



# Road to Recovery

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

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

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## FREEDOM

The opinions expressed 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 articles by the 20th of the month for publication in the next month's newsletter.

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## STEP 8

*Made a list of all persons we had harmed and became willing to make amends to them all.*

### Unlocking ~the Manacles~

When I said the third step prayer this morning, the words, "Take away my difficulties," made me realize that one of my greatest difficulties has indeed been taken away. I have had a long-standing resentment toward an aunt of mine. The bad feelings went back twenty years, and I tried a variety of therapies in an effort to get at them. Some attacked the problem directly, others obliquely. Among the suggestions I tried was to imagine putting my aunt in a chair and having a conversation with her. Nothing helped; the resentment persisted. It was so intense that when my uncle died a year & a half ago, I didn't attend the funeral.

Living only twenty miles apart, my aunt and I saw each other from time to time at family gatherings; but I always avoided her, and I never spoke. Last November, just three months old in Overeaters Anonymous, I learned I would be seeing my aunt at a holiday dinner. I asked my sponsor for help. She suggested I read the Big Book story, "Freedom from Bondage," and do what that AA did. I wanted desperately to be free of my resentment because it kept me in emotional turmoil and was driving me toward relapse. So I did what was suggested: I prayed for the person I resented, asking God to give her health, prosperity, happiness and all the other good things I wanted for myself. At the

dinner gathering I was able to sit across from my aunt and be civil—but just barely. Three months ago, when it was time to take the 8th step, I listed my aunt as someone I had harmed and to whom I was willing to make amends. I knew in my gut I had to do this if I wanted to recover. I wrote to my aunt, apologizing for any pain I had caused her. A couple of days later, she called and asked me to have lunch with her. We set a date, but on the appointed day I woke up with laryngitis and couldn't talk. I cancelled our date and made a new one three weeks hence. That day I had such a sore throat I could swallow only with great pain. What resistance! But I went anyway. Though I felt nervous and awkward, I accepted

these feelings, reminding myself that, under the circumstances, they were natural. That was two weeks ago. Yesterday, I attended a golden anniversary party, and my aunt was there. I walked into the hotel reception room and gave her a big hug, then hugged all my other aunts and uncles and cousins. I felt fine, during the dinner party and I continued to feel relaxed and happy all and the festivities that followed. The resentment has been taken away. Through the twelve-step program and the many good companions who walk this spiritual path, my Higher Power has given me freedom from bondage and a new peace of mind. I am truly experiencing victory over a difficulty.  
*from: lifeline august 1983*



*this too shall pass!*

# Tradition 8

I Put My Hand in Yours  
and Together We Can Do  
What We Could Never Do Alone...

Freedom Intergroup needs your support!

There are many ways you can help and enhance your program  
By doing service... Jobs are big & small, They come in all sizes...

And are looking for unconditional love and acceptance.

Please consider attending the monthly meetings

And help support your Freedom Intergroup!

Next meeting: Saturday, September 12, 2009

Place: Unity Church

5844 Pine Hill Road

Port Richey, FL

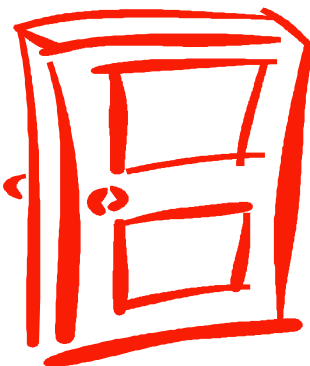
Time: 9am

~Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.~

Our World Service Office & intergroup offices require workers to take care of the business of OA. Phones must be answered, bills paid & accounts kept, supplies ordered, business correspondence attended to, & records maintained. When the work becomes too heavy for volunteers to handle, we need to hire special workers who may or may not be OA members. But sponsoring, leading, speaking, explaining OA to newcomers - "carrying the message" is our 12th step work & it must always be free from the dollar motive. Compulsive overeaters will listen to those of us who give freely from our own experience. Special workers are paid for office services, which makes the 12th step work by volunteers possible.

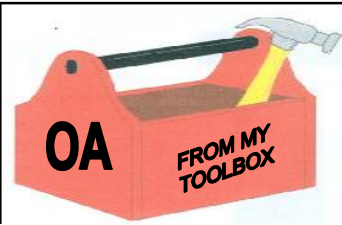
from: "the 12 traditions of OA" pamphlet

I am your addiction - I am your disease; I'm watching you, & waiting - you see, I'm just a sleaze. I'm cunning & I'm baffling & oh so powerful too! And to get you to give up is what I aim to do! If you think you're standing beware you do not fall. To get proud ones to stumble is my greatest feat of all! I've killed millions & enjoyed it! I caught them by surprise - They had such good intentions but they weren't very wise. I got them to trust in me - trust thought I was their friend. The food - the booze - the sex - the drugs - got them in the end! I gave them so much comfort - I helped to ease their pain. And I can be there for you - I'll be your crutch, your cane! I'll con you & fool you - Yet you'll think I'm still your friend. You'll chase me & I'll let you & I'll get you in the end! Heart attacks are serious - diabetes & strokes are too. Yet these are things that I create & I've saved a few of you! Oh come on now! Don't hate me! I knocked & you **opened the door!** Did you ever stop & think what I was knocking for? You see I don't come uninvited - you let me make myself at home. By entertaining "thoughts" of me you forgot to use the phone! I smile yet you don't see me!...You see a



good T.V. show on! It's the T.V. or the meeting - Ah! Another tool is gone! Now how can you call your sponsor? You know what will be said. You see your journal laying there - there's not much to write. Another tool out the window! What a beautiful sight! Forget about the Big Book - you've read the thing before! I'm getting so excited - 5 tools down, now just 3 more! You can't do any service by staying home alone. I've almost got you down & out & you don't even groan! As long as friends don't call you or they call & you don't answer the phone. Let it be just you & me - the 2 of us alone! I'll bring back your drug of choice with the joy you "thought" you had; You'll convince yourself your addiction really wasn't that bad! You'll start playing mind games - a game like solitaire. Just you & your thoughts & your feelings - isolating - yet I'll be there! So quit those 12 step meetings & quiet time don't take. Don't pick up the phone or pen - I'll be there when you wake! I'm right here doing cartwheels! Don't I "look" like fun? Don't I look enticing? The 12 steps have NOT won! Together we'll create a new life - worse than it was before. But hey, it isn't all my fault - it was you who **opened the door!**

*anonymous*



# MEETINGS

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and the hope OA has given them. Though there are many types of meetings, fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify and confirm our common problem and to share the gifts we receive through this program. If you can't find face-to-face meetings in your area, consider an online meeting or telephone meeting. These are a great resource when face-to-face meetings can't be found in your area or you find yourself housebound for one reason or another. Many of our members have found strong recovery through these meetings. The most current meeting lists can be found on the Overeaters Anonymous website at [www.aa.org](http://www.aa.org) & click on "find a meeting".

*from: the tools of recovery, oa website*

## Sharing Online

Overeaters Anonymous in cyberspace helps my recovery! My local group folded over a year ago & I haven't found another 12-step group that fits with my work schedule. On the OA website, I found links to some online

meetings. I was skeptical & didn't think spending time in an online chat room would make a difference in my recovery, but when I missed my usual face-to-face meeting, I found a difference. It helps to share with other compulsive overeaters & to read other people's shares. Now I try to plan one to three online meetings each week. In September, I signed up for an email "loop" & the email messages gave me encouragement between online meetings. I see some of the same nicknames that I see in the online meetings. Some people share gratitude lists, others write "Dear God or HP" letters & others share journal style entries. I enjoy them all & they help my recovery because I can relate to most of them. OA in cyberspace lets me know I am not alone. Thanks to all who share experience, strength & hope online!

*from: lifeline anonymous*

## ~How to Keep Them~ Coming Back

Newcomers are more likely to return if someone in the group gives them personal attention & encouragement.

Here are some ways to do this: Appoint a recovering member as newcomer chairperson at each meeting. This person is responsible for taking the names of newcomers & sometime during the course of the next week, calling them to let them know they are not alone & asking if they have any questions. In certain areas it is very common to go out for coffee after the meetings. If this happens in your area, encourage the

newcomers to join you.

Offer transportation help, if needed.

Be ready to befriend other OA members, even if they don't ask you to be their sponsor. You will still have the opportunity to share your program.

Help newcomers get involved as soon as possible. Let them know that they can help.

If people ask you to sponsor them, remember that this may be the first attempt they have made to establish contact with someone in the program. If you are truly too busy, take the time to introduce these new members to other qualified sponsors. If a newcomer does not follow through, don't take it personally.

Be realistic about the times you want the person to call. If you are never home at night, don't tell someone, "Oh, you can call anytime." If the person calling you stops calling, find out why. Don't ever give the impression, "You blew it." It's much better to focus on the positive; "Okay, let's go forward, one day at a time."

*from OA website*

## I Miss You

Sometimes I consider not attending my weekly OA meeting because I'm tired or too busy. Other times I hesitate to go because I'm feeling guilty about something & I don't relish the honesty. Sometimes I almost stay home because I'm feeling down: "Nobody will miss me. They'll have a fine meeting without me."

But even if I think I don't need a meeting. I always go—unless it's absolutely impossible. Why?

I am committed to my OA family & to my own recovery. I've learned that I mean something to others, that even by just being there I help other members. This has been proven to me, to my amazement & delight, on many occasions, & I always feel blessed that it should be so. But most of all I go just for me, for my own sanity. I depend on that meeting as a place where I can share my joys & sorrows, my triumphs & failures, & listen to others share theirs. And every time I go, however reluctantly, I'm glad I did.

During the past week I made many discoveries, felt much pain, reached glorious heights. I went to tonight's meeting, nervous about sharing my experiences, but comforted by the knowledge that my fellow members would understand. I went, & no one was there! I know there are times when we truly cannot get to a meeting, but please remember me next time you consider staying away. And remember yourself. You missed the joy & comfort & inspiration of that meeting as much as I did.

*from: Lifeline 1982*

## A Place For You

A warm, cozy room is waiting for you, & all who wish may enter. In it you will find everything you need. The first object to catch your eye is a sturdy wooden clothes rack on which hangs, for all to see, hope. Take all you need, for there is a never ending supply. Next you will encounter an oak table on which are piled dreams of all

*Continued on page 5*



"No, it's not water. You seem to be retaining food."



Can I discuss with my partner my experiences at OA meetings? My partner has been in recovery in another 12-Step fellowship for 25 years.

OA defines anonymity as "the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities" (Tradition 12). If you feel you must share with your partner, stick with the Tradition: speak only in general terms and never refer to individuals' names or personalities. At a meeting in my town, people say, "What you hear here and who you see here, let it stay here when you leave here."

— Members of the Board of Trustees

~ANONYMITY~



**One Night Retreat**  
 Sponsored by Freedom Intergroup  
*Gifts, Giving & Getting*  
 November 20-21, 2009  
 Franciscan Center  
 Tampa, FL



**CENTRAL FLORIDA INTERGROUP**  
 PRESENTS  
**OUR ANNUAL FALL RETREAT**  
**GRATITUDE IN ACTION**



**OCTOBER 16-18, 2009**  
**LAKE YALE CONFERENCE CENTER**  
 Leesburg, Florida

**SUNCOAST INTERGROUP**  
 Invites you to  
*"Rockin' and Rollin' in Recovery"*



SOAR 8 Recovery Convention & Business Assembly  
 November 6 - 8, 2009  
 The Clarion Hotel and Conference Center  
 Tampa, FL 33612

# STAYING IN RECOVERY WITH THE HELP OF 12TH STEP WITHIN

## USING THE WELCOME BACK, WE CARE PACKAGE FOR THOSE IN DANGER OF GOING INTO RELAPSE OR ARE RETURNING FROM RELAPSE

- Topic: Read, discuss & digest the wallet pamphlet "Think First..."
- Do: Keep the wallet pamphlet with you & refer to it when the food is calling your name.
- Don't: Go into bad neighborhoods aka your mind alone with the disease.

from: [www.oaregion8.org](http://www.oaregion8.org) 12th Step Within Calendar of Topics for Discussion

### ~ARE YOU PLANNING A RELAPSE?~

Am I planning to relapse? I found out by relapsing & going back into my disease of compulsive overeating that the disease gets stronger. Compulsive overeating is a progressive disease. Even though we get better, we are not cured of our disease. We only have a daily reprieve from our disease, as the Big Book of AA says. As a relapse survivor, I realized that if I am not planning to work & to grow my recovery,, then I am planning to relapse.

Do I have a sponsor? Am I working the steps with my sponsor? Does my sponsor have a sponsor? Is my sponsor working the steps with a sponsor?

Do I make regular phone calls other than calling in my food plan or calling my sponsor?

Do I call newcomers? Do I call a buddy or a sponsor when depression or fears causes the "committee" to re-adjourn in my head? Do I reach out to people in the program who are struggling with the food or with life?

Do I protect my anonymity? Do I protect other members' anonymity?

Do I attend meetings regularly? Do I share at meetings? Do I share my experience, strength & hope, or do I dump my self-pity, self-loathing & fear onto an unsuspecting meeting?

Do I use the tool of writing to journal, to expose my recovery or to work the steps?

Do I read the OA Twelve & Twelve, the Big Book, the AA Twelve & Twelve, Overeaters Anonymous, Lifeline, etc.?

Am I following a plan of eating? Who put that food plan together? Is my food plan nutritionally balanced? Does my food plan give me enough to eat? Does my food plan too much to eat? Do I call, write or email my plan of eating in to a sponsor or an OA buddy before I eat?

Am I giving service at a meeting, intergroup, regional or national level? Do I have a talent or aptitude that I can put to use working to spread the message of OA?

Am I spending time daily in prayer & meditation?

Am I working the steps? What step am I on? How long have I been working on that step?

I have a wonderful life today because I work the program of recovery. I do not work a perfect program, but I set goals to improve my program of recovery because I know that the disease is stronger now because I am stronger. I cannot take my disease for granted. I practice letting go of self will. I use the tools, I work the steps, I learn to let my Higher Power & the people in the program of Overeaters Anonymous help me when I need help. I do not have to recover from this disease alone. I cannot recover from this disease alone.

Am I planning to keep my recovery or am I planning to relapse?

from: [regions8 website](http://regions8 website)

\* \* \* \* \*  
 \* There are only two times \*  
 \* to go to a meeting. . . \*  
 \*  
 \* When you want to \*  
 \* and when you don't! \*  
 \* \* \* \* \*

*Continued from page 3*  
 shapes & sizes. Take as many as you wish, & stay around to watch many of them come true. To the right stands an old-fashioned roll-top desk filled ever so carefully with love, which keeps the spirit of this room alive. Please take all you can hold, then take extra & share it with a friend who couldn't be here this time. Next you will view a chest of pine, so full of understanding that it cannot hold anymore. Fill up on all you want. Over there in the corner is a huge fireplace in which a roaring fire burns 24 hours a day, 365 days a year. There you may deposit all the anger, fear, hate & pain with which you entered, & you will be free to enjoy all the other treasures this room has to offer. Come to this room whenever you like, spend as much time here as you wish, use whatever you want from it. There is enough for everyone. Accept what is always being freely given by others who once came into this room as strangers themselves. Come back whenever you want. We will be here when you return, waiting to give you more, & glad to see you again. To find this special place, just look for a small sign that reads:

**OA MEETING INSIDE  
WELCOME!**

*from lifeline 1983*

## FREEDOM INTERGROUP MEETING LIST

| <u>GROUP #</u>           | <u>DAY</u> | <u>TIME</u> | <u>GROUP NAME</u>  | <u>ADDRESS</u>                                                                                | <u>CONTACT #</u>               |
|--------------------------|------------|-------------|--------------------|-----------------------------------------------------------------------------------------------|--------------------------------|
| <b>CITRUS</b><br>00114   | Monday     | 3:00 pm     | Voices of Recovery | Central Citrus Community Center<br>2808 Marknighton Court<br>Lecanto, FL                      | Delores D.<br>352-746-5019     |
| 45245                    | Tuesday    | 3:00 pm     | Solutions          | Inverness Lakes Regional Public Library<br>1511 Druid Road<br>Inverness, FL                   | Maralyn B.<br>352-726-9112     |
| 50475                    | Wednesday  | 10:30 am    |                    | St. Anne's Episcopal Church (Mary Chapel)<br>9870 West Fort Island Trail<br>Crystal River, FL | Peg D.<br>352-447-5080         |
| 29089                    | Thursday   | 1:00 pm     |                    | Our Lady of Grace Church<br>6 Roosevelt Blvd.<br>Beverly Hills, FL                            | Francisca B.<br>352-746-7749   |
| 40614                    | Friday     | 7:00 pm     |                    | Our Lady of Grace Church<br>6 Roosevelt Blvd.<br>Beverly Hills, FL                            | Carolyn R.<br>352-341-0777     |
| <b>HERNANDO</b><br>50348 | Tuesday    | 1:00pm      | Bridge to Serenity | West Hernando Branch Library<br>6335 Blackbird Ave.<br>Brooksville, FL                        | Belinda B.<br>352-293-3455     |
| 50203                    | Thursday   | 7:00 pm     | Road to Recovery   | Dayspring Presbyterian (Fellowship Hall)<br>6000 Mariner Blvd.<br>Spring Hill, FL             | Karen<br>352-200-8433          |
| 08937                    | Friday     | 1:00 pm     |                    | St. Andrews Episcopal Church<br>corner of Deltona & Fulton<br>Spring Hill, FL                 | Betty<br>352-666-1710          |
| <b>PASCO</b><br>27737    | Monday     | 7:00 pm     |                    | Calvary Chapel Worship Center (room 110)<br>6825 Trouble Creek Road<br>New Port Richey, FL    | Barbara Joy L.<br>727-937-1964 |
| 50159                    | Monday     | 5:30 pm     | Big Book meeting   | Florida Hospital of Pasco County<br>7050 Gall Blvd.<br>Zephyrhills, FL                        | Sue<br>813-788-6479            |
| 20719                    | Wednesday  | 10:00 am    | Winners            | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL                                        | Peggy D.<br>727-817-0017       |
| 45421                    | Friday     | 11:30 am    |                    | Florida Hospital of Pasco County<br>7050 Gall Blvd.<br>Zephyrhills, FL                        | Sharon T.<br>813-782-6005      |
| 17950                    | Saturday   | 10:00 am    | Pasco Pioneers     | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL                                        | Jeannine A.<br>727-817-0017    |

Online & Telephone Meetings: The most current meeting lists can be found on the OA website @ [www.oa.org/online\\_meetings.html](http://www.oa.org/online_meetings.html).

Online meetings are held 24 hours, 7 days a week. ~~~ Hot Line Number: 1-800-544-6353

Freedom Intergroup Meeting: 2nd Saturday of each month ~ 9:00 am @ Unity Church, 5844 Pine Hill Road, Port Richey, FL