



Road to Recovery

A Monthly Newsletter serving the Citrus, Hernando, and Pasco counties
 April/May 2010

www.oafreedom.org
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Got Tools?

The opinions expressed reflect those of the writer and do not represent OA as a whole.

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 Serve your group by sharing your experience, strength and hope in this newsletter. Please submit your article by the 20th of the month for publication in the next month's newsletter.

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## Step 4

### *Made a searching and fearless moral inventory of ourselves.*

The 4th Step calls for us to examine our lives up to the present day, writing down all important actions & events of a moral or ethical nature, our feelings about them, & the character traits in us from which these actions stemmed. Writing this inventory is an important process that tests our commitment to the 12 Step program. How can we face this challenge fearlessly, as the steps ask us to do? Those of us who have completed step 4 have found that taking this searching & fearless moral inventory was one of the most loving things we ever did for ourselves. As we took an honest look at who we had been & what we had done in the past, we began to understand ourselves better. That understanding was the beginning of emotional healing. Many of us had lived our lives to this point with a secret feeling of shame. We carried deep in our hearts the feelings that we were

worthless or insignificant. Often this shame stemmed from unresolved guilt over the mistakes we never fully dealt with. We never faced our wrongs honestly & acknowledged them, so we were left feeling ashamed. Change begins with honesty. As we work the 4th step, we develop a new ability to see our own dishonesty & a greater willingness to live by the truth. Writing our 4th step inventory enables us to begin cleaning up the messes of the past, so we could start life over, afresh. The self-analysis we do in step 4 is essential to our recovery from compulsive eating. This step continues a process of transformation which began with our admission of powerlessness in step 1, a process of increasing honesty & self-awareness that will gradually free us from our bondage of self. As we face the problems of our past, they lose their power to overwhelm & control us. The chains of self-obsession

drop from us one by one, & we are able to know & do our Higher Power's will more easily, without the need to protect ourselves from uncomfortable feelings by eating compulsively. What form should our inventory take? Any form at all—we find that how we do the 4th step inventory makes little difference. What counts is that we do it! Many members find using "the 4th Step Inventory Guide of Overeaters Anonymous" booklet very helpful. Also our sponsors can help by suggesting ways to approach our inventories, & they serve as invaluable sounding boards during the writing process. Each of us who completes a 4th step inventory in OA finds it essential to our recovery & a major factor in changing our lives. We discover that a promise made in "Our Invitation to You" has begun to be fulfilled. We are "moving beyond the food & the emotional havoc to a fuller living experience.

*from OA 12&12 & 4th step inventory booklet*

*Dear God,*

*It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete this task.*

**Freedom Intergroup Meeting 3/13/10****OPENED : at 9:00am with Serenity Prayer****ATTENDANCE:** Jeannine A. Chair., Wed.AM; Judith K. Sat.AM; Juliana A. Fri afternoon Spring Hill; Elizabeth C. Wed; Nancy Mon. Z'hills .**MINUTES:** Read and motion to accept by Nancy 2nd by Elizabeth**TRADITION OF THE MONTH:** third tradition read by Jeannine**TREASURER'S REPORT:** from **Barbara Joy** read by Jeannine :Verizon-\$23.70;Comtech-\$10.10

WSO-\$60.00;Reg.8-\$84.00;Pinellas Trad-website-\$30.00;Literature -2/08 debt card -\$284.15.Checkbook balance forward \$1455.36;Total monthly Income \$146.00;Total Monthly expenses \$491.95: Checkbook Balance-\$1109.41

Treasurer's report accepted as read. motion to accept by Nancy 2nd by Judith

**REGION 8 REPORT:**"Steps and Traditions" tele-conference Tues.3/2/10 at 7:30PM tele-conferences helpful when unable to attend a meeting .**COMMITTEE REPORTS:**

Retreat Committee: Jeannine and Barbara Joy working on topic , get reservations in soon !!

Florida State Convention: Next yr will be held in Altamonte Springs .This year's Convention was very successful...our intergroup was responsible for the raffles and did quite well (50/50 Baskets as well the group raffle tickets ) next year we will be in charge of Literature ...Spring Hill Thurs night group won the cash raffle of \$300 Congratulations to group . Barbara Joy was acknowledged for having initiated the beginning of a State convention in Florida and having attended 19 Of the 20 held ,Barb was presented with a large picture signed with many good wishes from members in attendance at Convention .

**SPECIAL EVENTS:** Soar Convention coming in March and Retreat in April**UPCOMING EVENTS:** 3/19-3/21 soar 8 Recovery Convention & Business assembly Memphis, Tenn.

4/30-5/2/10 Retreat "The Promises" Franciscan Center, Tampa

10/15-17/10 St Leo's Abby in Pasco County (Suncoast intergroup)

11/19-20/10 Franciscan Center (pre-holiday retreat)

**NEWSLETTER** :available on line Groups are asked to download and make copies for members who are unable to download FEB /MAR will be together**TELEPHONE HOTLINE:** Carole G**LITERATURE:** CONTACT NANCY P. 813-715-4512**PUBLIC INFORMATION :** Hernando group still working on PI no new info**GROUP REPORTS:** Hernando groups slowly improving ;Pasco Wed group filling up ; Pasco Sat. Group full meetings Zephyrhills :evening group going well consistent**NEXT MEETING:** April 10th 2010**CLOSED WITH SERENITY PRAYER** :at 9:50 AM motion to close by Nancy 2nd by Liz. submitted by Juliana A.**FREEDOM INTERGROUP MEETING MINUTES APRIL 10, 2010****OPENED at 9:00 am with Serenity Prayer led by Jeannine****ATTENDANCE:** Jeannine PR.Chair.,Sharon J Fri&Mon Z'Hill,Marce Fri& Mon Z'Hill,Dolores Lecanto, (Citrus), Helene, Beverley Hills (Citrus), Beth LandO'Lakes,Grace NPR, Juliana Spring Hill, (Hernando)**MINUTES:** read by Jeannine, motion to accept by Sharon ,2nd by Dolores, vote unanimous.**TRADITION OF THE MONTH:** 4th tradition read by Sharon.**TREASURER REPORT** from- Barbara Joy, read by Jeannine

General Fund \$404.05,Literature \$289.86,Special events \$90.00,Retreat scholarship fund \$127.25,Region 8 Scholarship fund \$11.50, Prudent reserve \$500.00 Checkbook balance \$1,422.66.(April 8/2010) Total monthly income \$349.56, Total expenses\$36.31.Motion to accept by Dolores,2nd by Juliana, vote unanimous

**COMMITTEE REPORTS**

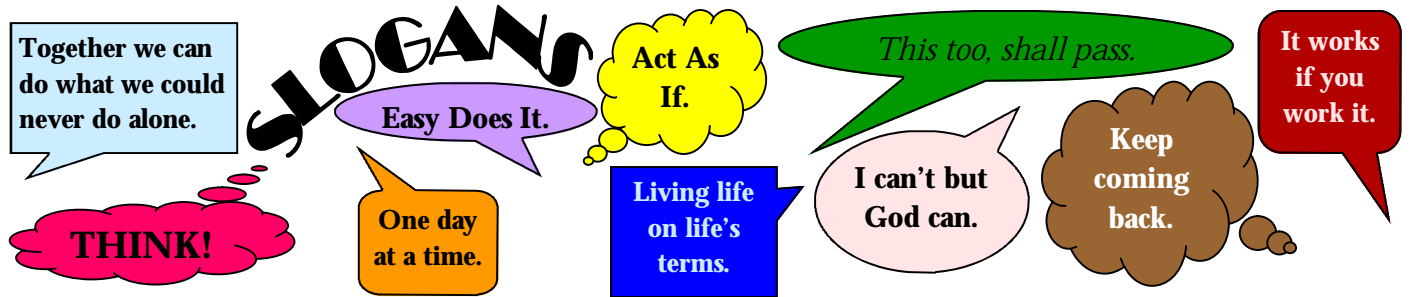
Retreat Committee... plans for retreat coming along , get reservations in soon only 3 weeks away.(Remember meals are included with the price of retreat)

**UPCOMING EVENTS:** 4/30-5/2/10 Retreat "The Promises" Franciscan Center, Tampa

Oct 15-17 St Leo's Abbey in Pasco Co

Nov 19&amp;20th Retreat:"Serene through the Holidays. Really!! Franciscan Center

**. NEWSLETTER** : Available on line at oafreedom.org ; Most recent newsletter available on line.**12TH STEP WITHIN** : Still seeking a Chairperson**TELEPHONE HOTLINE** :- Carole G continues to maintain : calls coming in for info on OA**LITERATURE** : Nancy had surgery recovering nicely Contact for literature (813-715-4512)**GROUP REPORTS** NPR groups Wed /Sat meetings vary in membership usually 6-9 members ,Z'hills Fri morn. and Monday night" Doing well" (snowbirds leaving reducing membership ) Hernando Tues ,Fri, Sat afternoon &Thurs evening , meetings remain active ,Groups working on increasing membership.**NEW BUSINESS** Sat NPR meeting may change time to 10:30 am Should that happen Intergroup meeting may start at 9:30 . To be announced: that a new group will be starting up in Wesley Chapel soon**OPEN DISCUSSION** State Convention planning meeting Sat 4/11 2010**NEXT MEETING:** May 8,2010 ..... Motion to close meeting by Grace,2nd by Dolores, vote unanimous**CLOSE WITH THE LORD'S PRAYER** at 9:55 am



My favorite slogan is "always". For me it means God is always there for me in all I do each & everyday. All I need to do is just sit down, take a deep breath & relax. My day will be a brighter, loving & manageable day; everything falls into place. ~ Mia

H-A-L-T - hungry, angry, lonely, tired. G-O-D - good orderly direction. Fail to plan & you plan to fail. God's not done with me yet. ~ Maryl

I guess "One day at a time" since it was the first thought that came into my mind. God only gives us one moment at a time so if you add up all those moments, before you know it, there's another beautiful, abstinent day gone by. I wake up in the morning and before I get out of bed, the devil says, "Oh crap she's getting up!!!!" ~ Mary T.

This too shall pass - I like this slogan because when I find myself in pain be it physical, emotional or spiritual... I know it will not last. ~ Judy

For me, its One day at a time - sometimes its one minute at a time but it works, it's a great slogan. ~ Julie

I like "Let go & Let God" After all I have been carrying the world on my shoulders for years, & I just found out that it was not my job. Others I like - My worst day in recovery

is better than the best day in my addiction - truer than truth itself. Easy does it - because I tend to make things complicated. One day at a time - this is truly all we have. ~ Marilyn

It's not about the food until I make it about the food. Abstinence or Insanity - the choice is left to me. Fear: Forgetting Everything About Recovery. Humility isn't thinking less of myself; it's thinking about myself less." "With His help, I am becoming Me." "Are you willing to be sponged out, erased, canceled, made nothing? Are you willing to be made nothing? Dipped into oblivion? If not, you will never really change." "He is no fool who gives what he cannot keep to gain what he cannot lose." "Today is the tomorrow you were worried about yesterday." "First things first; Easy does it; Live and let live; One day at a time." "When true transformation begins, I don't just do the right things; I find myself wanting to do them." ~ Dave

I think my all-time favorite is F.E.A.R. It means False Evidence Appearing Real. ~ Peggy

KISS (Keep It Simple, Surrender), One Day At A Time, Let Go and Let God. ~ Anne

Feel~ Deal~ & Heal

When I change the way I look at things the way I look at things change. I can't, U can Please help. Just for today. ~ Gloria H.

My favorite slogan is "Live & Let Live". Before OA, I was such a controlling person (I can still have slips). I wanted everyone to be the way I wanted them to be - no exceptions. Today I am living my life, & I am letting everyone live their life the way God intended it. As long as I am in recovery and living ONE DAY AT A TIME. When I want to go back to controlling, I say to myself live and let live. ~ Rita S.

I don't know if this is an actual OA slogan, but I love this quote: "Focus on Recovery and you will lose weight. Focus on weight and you will lose Recovery" For me, this is so true! When I get bogged down in worrying about if I lost one pound or 10, I'm not focused on what I should be doing. It's a distraction from what's really important... eating healthy in a healthy way, maintaining relationships, living life! ~ Chris

It's not much but mine is "HALT" because I often find that being hungry, angry, lonely or tired usually contributes to a desire in me for excess food. ~ Betty

The symptom is physical, the cause is

emotional, the solution is spiritual. ~ Mary Jane

When I came to OA I heard, "Don't compare your inside with someone else's outside" & "God doesn't make junk." Each time I am aware of the tendency to put myself down, I affirm & follow through on my belief that I deserve the same credit I give to others. I treat myself as I would treat someone I love & respect. ~ from For Today pg.24

"Comfort is not a Requirement" & "Feel the fear & do it anyway" ~ Jeannine

"It is what it is" ~ Sally

"This too shall pass" Because I know that nothing stays the same. ~ Barbara Joy

"God allows U-Turns" This is my favorite because if you mess up you can always turn around & start over, God allows us to do that! ~ Carole

Many OA members use slogans daily, such as "This too shall pass," which has acquired many meanings. "Live & let live" succeeds in granting me a gift. I no longer feel the need to be right, & I can now choose to be free because "Happiness is an inside job." By accepting "If nothing changes, nothing changes," I am still someone who learns from each moment. I must never forget the real meaning of ODAT: "One day at a time." "Expect a miracle." I learned to accept that this is true, even for myself. Why? "I am a miracle." That is why I "Pass on it," knowing I can "Relax, God is in charge." *continued page 5*



## Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Throughout our lives many of us have felt isolated from other people. We felt that we were outsiders, & we acted out this feeling in many ways, some of us by being shy, others by being arrogant or belligerent, others by playing the clown. No matter how we acted, however, deep down we felt alone & apart. Now, looking at Step 5, we see something we can do—a positive action which we can take—to end our isolation.

As I finish my 5th Step, I feel relieved & excited. I know my Higher Power has been with me all the way, prodding & leading me. I have always felt apart from the human race. I felt I had to be better than everyone else or I was no good at all. I acted out this feeling by being a “know-it-all.” As I reflected on the 4th Step inventory, I began to realize that I was no different from any of my fellows in OA. I had heard many of these things in meetings. Why did I think I was different?

My 5th Step process opened my eyes, & I began to see the reality of my life. I was one of many, reaching out to others & to my Higher Power, trying to get healthy. As I talked with my sponsor, I felt humbled, accepted, & loved. I was finally part of the human race: no better & no worse than the next person. What an incredible program! Thank you, OA, my fellows & my Higher Power. - from *voices of recovery*, pg.13

It is very difficult for me, in doing a 5th Step, to discuss the payoffs as well as the costs of my character defects. It helps to admit to an outside source that there were rewards, however small, doing much of what I did. In reviewing the rewards, however, I can see how small they were compared to the costs today. I get to hear myself acknowledge that the payoffs are no longer worth the pain. When I hear myself saying

this out loud, I know I have come a long way toward accepting it as my truth.

*from voices of recovery, pg. 151*

Fear that people would know the real me kept me from divulging the real me. Why risk rejection? The irony is that, in wanting to avoid rejection. I isolated myself, which put me in the same solitary, lonely position that rejection from other people would cause. But I guess it's always different if I choose it for myself. I told myself it hurt less this way, by isolating, than by having people reject me. Then came my first 5th Step experience, & innumerable others since then, when I allowed people to know the real me, & they did not reject me. So I had been living in my self-imposed isolation all along when, in reality, people would do to me. And it's a perfect example of the way this loving program releases me from self-defeating behavior. ~ from *voices of recovery pg.314*

There seems to be an overwhelming desire on the part of many OAs to avoid an inventory, lest we see in black & white what we already know: that we are human beings with human reactions to events, mishaps & situations that shape our lives. Once the truth is faced & after the inventory is completed, quite a few of us get hung up on the search for the “right person to hear it. If we start out with the belief that the inventory is for our personal benefit, what happens next can be put into better perspective. It is important to remember that when sharing our innermost selves we are taking Step 5 no other human being can take us through any of the steps, especially the 5th. This is a passage that must be walked by the individual. A sponsor or other person, no matter how qualified to give advice, serves as ears alone. *from lifeline sampler, pg 80*

**Feel the Fear & do it Anyway!**

## CARRY THE MESSAGE

Tradition 5 states that each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers. The practicing compulsive overeater is more likely to listen to a recovered overeater than to doctors, family, or friends. If their advice were sufficient, very few would be compulsive eaters. But we can & do listen to one another. We share our feelings & experiences with others. When we are traveling the road to recovery, we are uniquely equipped to help others, because they will let us. This is our prime purpose. An OA group is not a social club, though we make wonderful friends. If a group has stopped getting newcomers, it is time to examine its actions. Are efforts being made to let OA be known by public notice & personal witness? Is the newcomer neglected, while friends are absorbed in conversations? Or is the newcomer warmly welcomed & made to feel at home? Our group purpose is to carry the OA message. Specific causes, religions, unrelated philosophies, no matter how worthwhile, are not promoted at OA meetings. - from the 12 traditions of OA pamphlet

## A Different Version of The Steps

1. I need help.
2. It's bigger than I am but not bigger than God.
3. I'm turning it over to God.
4. I will no longer say I don't have a problem.
5. I will confess every sin.
6. I am not willing to tolerate something not of God in my life.
7. I will put aside my pride & ask God to forgive me.
8. I will take responsibility for what I have done to others.
9. I will make things right with those I've hurt.
10. I will deal with my sin the moment I commit it.
11. I will have a daily quiet time.
12. I will help others & let them know they can make it.

## Important Dates to Remember!

### May 8, 2010:

Freedom Intergroup meeting @ 9am, Unity Church, 5844 Pine Hill Rd, Port Richey, All are Welcome! Come support your InterGroup!

May 15, 2010: Relationship Workshop @ 10 am-3 pm, Friendship United Methodist Church, 2039 Druid Rd. East, Clearwater, FL 33764, for more info. contact Stephanie, [hpsendhelp@hotmail.com](mailto:hpsendhelp@hotmail.com)

June 5, 2010: Celebrating OA's 50th Anniversary @ noon - 3:30 pm, Lake Magdalene United Methodist Church, rms.301-302, 2902 W. Fletcher Ave., Tampa, FL 36618, for more information contact Arik @ 813-956-4297

July 9-11, 2010: "12 Steppin' in the Big Easy", Region 8 Recovery Convention & Business Assembly, New Orleans, LA, for more information contact [www.oaregion8.org](http://www.oaregion8.org) or [www.aa-neworleans.com](http://www.aa-neworleans.com)

August 26-29, 2010: World Service Convention, 50 Years of OA Recovery, Los Angeles Airport Hilton, Los Angeles, CA, more information contact [www.aa.org/world-service/convention](http://www.aa.org/world-service/convention)

NEW MEETING- Thursdays @ 7 pm, Atonement Lutheran Church, 29617 State Road 54, Wesley Chapel, FL 33543, for more information contact Beth @ 727-252-6441

NEW TELE-CONFERENCE STEP STUDY: presented by Region 8, every Tuesday @ 7:30 pm, (712) 432-0075, access code 832569, more information (<http://oaregion8.org>)



*Continued from pg. 3*

Who needs junk food when one is "Higher Powered"? Why not share that KISS? We all know how vital it is to "Keep it simple, serenely." That is a marvelous way to maintain a "Happy, joyous & free" lifestyle. Without program, I'd swear I was powerful, knew it all, & was rich & in control. What nonsense! With OA, I am delighted to admit, "I am powerless." I know "But for the grace of a Higher Power, I go" when I see someone who desperately needs what we have—abstinence, freedom from addiction, & the willingness to "Turn it over & let it go." I know everyday we "Trudge the road of happy destiny" & "We are not alone." We hold hands as we pray at each meeting; thus, "I put my hand in yours, & together we can do what we could never do alone." *Anonymous, Lifeline, May 2009*

Thanks to everyone who shared their favorite slogans with me. Together we get better! What's my favorite? Well... there are so many out there & I have many favorites for different times in my life. Right now I wear a bracelet on my wrist that says, "God is in control." I wear it everyday to remind me of the fact that God is the One in Total Control, not Beth. "Living life on life's terms" would be a close second. ~ Beth

# Billboards

Together we can  
do what we could  
never do alone.

# along recovery road



## FREEDOM INTERGROUP MEETING LIST

|                 | Day/Time                                 | Name                             | Address                                                                                                 | Contact                      |
|-----------------|------------------------------------------|----------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------|
| <b>Citrus</b>   | Monday<br>1:00 pm                        | Voices<br>of<br>Recovery         | Central Citrus Community Center<br>2808 W. Marc Knighton Court<br>Lecanto, FL 34461                     | Delores D.<br>352-746-5019   |
|                 | Tuesday<br>3:00 pm                       | Solutions                        | Inverness Lakes Regional Public Library<br>1511 Druid Road<br>Inverness, FL 34452                       | Maralyn B.<br>352-726-9112   |
|                 | Wednesday<br>10:30 am                    |                                  | St. Anne's Episcopal Church<br>9870 West Fort Island Trail (Mary Chapel)<br>Crystal River, FL 34429     | Peg D.<br>352-447-5080       |
|                 | Thursday<br>1:00 pm                      |                                  | Our Lady of Grace Catholic Church<br>6 Roosevelt Blvd.<br>Beverly Hills, FL 34465                       | Francisca B.<br>352-746-7749 |
|                 | Friday<br>7:00 pm                        |                                  | Our Lady of Grace Catholic Church<br>6 Roosevelt Blvd.<br>Beverly Hills, FL 34465                       | Carolyn R.<br>352-341-0777   |
| <b>Hernando</b> | Tuesday<br>1:00 pm                       | Bridge<br>to<br>Serenity         | West Hernando Branch Library<br>6335 Blackbird Ave.<br>Brooksville, FL 34613                            | Belinda B.<br>352-293-3455   |
|                 | Thursday<br>7:00 pm                      | Road<br>to<br>Recovery           | Day Spring Presbyterian Church<br>6000 Mariner Blvd.<br>Spring Hill, FL 34609 (Fellowship Hall)         | Karen H.<br>352-200-8433     |
|                 | Friday<br>1:00 pm                        |                                  | St. Andrews Episcopal Church<br>2301 Deltona Blvd.<br>Spring Hill, FL 34606                             | Betty<br>352-666-1710        |
| <b>Pasco</b>    | Monday<br>7:00 pm                        |                                  | Calvary Chapel Worship Center<br>6825 Trouble Creek Road<br>New Port Richey, FL 34653                   | Carole G.<br>813-920-2001    |
|                 | Monday<br>5:30 pm                        | Big<br>Book<br>Meeting           | Florida Hospital - Zephyrhills<br>7050 Gall Blvd. (Wellness Conference Center)<br>Zephyrhills, FL 33541 | Sue<br>813-788-6479          |
|                 | Wednesday<br>10:00 am                    | Winners                          | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL 34668                                            | Peggy D.<br>727-817-0017     |
|                 | Thursday<br>7:00 pm                      | Serenity Seekers                 | Atonement Lutheran Church<br>29617 State Road 54<br>Wesley Chapel, FL 33543                             | Beth M.<br>727-252-6441      |
|                 | Friday<br>11:30 am                       |                                  | Florida Hospital - Zephyrhills<br>7050 Gall Blvd. (Wellness Conference Center)<br>Zephyrhills, FL 33541 | Sharon T.<br>813-782-6005    |
|                 | 2nd Saturday<br>of each month<br>9:00 am | Freedom<br>Intergroup<br>Meeting | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL 34668                                            | Jeannine A.<br>727-817-0017  |
|                 | Saturday<br>10:00 am                     | Pasco Pioneers                   | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL 34668                                            | Jeannine A.<br>727-817-0017  |
|                 | Saturday<br>2:30 pm                      | <b>NEW</b>                       | "A" Club<br>18922 Titus Blvd.<br>Hudson, FL 34667                                                       | Madeline H.<br>352-428-0815  |

The most current Face-to-Face, Online or Telephone Meeting Lists can be found at:  
<http://www.oa.org/meetings/> ----- or Call Our Hotline # 1-800-544-6353

