



# New Horizon

## OA Manasota Intergroup Quarterly Newsletter – Spring 2014

Information Line

(941) 957-1488

[www.oamanasota.org](http://www.oamanasota.org)

### INTERGROUP MEMBERS

<b>Chair</b>	<b>Marilyn</b>	<b>(941) 460-0912</b>
<b>Vice Chair</b>	<b>Patrice</b>	<b>(734) 262-9395</b>
<b>Newsletter</b>	<b>Ruth</b>	<b>(315) 853-6627</b>
<b>Public Info</b>	<b>Erin</b>	<b>(310) 462-4732</b>
<b>Secretary</b>	<b>Pam</b>	<b>(941) 343-7181</b>
<b>SOAR 8 Rep</b>	<b>Marilyn</b>	<b>(941) 460-0912</b>
<b>Treasurer</b>	<b>Anna F</b>	<b>(941) 378-9944</b>
<b>WSO Delegate</b>	<b>OPEN</b>	
<b>12 Step Within</b>	<b>Paula</b>	<b>(941) 487-8027</b>

**NOTICE: We have a need to fill the following position: WSO Delegate.** Contact Marilyn 460-0912 for more information.

*Email changes to OA meeting schedule to [patenergy@yahoo.com](mailto:patenergy@yahoo.com).*

**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 7<sup>th</sup> 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](http://www.oa.org)

**(505) 891-2664**

**Region 8 Treasurer**  
P.O. Box 1375  
Holmes Beach, FL 34218-1375

[www.oaregion8.org](http://www.oaregion8.org)

**Manasota Intergroup**  
1132 Rancho Drive  
Sarasota, FL 34240

Email: [oamanasota@gmail.com](mailto:oamanasota@gmail.com)

**Make check payable to: Manasota Intergroup or MSI**

## ANNOUNCEMENTS

A possible Big Book Study meeting on Sunday afternoons – see Paula for details.

**WSO REP** Needed to represent Manasota IG at the World Service Business Conference. The position is now open and we are looking for someone that can serve our Intergroup and represent us at the week- long meeting in May. The requirements for the position: 1 year of abstinence; serving for 2 years above the group level; practicing the 12 Steps & 12 Traditions to the best of your ability. Please pass the word!

**Message from our CHAIR** I would welcome any input on how to make our Intergroup meetings more informative, more communicative, and more fun! We are out to enhance our recovery through our service - let's do this together! So drop me (Marilyn) an email at: [vton56@yahoo.com](mailto:vton56@yahoo.com).

*Despite the vast differences in age, lifestyle and personality among OA members, we share a common goal: **abstinence**. The beautiful thing is that abstinence is not a requirement for attending meetings or working the program; only the desire to be abstinent is required. The Fellowship accepts us, whether we are abstinent or not, for we are not bad people. We are sick people trying to recover. Many of us came to OA feeling that we did not fit in or belong anywhere else. We all have equal status in the program, whether newcomer or veteran. As our OA "Twelve and Twelve" says, "Recovery is a journey, and the Twelve-Step program is the road we travel together in OA. The purpose of Tradition Three is to ensure that the road will always be accessible to all who wish to travel it" (page 130). When we open our hearts and minds to those around us, many of us experience unconditional acceptance for the first time in our lives. This program works.*

*— Lifeline, March 1997*

## **Program for Compulsive Eaters Gives a New Outlook on Life (2/25/14) In the National Newspapers**

**DEAR ABBY:** I'd like to tell your readers about a wonderful program I discovered about a year ago. It's called Overeaters Anonymous (OA). The program is similar to AA, but it's for people with an eating problem.

For years, I struggled to lose weight. I tried dozens of diets, pills and saw several doctors. I would lose some weight, but I could never stick with a program, so I gained back more than I lost. I felt like a loser.

I was a food junkie. I ate when I was happy, sad, depressed, bored or lonely. I would buy candy at the checkout counter at the market and eat it on the way home. Then I'd hide the wrapper in the garage so my family wouldn't know I ate it.

I hid candy in the kitchen cabinets so no one would find it, then I'd sneak in and eat it later. I could never have only one serving size of chips or cookies. I would consume half a bag before I stopped.

Since joining OA, I have lost more than 50 pounds and feel like a new person. I have a new outlook on life and no longer have to rely on food. It's good to be able to talk with people who have the same problems I do. It's a daily struggle, but I have a sponsor and others to talk to when I'm tempted to return to my old life.

Compulsive eating is a disease, Abby. And unless people have it, they don't understand. I hope this letter will help someone who is also struggling. -- GRATEFUL O.A. MEMBER IN ILLINOIS

**DEAR GRATEFUL:** I'm glad you found OA. It's a wonderful organization that has been around for many years. About 20 years ago, I was fortunate to meet the woman who founded it -- and she was a doll -- and I know the program has helped many thousands of people. Often when a person has weight issues, it is less about what he or she is eating than it is what is eating the PERSON.

Readers, OA has about 6,500 groups in more than 75 countries. There are no requirements for membership except a sincere desire to stop eating compulsively. Everyone is there to offer mutual support. I have attended some of the meetings, and there is no weighing and no embarrassment. There is only a fellowship of compassionate people who share a common problem.

There are OA chapters everywhere, but if you have trouble locating one, go to [www.oa.org](http://www.oa.org), or send a long, self-addressed stamped envelope to Overeaters Anonymous World Service, P.O. Box 44020, Rio Rancho, NM 87174-4020. The email address is [info@oa.org](mailto:info@oa.org).

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### **IN MEMORIAM**

**Rozanne S., Founder. Overeaters Anonymous July 15, 1929—January 16, 2014**

**“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 upon 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.” – The OA Promise, by Rozanne S.**

**“A journey of a thousand miles must begin with a single step.” (For Today, p. 311)**

With one step into a 1958 Gamblers Anonymous meeting, Rozanne S., the founder of Overeaters Anonymous, set foot on her worldwide journey to bring help and hope to thousands of people struggling with compulsive eating. Rozanne's journey has come to an end. The Board of Trustees and the World Service Office of Overeaters Anonymous pay tribute to the woman whose energy, vision, determination and compassion gave birth to OA in 1960. With the help of many others, hand in hand, she nurtured OA for 54 years.

Rozanne was born in Milwaukee, Wisconsin USA, July 15, 1929, to parents who valued education and hard work. They instilled those values in Rozanne. When she was 12, the family moved to Chicago. Already she felt insecure about her weight and herself. At 18 and a junior at the University of Chicago, she thought being thin was the way to boys and happiness; she dieted from 142 pounds (64 kg) to 118 pounds (54 kg). A better fit, she thought, for her 5 foot 2 inch (157 cm) height. The boys came, and her grades plummeted. She left the university, enrolled in business school and regained the weight she had lost. A year later, she returned to the university and earned her degree.

She began work as a producer's secretary, first in summer stock and then in New York City. She returned to Chicago two years later and became a fashion copywriter for a department store. Her love of writing flourished. Seeking warmer climes, she moved to Los Angeles and reveled in her job as assistant advertising manager for a chain of department stores. Despite her success, low self-esteem plagued her, and she continued to suffer from compulsive overeating.

January 1955 opened the door to love, and by the end of the year, she and Marvin S. married. The births of daughters Debbie and Julie followed. (Marvin passed away in November 1999.)

In November 1958, she saw a television program profiling a new Twelve-Step program, Gamblers Anonymous. She and Marvin took a friend-in-need to a meeting, not realizing it was she who would find salvation. She thought, "I'm just like that . . . Their compulsion is with gambling and mine is with food, but now I know I'm not alone anymore!" (Overeaters Anonymous, Second Edition, p. 11). She realized she wasn't "wicked or sinful." She had a disease, and it had a name: compulsive overeating.

However, no groups existed for compulsive overeaters. A year later, in desperation she returned to another Gamblers Anonymous meeting where the founder encouraged her to pursue her idea of starting a Twelve-Step program for compulsive overeaters. On January 19, 1960, Rozanne and two friends convened the first meeting of Overeaters Anonymous. (For more of Rozanne's personal story of recovery, see "Keep Coming Back: Rozanne's Story," Overeaters Anonymous, Second Edition, p. 7.)

Rozanne became OA's visionary, always searching for new ways to reach out and carry the recovery message. She abandoned her initial attempts to rewrite the Twelve Steps and Twelve Traditions for compulsive overeaters, relying instead on the universality of the original Steps and Traditions of Alcoholics Anonymous (AA). Early on she recognized the media's value in carrying the message. She coaxed the producers of a syndicated television show to feature OA. On November 1, 1960, seven OA members appeared on the show; it produced a significant jump in OA membership. With meetings in her home, endless hours dealing with correspondence and counseling and cajoling on the phone, papers piled high in her dining room, and hours spent on financials, Rozanne's life, with Marvin's support, became OA. But "together we can," and with increasing membership and helping hands, together she and OA members grew the organization.

Rozanne brought significant change to OA's diversity, its outreach and its recovery program. She suggested OA hold its first Conference in August 1962. In 1961, OA had voted to ban men. Rozanne disagreed. With the Conference Committee's approval, she invited A.G., a male Texan and co-founder of Gluttons Anonymous, to attend. Gluttons Anonymous merged with OA at the Conference, and thus began the welcome of men into OA.

The announcement of the upcoming Conference appeared in the first OA Bulletin, written by Rozanne and precursor to OA's Lifeline magazine. She thought of the name Lifeline when imagining a lifeboat next to a huge ocean liner at sea.

A first Board of Trustees (BOT) emerged from the first Conference, and members also voted to hold an annual May Conference. The OA Convention grew out of a day of sharing experience, strength and hope at the first Conference.

In 1979, after Rozanne expressed concern for helping international OA members, the first Conference International Committee became a reality with Rozanne as chair. She also served on the BOT and as National Secretary.

Rozanne wrote many literature pieces for OA, including the original To the Newcomer pamphlet (1966) to orient newcomers; I Put My Hand in Yours (1968) to give information on how to start and strengthen groups; and Beyond Our Wildest Dreams (1996) to share OA's history. A DVD interview titled Reflections: A Visit with OA's Founder and a CD compilation of speeches And Now a Word From Our Founder . . . Five WSBC Speeches brought Rozanne's insights and hope to members at large.

Rozanne's compassion for and understanding of the emotional, physical and spiritual challenges faced by compulsive eaters have touched people worldwide. She leaves an enduring legacy that will continue to inspire and heal those who still suffer.

**"All ten have now passed away of natural causes, having maintained complete sobriety. Today, hundreds of additional A.A. members can be found who have had no relapse for more than thirty years....They bear witness that release from alcoholism can really be permanent." -Alcoholics Anonymous, Part I, Pioneers of A.A., page 169**

**I was struck when I read this passage the other day. For years now I have had the habit of reading one page - which I read twice, for comprehension - a day from the Big Book. I read everything from the title page, through the index, because I find promises of recovery everywhere. In my book, I have underlined maintained complete sobriety, no relapse, and release from alcoholism can really be permanent. Wow! How do I get to experience these promises? In AA meetings I have heard it said: "Don't drink and don't die!" As catchy and true as this may be, I have found that it takes a bit more for me to have complete release. I have to practice complete surrender.**

**Atiya** A spiritual being - experiencing joy, wholeness and wellness through Love & the Twelve Steps

Inspiration

*My Higher Power is an experience rather than a being; the experience of balance, health, wholeness, conscience, emotional growth, nurturing and recovery.*

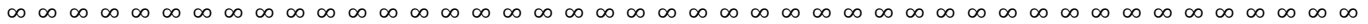
— Lifeline, February 2006

**NEW**

*The Twelve Steps and Twelve Traditions of OA: Audio Recording on CD or MP3*

Listen to OA's basic text while driving or during physical activities. CD #696/\$15.00; downloadable MP3 #697/\$15.00

You can purchase these items at [www.oa.org](http://www.oa.org)



**OA MANASOTA MEETING SCHEDULE – Spring 2014**

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 Lutheran Church 2200 26th St. West (side office entrance)	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	David: 350-7509	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 (Btwn. 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)	Fran: 764-7719	DC/ST/SP
Thursday	6:30 - 8pm	Sarasota (Osprey)	Church of the Holy Spirit Episcopal 129 S. Tamiami Trail 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.	Mary F: 342-4939 Linda S: 484-9373	Special Focus Meeting: OA H.O.W
Friday	7pm	Sarasota	St. Wilfred's Episcopal Church 3773 Wilkinson Road, Conf. Room	Andrea: 926-7555	SP/DC
Friday	7pm	Bradenton	Trinity Lutheran Church 2200 26th St. West (side office entrance)	Sandi: 932-6651 Mary Beth: 705-1417	LIT
Saturday	10am	Sarasota	Unitarian Universalist Church 3975 Fruitville Rd. (Jefferson Room)	Terry: 923-2844	BB/LIT

Monthly Telephone Workshops

The Board of Trustees Virtual Services Committee is offering a year-long series of monthly telephone workshops. Each month, one workshop will feature Board of Trustee speakers and will focus on discussions of OA literature. The second workshop will feature Region Chairs speakers and will focus on a variety of topics, including a Plan of Eating Panel, How to Sponsor, and Recovery from Relapse. For complete details, check the Datebook Calendar at:

<http://www.oa.org/datebook-calendar/>. If you have questions, contact the Virtual Services Trustee at [vst4oa@hotmail.com](mailto:vst4oa@hotmail.com)