



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

www.oafreedom.org
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OUR TRUSTED SERVANTS

Chair:

Sharon T.
(813) 782-6005
Trapps1@verizon.net

Vice Chair:

Tiffany T.
(727) 845-5216
calmthestorm@live.com

Treasurer:

Barbara Joy L.
727-937-1964
jarbyboy1@tampabay.rr.com

Secretary:

Charlene L.
(386) 366-3705
charlenelapierre@hotmail.com

OA Literature:

Nancy P.
813-715-4512
nancyrickpage@aol.com



Please submit any personal stories by the 15th each month to be published in the following month's newsletter.

News Editor: Belinda
lindabe48@yahoo.com



STEP 8: Made a list of all persons we harmed and became willing to make amends to them all.

Ready to Move On

Step Eight asks me to own up to who I am in relationship to other people and myself.

Working with a sponsor helped. I returned to OA after a relapse in which I quickly gained 40 pounds (18 Kg). After a suicidal crisis, I realized I would slowly eat myself to death if I continued eating the way I had been. I received the gift of desperation and was willing to go to any lengths to recover from this disease. I asked someone who had what I wanted to sponsor me.

After Step Seven, my sponsor suggested I review my Fourth Step and look for any people I had harmed. I wrote down these names and the reasons why I needed to make amends to them. The first half of Step Eight was an opportunity to name those I had harmed and why. It didn't matter if someone had harmed me; I only needed to identify the people I had harmed. I recently walked through Step Eight in regard to several people I used to sponsor. It wasn't easy to admit I had been controlling and arrogant towards them. When I did admit I had harmed these people, relief filled my heart.

I also needed to put my own name on the list. "We have also damaged ourselves with our self-destructive thinking, eating, and living habits." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69)

I damaged my body by compulsively overeating, starving, over exercising and denying my excess weight. I lived in isolation, fear, self-pity and resentment. I wrote my name on the list, although I had no idea how I would make amends to myself. That was part of Step Nine, and I wasn't there yet.

(continued on page 2)

TRADITION 8: OA should remain forever non-professional, but our service centers may employ special workers.

No Strings Attached

How many of us, before coming to OA, would willingly have put our time and effort into a project that had no strings attached? Certainly not me—I always wanted something in return. But as my life unfolds in OA, I find that the principle of giving freely to one another, with no strings attached and no expectations, has become an important part of my personal recovery.

Our foundation of freely sharing our experience, strength and hope makes OA unique among programs for compulsive overeaters. It also has a unique healing power that you won't find at a local pay-by-the-pound weight-loss center. Remaining nonprofessional and steering clear of the profit motive enable us to trust each other, speak from our hearts, share what we've learned and listen with compassion to fellow members. Non-professionalism means equal opportunity to grow and to share in doing service.

The second part of this Tradition allows us to hire special workers who get paid to do the business of OA, e.g., in a business office. This necessary function often cannot be filled by our members' volunteer work. It fosters effective business management, which helps OA grow stronger by conserving resources. However, those of us who do service are never paid for the hours we spend carrying the message of recovery or leading OA-sponsored retreats or events, even if we are professionals who command fees in non-OA settings.

Non-professionalism means different things to different members. To me, it signifies that I am responsible for willingly sharing with and listening to other members, but I must not expect them to solve my problems. And I don't expect to be repaid for helping others.

(continued on page 2)

FOOD FOR THOUGHT



To get to one place from another, we either use the GPS (many makes and models) or a map. Just like the one on the dash of this RV. So why do I think I can get to "MY" place on my own, without a map or GPS.

I think this way only because I am still in the throes of my disease. Silly me, I thought I could handle my eating until I was ready to pick up where I left off. When will that be?

WHERE ARE YOU ON THIS ROAD TRIP?

Send in your thoughts anonymously. Remember there is no right or wrong, no silly insignificant thoughts because you are NOT insignificant. **PLEASE SHARE** - Do a service for yourself and other COE's.



STEP 8 - (continued from front page)

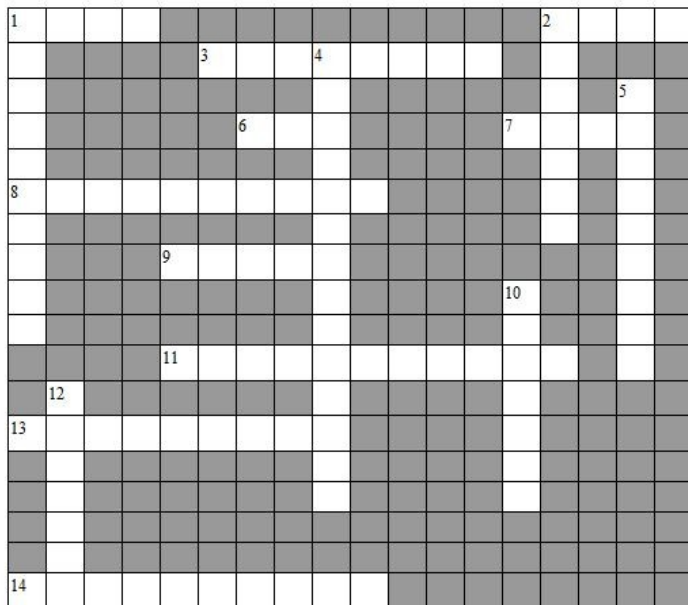
The second part of Step Eight involved becoming willing to make amends to those I had harmed. "It might help us to remember that our purpose in doing Step Eight is not to judge others, but to learn attitudes of mercy and forgiveness." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69)

My Sponsor suggested I pray for anyone I was unwilling to forgive. I prayed for each person to have health, prosperity and joy, although I still felt angry. After praying for one particular person every day for a month, I felt a wave of forgiveness flow over me. The God of my understanding helped me see this person as a lovable child of God, just like me, who was doing the best with what had been given.

I pray for each person on my Step-Eight list and asked God to forgive me too. Then I was ready for Step Nine.

-Lifeline August 2007, p. 19

OA PUZZLE



ACROSS

1. HP always has this
2. One of the gifts of the program
3. Need this to get humble
6. Gives us strength outside ourselves
7. A defect of character
8. Our goal one day at a time
9. Do this with a sponsor
11. What is HP?
13. One of the tools of recovery
14. Never alone

DOWN

1. Read this daily
2. A principle for being truthful
4. Page 128 in "For Today"
5. Thankfulness
10. A gathering place
12. How can we help?



ANNOUNCEMENT BOARD

There will be no Freedom Intergroup meetings in the months of June, July, and August. The next IG meeting will be held on September 10, 2011.

TRADITION 8 - (continued from front page)

The more I understand and embrace this concept, the more service becomes its own reward. My reward is loving and trusting others and myself, and knowing that others love and trust me. A pretty good return on my investment, I'd say!

-Lifeline August 2007, p. 18

Upcoming Events

12 Step Retreat

Hosted by Pinellas Traditions Intergroup

August 12-14, 2011

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

For more information call:
Linda H. (727) 647-6280
Claudia (727) 781-7411
or visit www.oapinellas.org

Body Image Workshop

Hosted by Pinellas Traditions Intergroup

September 10, 2011

9AM - 3PM

Friendship United Methodist Church
2039 E. Druid Rd.
Clearwater, FL

For more information call:
Diane (727) 447-2489
Karen (727) 533-8403
Stephanie (727) 442-9855
or visit www.oapinellas.org

2011 FALL RETREAT

Hosted by Suncoast Intergroup of OA

Guarding the Treasure:

A look at the OA way of life

October 7-9, 2011

Saint Leo Abbey
33601 State Road 52
St. Leo, FL 33574-9700
(352)588-8624

For more information, please visit
www.oasuncoast.org

Tune into the Principles

SOAR 8 Recovery Convention and Business Conference



July 8-10, 2011

hosted by

Middle Tennessee Intergroup

ALSO COMING UP:

- Region 8 Assembly - November 2011
Medellin, Columbia
- Region 8 Assembly - March 2012
Raleigh, NC

For more information, please visit www.oaregion8.org

ACROSS
1. LOVE
2. HOPE
3. HUMILITY
6. GOD
7. FEAR
8. ABSTINENCE
9. STEPS
11. HIGHPOWER
13. TELEPHONE
DOWN
1. LITERATURE
2. HONESTY
4. INDECISIVENESS
5. GRATITUDE
10. MEETING
12. SERVICE

Puzzle Answers: (from page 2)



AUGUST 2011 ~ FREEDOM INTERGROUP MEETING LIST

	Day/Time	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		St. Anne's Episcopal Church 9870 West Fort Island Trail (Mary Chapel) 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	Carolyn R. 352-341-0777
Hernando	Tuesday 1:00 pm	Bridge to Serenity	West Hernando Branch Library 6335 Blackbird Ave.	Belinda B. 352-293-3455
	Thursday 7:00 pm	Road to Recovery	Day Spring Presbyterian Church 6000 Mariner Blvd. Spring Hill, FL 34609 (Fellowship Hall)	Karen H. 352-200-8433
	Friday 1:30 pm	New Beginnings	St. Andrews Episcopal Church 2301 Deltona Blvd. Spring Hill, FL 34606	Betty 352-666-1710
	Saturday 2:30 pm		"A" Club 18922 Titus Blvd. (1 block south of County Line Road) Hudson, FL 34667	Madeline H. 352-428-0815
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

