



## Road to Recovery

A Monthly Newsletter serving the Citrus, Hernando, and Pasco counties  
April 2011

[www.oafreedom.org](http://www.oafreedom.org)  
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Please submit any personal stories by the 15<sup>th</sup> each month to be published in the following month's newsletter.

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## STEP FOUR

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

The fourth step calls for us to examine our lives up to the present day, writing down all important actions and events of a moral or ethical nature, our feelings about them and the character traits in us from which these actions stemmed. Writing this inventory is an important process which tests our commitment to the twelve-step program. *- The Twelve Steps and Twelve Traditions Of OA, page 29*

#### More Is Revealed

I have a different learning experience each time I write a full Fourth Step. I vary the methods. One time I do the inventory in the OA's "Twelve and Twelve" and the next time I write a full autobiography. Another time I use the Big Book method outlined on page 65 (3<sup>rd</sup> edition) or I write answers to all the questions in the Fourth-Step chapter of AA's "Twelve and Twelve."

I gained the most insight from my latest Fourth Step when I hit a different level of analysis. Some core problems emerged that seemed related to previous wrong doings.

Some of the same undesirable behaviors have cropped up for years in repeated Fourth Steps. My most prevalent character defects are judging others, holding others to the same perfectionist standards by which I judge myself and being aloof and withdrawn. I have known about these defects for years.

When doing my Fourth Step this time, however, I found a deeper, underlying pattern: The need to push people away. When I judge others, hold them up to my level of self-imposed perfection and act aloof and withdrawn, I alienate people. I sense that I fear the disapproval of those closest to me, so I do what I think will push them away: I judge them when they are not perfect, and I deny them access to my emotions by becoming aloof. This pattern underlies most of my character defects and is probably the core problem. A myriad of past damaging actions synthesize into one core issue. Now that I have reached this level of awareness, I can turn it over to my Higher Power.

Some feel that a thorough Fourth Step need be done only once and that maintenance with Tenth-Step work is sufficient thereafter. While the Tenth-Step is essential for me in keeping my current life clean, I also benefit from a periodic review of my past.

More is revealed with each Fourth-Step. I gain more insight, and I have a closer relationship with my HP because He has walked with me through the journey. I hope that more will be revealed as I continue to do the footwork.

*- Lifeline April 2004, page 19*

# TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or OA as a whole.

## *With Freedom Comes Responsibility*

According to the dictionary, the word autonomous means “free” independent, self-governing.” OA’s Tradition Four allows members to practice their programs within the context of meetings that best serve their needs. As the OA “Twelve and Twelve” states, “Tradition Four gives OA groups the freedom to do what works best for them.” (p. 137).

WE are free to establish meetings that provide what members need, but with freedom comes the responsibility of protecting the principles of our program. We must do all we can to preserve the message of recovery that is offered to all compulsive overeaters through OA. We must not let personal interpretations or practice take priority over what is best for all members.

Sometimes I disagree with the way things are going at a meeting, be it the format, service qualifications or even the topic. But I have learned to listen and practice the principles of honesty, open-mindedness and willingness. I can speak up if the concern may hurt others in the group or cause the meeting to weaken in its purpose, or I can shut up and practice acceptance, whichever seems best for the group or OA as a whole at the time.

It might seem easier to sit back and let someone else take care of the disagreement, and this is where my “responsibility” to protect the principles and make sure we don’t stray from them comes in. When I trust my Higher Power to help me, I can do what I cannot do alone.

- Lifeline, April 2004, pg. 18

# Spiritual Path



## WHO’S THE CO-PILOT?

I have been meditating and writing every morning, as I’ve been told it works for other people. I have been in OA for about 10 years and have tried just about everything I have been told to do or have heard other people say has worked for them.

I discovered from the beginning that if I acted as if I absolutely believed in everything I heard in OA, my life really was manageable, and I could remain abstinent. I did not have to live in the misery of trying to fill that big black hole with food. I learned that God, as I call my Higher Power, would fill it for me with love, kindness, happiness, serenity and all the other wonderful emotions and feelings that only He can give me.

This morning I read “on awakening” from the “Big Book,” pages 86 to 88; pages 83 to 84 about the promises; the “Step Seven Prayer” on page 76; and most important, pages 552 and 553 on resentment. I re-read yesterday’s and today’s passages in “For Today” and the I wrote how I felt or was feeling about myself yesterday and today. I wrote what I hoped to do today, asking God to guide me. Finally, I wrote how I felt about others to see if I was holding onto resentments.

After finishing my morning meditation, I ate breakfast, asking HP to guide my eating and not let me gulp down my food. I then turned on my computer and started playing solitaire games. This is when the miracle happened. I usually waste time playing three or four different games, but yesterday I promised myself that I would only play each game twice any time I worked on the computer. I did just that, though I wanted to play more. It was then that I suddenly realized God was working for me. I said to myself, “Gee, its nice having God as my co-pilot.” Just as quickly, I had to say aloud, “Wrong, its nice being God’s co-pilot.” For it was then that I knew God was really and truly in charge of my life. All I have to do is get the heck out of His way, and then sit back and enjoy the ride.

- Lifeline, April, 1999 page 19

# Upcoming Events

## Annual Big Book Retreat

Sponsored by Freedom Intergroup



"WHO SAID THERE ARE NO MUSTS?"

April 29th, 30th & May 1st, 2011

\$120/shared room ~ \$150/private room

- 2 Nights Accommodations
- Friday Night Dinner
- 3 Meals on Saturday
- Breakfast on Sunday

The Franciscan Center  
3010 N. Perry Avenue  
Tampa, FL 33603

Call The Franciscan Center to make your reservations ...  
(813) 229-2695

For more information contact:

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Barbara J. (727) 937-1964 • jarbyboy1@tampabay.rr.com

A FLYER IS AVAILABLE ONLINE AT:  
<http://www.oafreedom.org/events/BBRetreat2011.pdf>

## Tune into the Principles

**SOAR 8  
Recovery Convention  
and  
Business Conference**



July 8-10, 2011

hosted by

Middle Tennessee Intergroup

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



### FOR DISCUSSION/JOURNALING

How has one or more of the Step Principles helped your recovery? The Step principles, in order of the Steps are honesty, hope, faith, courage, integrity, willingness and service. Journal for yourself and/or enter in May Lifeline. Dead line April 15<sup>th</sup>.

## APRIL 2011 ~ FREEDOM INTERGROUP MEETING LIST



## Citrus

| Day/Time              | Name                     | Address   | Contact                      |
|-----------------------|--------------------------|---|------------------------------|
| 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   |

## Hernando

|                     |                          |   |                             |
|---------------------|--------------------------|---|-----------------------------|
| 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>1:30 pm   | New Beginnings           | St. Andrews Episcopal Church<br>2301 Deltona Blvd.<br>Spring Hill, FL 34606                     | Betty<br>352-666-1710       |
| Saturday<br>2:30 pm |                          | "A" Club<br>18922 Titus Blvd. (1 block south of County Line Road)<br>Hudson, FL 34667           | Madeline H.<br>352-428-0815 |

## Pasco

|  |                                  |   |                             |
|--|----------------------------------|---|-----------------------------|
| Monday<br>7:00 pm                        |                                  | Calvary Chapel Worship Center<br>6825 Trouble Creek Road<br>New Port Richey, FL 34653                   | Judy<br>727-457-3976        |
| Monday<br>5:30 pm                        | Big<br>Book<br>Meeting           | Florida Hospital - Zephyrhills<br>7050 Gall Blvd. (Wellness Conference Center)<br>Zephyrhills, FL 33541 | Ginny S.<br>352-796-5459    |
| 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<br>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                       |                                  | Seventh Day Adventist Church<br>7333 Dairy Road<br>Zephyrhills, FL 33540                                | Sharon T.<br>813-782-6005   |
| 2nd Saturday<br>of each month<br>9:30 am | Freedom<br>Intergroup<br>Meeting | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL 34668  | Sharon T.<br>813-782-6005   |
| Saturday<br>10:30 am                     | Pasco Pioneers                   | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL 34668  | Jeannine A.<br>727-849-3048 |

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

