

# OVEREATERS ANONYMOUS ~ FLORIDA'S FREEDOM INTERGROUP



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

[www.oafreedom.org](http://www.oafreedom.org)  
Volume 2 ~ Issue 02

**STEP TWO:** Came to believe that a Power greater than ourselves could restore us to sanity.

"Clearly a power greater than ourselves had to be found if we were to be restored to sanity." The Twelve Steps and Twelve Traditions of Overeaters Anonymous p. 12

For someone as impulsive and driven to find relief as I was, sanity took many forms: waiting instead of acting, looking for a positive in a situation, feelings of satisfaction when the action fell short of the intention and learning to be aware of my compulsion and think it through.

When I relied on my wits alone, I used all my energy to make things happen. Too often I met with frustration, disappointment, and feelings of failure or self-pity, which lead me back to the food.

The Higher Power I found in Overeaters Anonymous revealed a more peaceful approach to living. He enabled me to begin asking for help, contemplate my options, and anticipate the effect of my actions on others.

I feel calmness and a confidence that produce realistic expectations under adversity. Now that's sanity.

*-Voices of Recovery, February 5, pg. 36*



## COUNT YOUR BLESSINGS

Concentrate on the picture above and begin to realize the Blessings of our land. Write about or make a list of these Blessings and post them on your refrigerator as a reminder for the days you may not feel so blessed.

Please submit personal stories by the 15<sup>th</sup> of the previous month, for the following month.

Editor: Belinda [lindabe48@yahoo.com](mailto:lindabe48@yahoo.com)

**TRADITION TWO:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

I had a small amount of religious training when I was young, and I thought I knew what I needed to know about God and prayer. My biggest stumbling blocks in the program were that my concepts of God didn't apply when it came to compulsive overeating and my concept of prayer didn't include anything personal. Suddenly the Steps were asking me to turn my will and my life over to something greater than myself, but nothing in my religious or intellectual thought fit. The idea of making this power a book or a tree or my sponsor didn't seem reasonable. Then I heard someone refer to "a loving God as expressed in the Second Tradition." I realized that whatever I wanted my God to be was all right, as long as that power was loving. Nothing else mattered. I imagined a benevolent friend, and my intellectual and religious arguments disappeared.

*-Voices of Recovery, February 17<sup>th</sup>, pg.48*



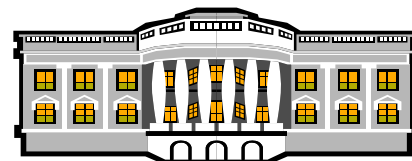
## FOOD FOR THOUGHT

Many who come are encouraged by friends and relatives to use will power. Do I realize I cannot be my own master and have I truly turned my life and will over to a HP and OA? Am I working it? Have I mastered it? Remember it is not a one day process.

**Read this, think and write your answer; please submit to Newsletter.**

## OUR TRUSTED STAFF:

"We are but servants we do not govern"



**CHAIR:** Sharon (Zephyrhills)

**VICE CHAIR:** Tiffany (Port Richey)

**TREASURER:** Barbara Joy

**SECRETARY:** Charlene (Zephyrhills)

*(Tiffany will fill in as needed)*

**Newsletter:** Belinda (Brooksville)

**12<sup>th</sup> Step Within:** Needed

**Public Information:** Needed

**Telephone Hotline:** Carole

**Literature:** Nancy 813-715-4512

[NancyRickPage@aol.com](mailto:NancyRickPage@aol.com) and

Kathleen when Nancy goes North,

315-335-2606 [KathleenPape@yahoo.com](mailto:KathleenPape@yahoo.com)

The newcomer may ask, "Who is the head of OA?" and be puzzled by the answer in Tradition Two: A loving God. No organization in the world, except other Twelve Step groups, is run in quite the same way. It may seem thoroughly impractical—but it works! We ask God's guidance and then vote on concerns, and the group decision is our authority.

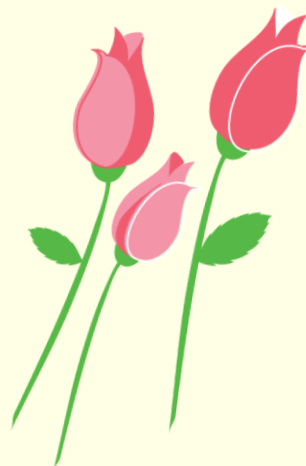
Not all our group decisions will be wise and practical. We do make mistakes. Then we must look for better answers to the problem. In time we are likely to see that we have learned and grown from our mistakes.

No one person has all the answers in OA. It is only natural for the founders of a group to feel that they must always guide and direct the group, but this is not so. The counsel of elder members can continue to be invaluable but it is not good for the group or the individual for one person to hold authority long.

A vital part of personal growth is learning humility by yielding our self will. As a group we may think it is easier to follow a strong leader than to join in making our own decisions at a steering committee meeting. But group conscience must be our guide in making all decisions for the group. There is more strength in working out solutions together.

# FREEDOM INTERGROUP'S - NEWLY ELECTED OFFICERS FOR 2011

- Chairman:** Sharon T.  
(813) 782-6005  
[Trapps1@verizon.net](mailto:Trapps1@verizon.net)
- Vice Chair:** Tiffany T.  
(727) 845-5216  
[calmthestorm@live.com](mailto:calmthestorm@live.com)
- Secretary:** Charlene L.  
(386) 366-3705  
[charlenelapierre@hotmail.com](mailto:charlenelapierre@hotmail.com)
- Treasurer:** Barbara Joy  
(727) 937-1964  
[jarbyboy1@tampabay.rr.com](mailto:jarbyboy1@tampabay.rr.com)



It was so wonderful to see such a great turn out for Intergroup Jan. 8th. We elected new officers for the year 2011. I personally want to thank all who attended and those who were willing to do service. I am hoping that each of our Freedom I/G meetings will send a rep. from their group to Intergroup which is Feb. 12th.

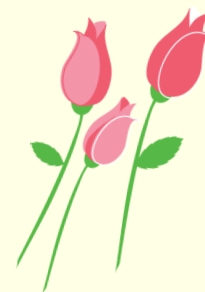
I also want to thank Belinda B. for taking of the service of newsletter. Along with that I want to thank Mary Jane (our webmaster of oafreedom.org) for doing the Nov. and Dec. newsletter for us and offering to help Belinda if needed.

Question? Have you made a phone call today other than to your sponsor? Have you been to meetings and notice that some members are no longer attending? From experience, I can share that when I have not made meets for a long period of time, it would have been greatly appreciated to receive a phone call letting me know that someone was thinking of me and noticed that I had not been to a meeting. Yes, I was feeling sorry for myself and I could have made phone calls too. I can assure you that I will be making a point to make phone calls just to say, "Hi, how are you?"

I thank God every day for OA and all that this recovery program has given me. Lost (and hopefully never again to be found) weight, friendships, close relationships with family, 12 steps to live life on life's terms and a peace that I never knew before.

Again thanks to you who have offered service not just at meeting level, but at intergroup level. Together we can do what we cannot do alone.

Hugs,  
BJ



***Something to think about. Do you see yourself anywhere in the following statements?***

**Here are some examples of irrational thinking that leads you to deny powerlessness over the out of control people, places, things and personal behaviors in your life:**



- ▶ You must be able to have control over everything in your life.
- ▶ It is a sign of weakness to admit your inability to control or change things.
- ▶ You should be able to solve your own problems on your own.
- ▶ What would people think if you reached out for help to deal with the aspects of your life which are out of control?
- ▶ You should be able to work things out on your own, once you realize what the problem is.
- ▶ There is no problem too great that it can't be solved.
- ▶ God never gives you a problem too great that you can't handle it on your own.
- ▶ You are a real "wimp" or "wuss" if you can't deal with it on your own.
- ▶ People are able to handle everything in life. That is why they were given intelligence, creativity and imagination.
- ▶ It is a sign of moral weakness if you are not able to get your impulsive, addictive, compulsive or obsessive behaviors under control.
- ▶ You are a "bad person" if you are powerless to change your behaviors on your own.
- ▶ You are not supposed to ask for help from others when you are dealing with your weak character flaws.
- ▶ When you ask for help, you always become dependent on others to solve your problems for you.
- ▶ Certain behaviors have a genetic basis and it is best to ignore them so that they don't occur in your life.
- ▶ Ignore your problems and they will go away.
- ▶ An impulse is an easy thing to get under control.
- ▶ You are morally weak if you have an addictive behavior problem.
- ▶ The only way to change sick behaviors is to work at it on your own.
- ▶ If you don't face your problems, they don't exist for the moment.
- ▶ Admitting you are a human being when facing problems is admitting defeat.
- ▶ You should be able to handle every challenge in your life on your own.

**Things that cause one's life to become unmanageable because the person is powerless over them.**

**Personal behaviors:**

- ▶ Impulsive behaviors a thing you do right away with no pre-thought or hesitation.
- ▶ Addictive behaviors a thing you do with no thought at all which is a habit and out of control.
- ▶ Compulsive behaviors a thing you do with little thought, over and over again and it is hard to control.
- ▶ Obsessive behaviors a thing you do over and over again because you don't believe it is perfectly done unless it corrected and modified over and over again.



## Upcoming Events

### Region 8 (Soar 8) Assembly

Baton Rouge, LA

March 11-13, 2011

#### What is Region 8?

“SOAR 8”— Southeast Overeaters Anonymous Region 8—comprises Alabama, Arkansas, Bermuda, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee; the Caribbean Islands; Central America; and South America. Puerto Rico and the Virgin Islands have long been a part of our region, and in July 2001 the rest of the Caribbean Islands were officially welcomed into Region 8 along with Central America and South America. SOAR 8 is one of 10 areas around the world formed to serve the regional needs of OA.

### Florida State Convention

“Together We Can ... Be Abstinent 24/7 in 2011”

**February 25-27 2011**

Sheraton Orlando North  
600 North Lake Destiny Drive  
Maitland, FL 32751  
Phone: (407) 660-9000  
Toll Free: 1-800-325-3535  
Email: [showupoa@aol.com](mailto:showupoa@aol.com) or  
Linda Hartmann [fdnymom@msn.com](mailto:fdnymom@msn.com)  
(727) 647-8280

Register Online: [www.flsc2011.eventbrite.com](http://www.flsc2011.eventbrite.com)

## World Service Events



**World Service Business Conference (WSBC):** WSBC serves as the collective conscience of the Fellowship of Overeaters Anonymous. Held annually in April or May, this week-long meeting is attended by delegates representing OA Intergroups and service boards around the world. It is held to elect trustees, amend bylaws, adopt new business policies and provide information to delegates through presentations and workshops on issues that affect OA as a whole.

Each OA member, group and service body has a stake in Overeaters Anonymous. Conference is the one opportunity we have as “shareholders” to come together and question, chart and steer the course of Overeaters Anonymous. It is also our obligation to report back to our service bodies and groups on the current state of OA and its direction for the future.

**World Service Convention:** World Service Convention is held every three years to promote recovery, fun and fellowship in Overeaters Anonymous. You can attend workshops, marathons and other OA-related events, and hear speakers from other countries. Come share your experience, strength and hope with hundreds of OA members from around the world.

*Overeaters Anonymous webpage*



## ANNOUNCEMENT BOARD

### NEW MEETNG

**Reunion en Espanol  
Wednesday - 6PM**

Esperanza Interfaith Center  
1217 Leisure Avenue  
Tampa, FL

Contact: Maria  
(813) 293-9410



### HOPE by Harriet70

What a wonderful topic to read and write on. Again today, I clicked randomly and to my eyes appeared this topic. How I needed to be reminded of this. I not only have a hope of Glory; but I also have a hope that things will get better in God's time and not mine. All I need know is that God loves me and has my best interest at heart.

-OA PTI Forum, March 19, 2010

**FREEDOM INTERGROUP MINUTES**

January 11 2011

**OPENED:** with the Serenity prayer at 9:00AM / Meeting Chaired by Treasurer Barbara Joy.

**ATTENDANCE:** Nancy P. - Zephyrhills (Literature Rep), Polly - Hudson, Elizabeth - New Port Richie (Region 8 Rep), Tiffany T. - Port Richie, Grace (Vice Chair), Charlene (visitor), Kathleen - Zephyrhills, Sharon – Zephyrhills, Millie (visitor), Ann – Spring Hill, Dolores – Beverly Hills & Lecanto, Belinda – Brooksville (Newsletter Editor), Barbara Joy (Treasurer).

**MINUTES:** Read by all who attended. Corrections were made for spelling errors. Motion to accept as amended by Dolores; seconded by Belinda. UNANIMOUS

**TRADITION OF THE MONTH:** Tradition One, read by Nancy P.

**REGION 8 REPORT:** None.

**WORLD SERVICE REPORT:** Millie reported that a Plan of Action is our 9th tool. There will be literature on the new tool coming possibly in 2011.

**COMMITTEE REPORTS:** None.

**SPECIAL EVENTS:** State Convention February 25—27, 2011  
April 29, 30 and May 1, 2011 Big Book Retreat @ Franciscan Center (add to agenda)

**TREASURER'S REPORT:** We need someone to take on the job of contacting the St Petersburg paper newspaper and have Overeaters Anonymous taken out of the "Diet" section of the paper and put into the "Addictions" section of the paper. Checkbook balance forward \$1972.37. Total Monthly Income: \$119.77. Total Monthly Expenses: \$303.21; General Fund: \$841.44; Literature: \$124.32; Special Events: \$266.92; Retreat Scholarship Fund: \$27.50; Region8 Scholarship Fund \$28.75; Prudent Reserve: \$500.00. Motion to accept treasurer's report as submitted made by Belinda, seconded by Nancy. UNANIMOUS

**WEBMASTER:** There was a "Thank You" note we sent out to MJ and she responded by thanking IG for the "Thank You" note and that she is willing to help Belinda with the Newsletter.

**NEWSLETTER:** Belinda is requesting articles about "Where were you in 2010?" Also, If you or anyone has old Lifelines to pass on to be used for the Newsletter and you want them back, please put them in a envelope with your group info on them and your name so they can be returned when Belinda has used them. Barbara Joy will make group and meeting information changes to the WSO if groups need info updated, such as time, place, contact, etc. Contact Barbara Joy for this info change service. Newsletters can be found at OAFreedom.org

**12STEP WITHIN:** None. Need a representative.

**TELEPHONE:** Low calls in December.

**LITERATURE:** Nancy reported that there were 2 orders placed and filled for Literature and Nancy was present with books if members needed to make purchases.

**OLD BUSINESS:** None.

**NEW BUSINESS:** Election of officers was as follows:  
Intergroup Chair - Sharon from Zephyrhills.  
Intergroup Vice Chair - Tiffany from Port Richey  
Treasurer - Barbara Joy  
Secretary - Charlene – Zephyrhills and Tiffany will fill in when Charlene goes North.  
Newsletter - Belinda-Brooksville  
12<sup>th</sup> Step Within - needed  
Public Information - needed  
Telephone Hotline - (Carole)  
Literature - Nancy 813 715 4512 [NancyRickPage@aol.com](mailto:NancyRickPage@aol.com) &  
Kathleen when Nancy goes North. 315 335 2606 KathleenPape@yahoo.com

**GROUP REPORTS:** None

**NEXT MEETING:** February 12th

Closed with the Lord's Prayer

## 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. Brooksville, FL 34613	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		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 7:00 pm		Calvary Chapel Worship Center 6825 Trouble Creek Road New Port Richey, FL 34653	Judy 727-457-3976
	Monday 5:30 pm	Big Book Meeting	Florida Hospital - Zephyrhills 7050 Gall Blvd. (Wellness Conference Center) Zephyrhills, FL 33541	Ginny S. 352-796-5459
	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

Location Change



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

