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  
NW corner of building.)

**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