



January 2012

A Monthly Newsletter serving Citrus, Hernando, and Pasco counties

Volume 12 ~ Issue 1

www.oafreedom.org

**A HAPPY
NEW YEAR**

Step 1 We admitted we were powerless over food -- that our lives had become unmanageable.

Lesson In Powerlessness

My program is saving me while my back heals. Every day I read, journal, pray and make outreach calls. I have pulled out long-neglected projects, like writing an article for Lifeline. My OA friends call and encourage me. Eight of them came and had a meeting in my apartment! I am also blessed with a wonderful companion who does for me what I am not able to do.

But I am not docile. My days are boring when I allow it. One morning I woke up feeling cranky and rebellious. My OA reading saved my day. One article said I can work the Ninth Step by accepting my powerlessness over my character defects and making amends by working on the opposite trait. Another said that when I give in to my character defects, I am not living in my center. I believe in a power greater than myself -- God, and God is love. I am empowered if I accept God's love and strength. When I turn to God in prayer, I find deep peace, contentment and gratitude.

My back is slowly healing (Thank you, God), and I am learning to rejoice in my powerlessness. When I surrender it to God and do what I am able, God gives me the help I need -- sometimes just the ability to live with the situation. I will see the doctor soon for new x-rays and assessment. I am confident he will say I am making good progress and, hopefully, will let me do more.

I am grateful to OA for teaching me to live with powerlessness and a peaceful heart, doing what I can for others. I have been able to stay abstinent and work the Steps because it has become a way of life for me.

Thank you, OA and all my OA friends, for helping me on my journey. Today I remember, "God can do for me what I cannot do alone."

Anne M., Richmond, VA
-Lifeline, January 2009, Pg. 19

Tradition 1 Our common welfare should come first; personal recovery depends upon OA unity.

Living With Each Other

The more recovery I experience, the more I become aware of contradictions. As I become more clear and honest about who I am, I become more individualized and unique. Before recovery I tried to fit myself into guidelines imposed from outside, but I didn't fit. I am unique. I am special. The great secret I learned in recovery is -- so are other people! It's not my job to point out to others the errors of their ways.

This realization has saved much time in my busy schedule. Now I'm free to work on myself or to just enjoy who I am and what I'm doing. The First Tradition yields one more insight. It is much more productive and pleasurable to concentrate on what we agree on rather than the few aspects we don't agree on. Often we get into disagreements with individuals who share our views and have just a few areas of separation. We rarely get into the fine points with those who totally disagree with us. Concentrating on what we agree about, maintaining our own beliefs and not trying to convert the other is the path to a joy-filled relationship.

The Steps show us how to live with ourselves. The Traditions show us how to live with each other.

Patricia E., Tempe, AZ
-Lifeline, January 2009, Pg. 18

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The opinions expressed in this newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in this newsletter.

Please submit your article by the 15th of the month for publication in the next month's newsletter.

Email: news@oafreedom.org



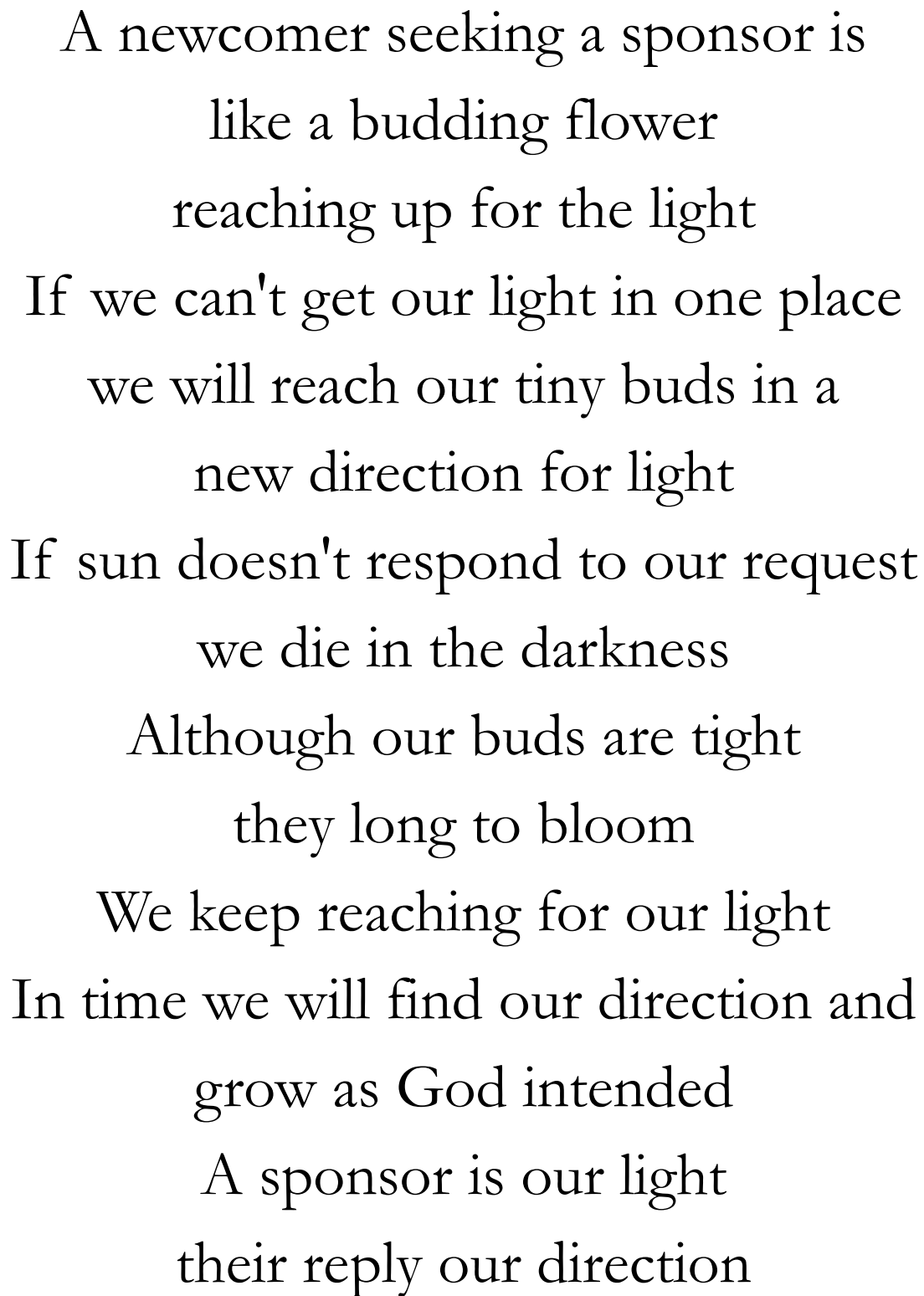
FREEDOM INTERGROUP



WE WANT YOU!!!

I've been coming to O.A. Since 1987 and have always done some type of service. It's my way of giving back to the program and members who have given so much to me. One of my most rewarding experiences has been being a part of Intergroup. In Wisconsin I chaired the Public Information committee. I was responsible for arranging to have a billboard placed on the interstate advertising O.A. You can't imagine my excitement when a newcomer came to their first meeting saying that they were there because they saw that billboard. There are many jobs that need to be filled at Intergroup. One of the simplest ones is being an Intergroup representative for your meeting. Each group is allowed two representatives. The reps attend the Intergroup meeting which occurs on the second Saturday of the month from 9:30AM -10:30AM at Unity Church, 5844 Pine Hill Road in Port Richey. There is a regular O.A. Meeting following and after that we usually go out for lunch to share fellowship and an abstinent meal. Intergroup reps participate in discussions and vote on issues affecting our groups and then take the information back to their individual groups. By being part of Intergroup I am practicing Step 12 because Intergroup does so much to carry the message to the still suffering compulsive overeater. I am also practicing humility because I am focusing more on what I can do for others instead of myself. The Big Book says it's important to show our gratitude and I feel the Intergroup experience offers us that opportunity. I believe our program would not flourish without everything provided by our Intergroup. Meeting lists, newsletters, conventions, workshops, retreats, a telephone hotline, literature, fellowship and many other services. Much service is needed to keep our program going. I encourage everyone to come to an Intergroup meeting so your voice can be heard. Remember together we get better.

Submitted by Suzanne S.



A newcomer seeking a sponsor is
like a budding flower
reaching up for the light
If we can't get our light in one place
we will reach our tiny buds in a
new direction for light
If sun doesn't respond to our request
we die in the darkness
Although our buds are tight
they long to bloom
We keep reaching for our light
In time we will find our direction and
grow as God intended
A sponsor is our light
their reply our direction

How Is Your Program?

- 1. I have a food plan to follow.
- 2. I write down my food every day.
- 3. I weigh and measure my food at each meal.
- 4. I have a sponsor.
- 5. I call my sponsor daily.
- 6. My sponsor and I have agreed on a certain time for me to call.
- 7. I take my call to my sponsor seriously.
- 8. I call three OA members daily.
- 9. I call seven different OA members each week.
- 10. My OA calls emphasize positive sharing
- 11. I pray daily.
- 12. I meditate daily.
- 13. I read OA and/or AA literature daily.
- 14. I attend meetings as often as possible.
- 15. I talk to newcomers at meetings.
- 16. I call newcomers when I can.
- 17. I am of services as much as possible.
- 18. I look for the good points in others.
- 19. I look for the good in myself.
- 20. I try to see how much I can put into a meeting, not just how I can get out of it.
- 21. I practice positive thinking.
- 22. I practice acceptance *(Page 449 Big Book 3rd Edition / Page 417 - Big Book 4th Edition)*
- 23. I take a daily inventory.
- 24. I am writing a journal.
- 25. I use the tool of writing very often.
- 26. I have entered into the spirit of working this program.
- 27. I can identify the step on which I am working.
- 28. I practice anonymity.
- 29. I practice self caring.
- 30. I maintain abstinence.

Some OA Sayings: They work if you work them!

Switching from one compulsion to another is like switching seats on the Titanic.

Only God can turn a mess into a message.

We aren't bad people trying to get good. We're sick people trying to get well.

The disease is progressive. So is recovery.

You don't have a problem. You have a solution you don't like.

If you want what the winners have, do what the winners do.

If you feel like taking something to feel better, take one of the Steps.

I was living in the pollution instead of the solution.

It was one of those meetings where they carry the mess instead of the message.

I traded a lot of pain, fear, and despair for my seat in Overeaters Anonymous.

If you're not doing enough for OA, you're not doing enough for yourself.

My life is none of my business. I just show up every morning and report for duty.

If you're working your own program properly, you won't have time to work someone else's!

My relationship isn't my problem and it isn't my solution.

I'd better be careful when I say I'm grateful. Gratitude can Only be expressed in deeds, not words.

If you want to see how grateful someone is, ask them to help you. Some folks think God sets up the chairs and cleans up after the meeting.

We earn today's abstinence today. We can't stay abstinent on meetings we attended last year, 12th Step calls we did last year, Steps we worked last year. We cannot keep what we have based on what we gave away last year.

OA didn't tell me what would happen if I kept eating compulsively so much as it told me what would happen if I stayed abstinent.

There's no problem that cannot become a crisis and no crisis that cannot become a disaster -- if I eat to try to escape it.

I was sick and tired of the high cost of low living.

If you'd rather die than go to OA, you probably will.

Food never really made me happy ~ but it made me think I was going to BE happy in about 15 minutes. Once I admit that I cannot manage my own life (Step One), I relinquish the right to try to manage someone else's.

Upcoming Events

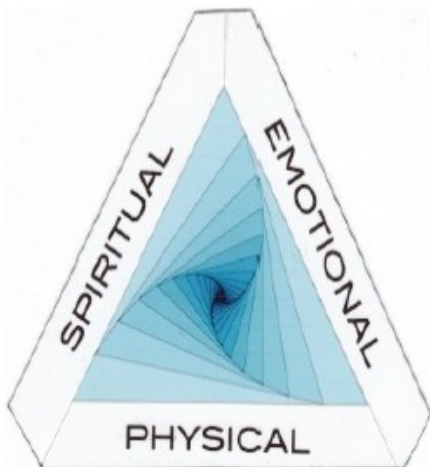


All participating Florida Intergroups proudly present

2012 FLORIDA STATE CONVENTION

February 24 to 26, 2012

TOGETHER WE CAN ACHIEVE
THREE-FOLD RECOVERY



Cocoa Beach Hilton Oceanfront

1550 N. Atlantic Ave

Cocoa Beach, FL 32931

Additional copies of this flyer can be downloaded at WWW.OAREGION8.ORG

SOAR 8 Recovery Convention
& Business Assembly
Hosted by
Triangle IG, Raleigh, NC

SOARing to Recovery

Triangle Intergroup



SPIRITUAL
MARCH 9-11, 2012

Physical, Emotional, Spiritual
March 9, 10 & 11 2012

Embassy Suites Hotel
Raleigh - Crabtree

Registration
and
Hotel
Information



Triangle OA Intergroup

PLEASE NOTE: Members of OA can post upcoming events on OAFreedom's Forum. Go to oafreedom.org/forum and sign-up!

FREEDOM INTERGROUP MINUTES

Dec. 10, 2011

OPEN WITH SERENITY PRAYER: ALL

READ AND ACCEPT MINUTES: Read by all and accepted with the change of date for Beth taking over the newsletter in 2012. Jeanine made motion to pass and Kathleen 2nd. All in favor.

TRADITION OF THE MONTH: December read by Catherine.

TREASURER REPORT: Barbara Joy and handed out a report.

COMMITTEE REPORTS: Retreat in May at the Franciscan Center in Tampa May 4-6, 2012

UPCOMING EVENTS: 2011 Holiday Telephone Marathon Meeting Schedule -- Starts on Dec. 12th -- Look at flyers.
State Convention: Feb. 24-26, 2012 Cocoa Beach, FL
Soar 8 Recovery Convention and Business Assembly: March 9-11, 2012 in Raleigh NC
Retreat in May at the Franciscan center in Tampa May 4-6, 2012

ELECTION OF OFFICERS: At January Meeting -- Chair, Vice Chair, Secretary, Treasurer, Region 8 Rep, World Service Rep, Literature Chair, Newsletter Editor, Retreat Chair, 12 Step Within and Public Information.

NEWSLETTER: Barbara Joy sent Mary Jane info and she will be putting the newsletter together till Beth takes over. BJ asked that each person send in articles about our recovery and send it to be published about honesty and unity as topics. Send your articles to Barbara Joy for Mary Jane (our Webmaster).

TELEPHONE HOTLINE: None

LITERATURE: None

OLD BUSINESS: Survey -- Intergroup is considering sending out a survey to groups about participating at Intergroup. 12 Step within event will possibly be held at Unity Church possibly in the future. More info to come in future.

NEW BUSINESS: Nominating New Board Members Jeanine is nominated for Vice Chair. It was group decision that due to lack of participation Intergroup is considering dissolving. We will take a vote at the January meeting.

PUBLIC INFORMATION:

GROUP REPORTS: Monday night meets regularly with approx. 5 people, with newcomers who usually don't come back, but it's a good meeting. Monday Zephyrhills has approx. 6-8 people, is well attended and the rep brings in reports and reports to the group. Also has people who come and don't come back. Wednesday and Saturday in Port Richie has had a hard time getting people to commit.

NEXT MEETING: January 14, 2012

CLOSED WITH THE LORD'S PRAYER


Here are some questions we would like your group to take a look at and help us get answers at the next upcoming Freedom IG meeting on January 14, 2012:

Does your group receive information from Intergroup?
Does your group know what Intergroup is? What they do?
Does your group send a representative to Intergroup on the 2nd Saturday of every month?
Is there something that you think Intergroup should be doing?
Do newcomers return to their second, third or more meetings?
Do your meeting concentrate on the solution and not the problem?
Is someone at your meeting receiving and downloading flyers, information, etc from Intergroup and printing it for your meeting?
Are members from your group utilizing our Website OAFreedom.org?
Do you have monthly copies of our newsletter at your meetings?
Do you know about online meetings? Phone meetings?
How many members are going online or attending phone meetings?
Are you aware that there is a forum on our Website?

Freedom Intergroup would like to know ...

What is your feedback?
Do you like the idea?
Do you have additional questions?

January 2012 • Freedom Intergroup Meeting List

	Day/Time	Group Name	Address	Contact
 Citrus	Monday 1:00 pm	Voices of Recovery	Central Citrus Community Center 2808 W. Marc Knighton Court Lecanto, FL 34461	Delores D. 352-746-5019
	Tuesday 3:00 pm	Solutions	Inverness Lakes Regional Public Library 1511 Druid Road Inverness, FL 34452	Maralyn B. 352-726-9112
	Wednesday 10:30 am	Refuge	St. Anne's Episcopal Church 9870 West Fort Island Trail (Parish Hall) Crystal River, FL 34429	Peg D. 352-447-5080
	Thursday 1:00 pm		Our Lady of Grace Catholic Church 6 Roosevelt Blvd. Beverly Hills, FL 34465	Francisca B. 352-746-7749
	Friday 7:00 pm		Our Lady of Grace Catholic Church 6 Roosevelt Blvd. Beverly Hills, FL 34465	Barbara 352-527-9551
Hernando	Tuesday 1:00 pm	Bridge to Serenity	Nativity Lutheran Church 6363 Commercial Way Weeki Wachee, FL	Belinda B. 352-293-3455
	Friday 1:30 pm	New Beginnings	St. Andrews Episcopal Church 2301 Deltona Blvd. Spring Hill, FL 34606	Betty 352-666-1710
Pasco	Monday 5:30 pm	Big Book Meeting	Florida Hospital - Zephyrhills 7050 Gall Blvd. (Wellness Conference Center) Zephyrhills, FL 33541	Ginny S. 352-796-5459
	Monday 7:00 pm		Calvary Chapel Worship Center 6825 Trouble Creek Road New Port Richey, FL 34653	Judy 727-457-3976
	Wednesday 10:00 am	Winners	Unity Church 5844 Pine Hill Road Port Richey, FL 34668	Peggy D. 727-817-0017
	Thursday 7:00 pm	Serenity Seekers	Atonement Lutheran Church 29617 State Road 54 Wesley Chapel, FL 33543	Beth M. 727-252-6441
	Friday 11:30 am		Seventh Day Adventist Church 7333 Dairy Road Zephyrhills, FL 33540	Sharon T. 813-782-6005
	2nd Saturday of each month 9:30 am	Freedom Intergroup Meeting	Unity Church 5844 Pine Hill Road Port Richey, FL 34668	Sharon T. 813-782-6005
	Saturday 10:30 am	Pasco Pioneers	Unity Church 5844 Pine Hill Road Port Richey, FL 34668	Jeannine A. 727-849-3048



The most current Face-to-Face, Online or Telephone Meeting Lists can be found at:

<http://www.aa.org/meetings> or call our **Hotline # 1-800-544-6353**

Please visit our Web site at <http://oafreedom.org>

