



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

www.oafreedom.org
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STEP 1

We admitted we were powerless over food ~ that our lives had become unmanageable.

‘WITHOUT STEP ONE, FORGET IT!’

Before I began to use STEP ONE, my life's experiences were boringly repetitive. I never saw a pattern, recognized the evidence or acknowledged my feelings about my desperate struggle to keep my head above the tide of bingeing, dieting, starving, exercising and laxative abuse. I don't know if my inability to see the truth was by intention or neglect or just because I was too busy trying to survive.

I would eat consistently to some "top" unacceptable weight. It would be all out with the food and with anything else that would make me feel better. I would then do something to manage the weight; a diet, an exercise regimen, laxative abuse or a new self-help book.

I never understood the concepts of powerlessness or honesty, and STEP ONE has been a gift in my life. It is real evidence of divine intervention because nothing I had done until I stumbled into OA had increased my awareness of what was happening to me. I wasn't even seeking another way of life. I would have been happy to just die and be done with it. I feel profoundly grateful that light and freedom have replaced the dark, sordid way I had been living.

Continuing to understand STEP ONE strengthens my recovery by keeping me aware of who I am. It is the bedrock to my recovery, enabling me to seek out another way to proceed through the rest of the Steps.

Without STEP ONE, forget it! I don't know what the problem is, so I can do nothing about the way I'm feeling or the way you're acting. It is the foundation of recovery for me.

- J.P. Perth, Life Line, January 2003, pg 13

one day
at a time

Please submit personal stories by the 15th of the previous month, for the following month.

News Editor: Belinda
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TRADITION 1

Our common welfare should come first; personal recovery depends upon OA unity.

The Traditions bring sanity and balance to the various members, groups and Intergroups within our regions. Thanks to HP and Bill W. for the Traditions—practical spiritual guides for our OA groups.

OA has demonstrated an inclusive attitude for years by practicing Tradition One. It boils down to believing that unity is more important than individual differences (food plans, use of tools, etc.) We're all different, and that difference is good. That's the secret: the acceptance of the legitimacy of differences, even in how we work our OA program. One way is no better than another, just different.

We can each find a meeting, a sponsor, a way of approaching the program that fits each one of us. The commonality of our disease and our program of recovery are much more important than our diversity. It's a miracle to see the First Tradition in action.

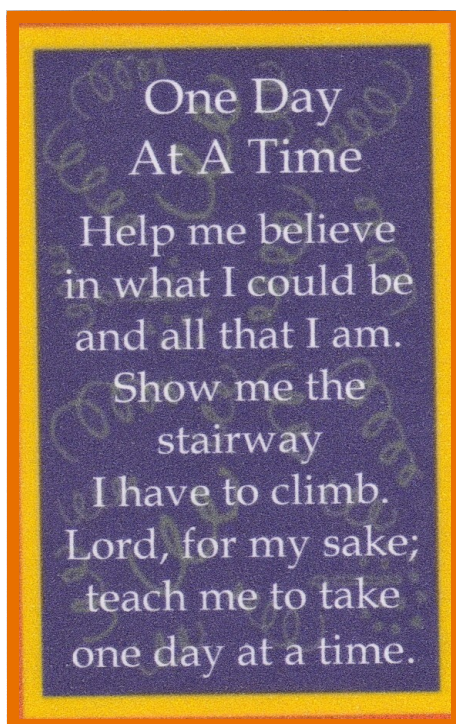
- Lifeline January 2003, pg 18

FOR DISCUSSION/JOURNALING

“ARE YOU AWARE OF YOUR TRANSFORMATION MIRACLES”

Look back to the year 2000 (the millennium) and write about where you were emotionally, physically and spirituality. Now examine where you are today in those three areas and write down your feelings. Lastly, look ahead to 2020 and jot down where you would like to be in the next 10 years in your emotional, physical and spiritual life. Add to your writings any steps you can take to accomplish your goals.

-Lifeline 2003





Personal Reflections

Personal Reflections



Not So Stupid After All

When I was young, my mother repeatedly called me stupid and fat. Aside from that, she didn't pay any attention to me.

Throughout grade school, I was an overweight class clown. I studied hard enough to get by, but turned to food for comfort. I thought I was too stupid to do anything serious with my life. I set the bar for personal achievement low, so I could easily do well. I went to college and did well considering how stupid I was. However, I spent most of my time compulsively overeating, drinking and taking drugs. I ballooned up to 280 pounds because I felt I was entitled to eat what I wanted. I thought that eating made me feel good when human companionship turned me down.

By 1980, I was eating more food, taking more drugs and feeling worse about myself. Food, drugs and alcohol were like credit cards. Eventually, the bill came due, and no matter how hard I resisted, it had to be paid. The bill came in the form of physical and mental distress and being ostracized by others. The ultimate bill came in the form of feeling not good enough to be liked and accepted by those who didn't compulsively overeat or use drugs.

I joined the Navy in 1980 to "straighten out" and it worked, sort of. For a while, I gave up the compulsive overeating and stopped using alcohol and illegal drugs. I maintained my abstinence from illegal drugs and alcohol, but not from compulsive overeating. I did have my first encounter with Overeaters Anonymous, though, and had my first glimmer of hope. I wasn't ready to commit myself to the Twelve Steps, but I saw that a life of moderation in all things might be possible.

In the late 1980's I took an IQ test for reasons I can't remember and found it relatively easy. I thought there must be two IQ tests, one for stupid people and one for normal people. I thought I had taken the test for stupid people, and that was why I found it relatively easy. Imagine my shock when the examiner said there was only one test, I had scored 145, and I was "extremely bright."

Only then, when I was 37 years old, did I finally believe my mother was wrong, and I wasn't stupid. It took another five years for me to unload her emotional baggage and realize that what she had told me as a child was her problem, not mine.

In the mid 1990's I gave Overeaters Anonymous another shot. Gradually, the concept of abstinence became real to me, and I lost both the physical weight and the emotional weight I had been carrying for so long.

While I have had my share of problems since then, I have always found that an attitude of gratitude helped me confront my demons. I couldn't do it without OA, just like it was hard to do anything as long as I believed I was stupid.

- L.G., Shelbyville, Tennessee USA (Lifeline January 2003 pgs 14-15)

Freedom Intergroup

Minutes December 11, 2010

Attendees: Belinda, Bridge to Serenity (Newsletter editor); Nancy Page Fri. Zephyrhills (Literature Person); Kathleen, Fri. Zephyrhills; Charlene L., Visitor, Zephyrhills; Sharon Trapp, Mon. Zephyrhills; Sandy M.; Elizabeth Vig, (Reg. rep.); Barbara Joy, Treasurer; Jeannine A., Chairman

Opened with Serenity Prayer

Minutes read – Belinda motioned to accept as read; Barbara Joy seconded.

TREASURER REPORT: General fund \$927.50, Literature fund \$94.47, Special Events \$406.65, Retreat Scholarship fund \$21.25, Region 8 scholarship fund \$22.50, Prudent Reserve \$500.00. Elizabeth motioned to accept; Belinda seconded.

REGION 8 REPORT for November Assembly by Elizabeth: She attended the committee medians for diversified meetings. Upcoming Assemblies: March 11-13, 2011 Baton Rouge, LA, July 8-10, 2011 Nashville, TN, Nov. 2011 will be in Columbia. This will be the first time ever that the assembly was held out of the US.

COMMITTEE REPORTS: Nov. 19th Retreat. The numbers were down but enthusiastically attended. Jeannine read the summary of evaluation sheets. Overall the comments were excellent. Many stating that they cannot wait until BB retreat April 29, 30, May 1, 2011. We took in \$250.00.

UPCOMING EVENTS: State Convention planning meeting Jan. 29th in Kissimmee. The convention is Feb. 25-27, 2011.

NEWSLETTER: November and December newsletters completed by Mary Jane W. (Webmaster for OAFreedom.org & from Pinellas Traditions Intergroup). The newsletter was sent to our members and asked them to make copies for their meetings. If you would like to be on the mailing list, contact Barbara Joy at jarbyboy1@tampabay.rr.com. It was suggested that each meeting send Belinda some writings. Share your recovery on sponsorship, how you stay abstinent, honesty, or anything you would like to share on. Belinda's email is lindabe48@yahoo.com.

TELEPHONE HOTLINE: There were only 9 calls for November.

12TH STEP WITHIN & PUBLIC INFORMATION : Still need representative

LITERATURE: When ordering by email, be sure to put OA or Literature in the subject line or Nancy may not open it if she is not familiar with your email address. Nancy's email is nancyrickpage@aol.com. Her phone number is 813-715-4512.

NO OLD BUSINESS:

NEW BUSINESS: Discussion and nominations for new officers (Jan. vote). Some positions opened. If you are interested, contact Jeannine or just come to Intergroup meeting on Jan 8, 2011.

There was no time for meeting reports.

Next meeting January 8, 2011.

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	Carole G. 813-920-2001
	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	Jeannine A. 727-817-0017
	Saturday 10:30 am	Pasco Pioneers	Unity Church 5844 Pine Hill Road Port Richey, FL 34668	Jeannine A. 727-817-0017

Location Change

