



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

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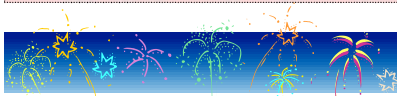
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Please submit any personal stories by the 15th each month to be published in the following month's newsletter.

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STEP 7: Humbly asked Him to remove our shortcomings.

Stewing in the Defects

If you look in the Alcoholics Anonymous "Big Book" in the chapter "How It Works", you'll notice that Steps six and Seven are covered in two short paragraphs. That's it. For me, these are two of the most difficult steps, and they give us a few sentences and a nice prayer.

But the point of their brevity is that there is not much to these Steps. Of course, as compulsive people, we want to analyze and discuss and *Stew* in our luscious defects. And, if you are anything like me, this is a great way to delay the frightening prospect of Steps Eight and Nine.

Steps Six and Seven really are simple. We pray to God to remove our defects of character just as we prayed to God to remove our compulsion to overeat. Our footwork is to be willing to go to any lengths to avoid overeating. For example, If we know that talking with a certain person triggers our tendency to gossip, we can act on this awareness. We have choices. We can set boundaries with this person. We can take ourselves out of tempting situations.

If dishonesty is a defect, we can look at our lives and find ways to confront the issue. For example, we can stop cutting corners and pay the road tolls. We can stop saying, "Oh I'm fine," when we feel miserable. We can stop padding the expense account, lying to the police officer and omitting the "insignificant" details.

This is a lifetime process. Our defects will always be with us because they are part of this disease, but we can recover from them one day at a time with help from our Higher Power.

-Lifeline, July 2001, pg. 19

TRADITION 7: Every OA Group ought to be fully self-supporting, declining outside contributions.

What Price Serenity

Where does my contribution go when I put it into the Seventh-Tradition collection? I'm not concerned about this because I have received more from this program than money could buy. However, through giving service to OA over the past two years, I have learned the answer to this question and much more about the Seventh Tradition. I have learned that it is up to OA members to support this program financially is one of the ways in which we do so.

I love to get something for nothing, "Freebies" thrill me. Coupons, rebates and two-for-one deals satisfy me. Free food, free clothing or any decent handout can send me into euphoria. Yet, this desire to get the goods without the guts kept me in a downward spiral into the food. It still threatens my abstinence. I am often tempted to eat more "free" food than I need, simply because I did not have to pay for it. Part of my recovery today is accepting gifts when they come but paying my way instead of looking to freeload. That means I must take an active role in supporting the program that saved my life, a program that is technically free, but that costs me personally to work it and that has its own expenses.

I can see how every dollar I give to OA helps to keep it running. It pays the rent to the building in which my meeting is held. It goes to my meeting's treasury to fund literature purchases--some for members to buy, some to give to newcomers. It helps purchase materials for my meeting that keep me recovering and keep my group abreast of area OA news and events.

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What would happen if I decided not to contribute y share when the basket id passed? OA probably wouldn't fall apart without my money, but it might if we all began skimping on our contributions.

Without our financial support, the printing presses would stop, and we would have no more literature, no human voices would answer the phones at the World Service Office. Our inter-groups would no longer send delegates to the World Service Business Conference every May. Whoever could get to Albuquerque on his or her own money would go and decide what happens to the rest of us in OA.

No contributions means no rent to our meeting place, which means no meeting place. That means I would miss the recovery I find at meetings, and newcomers would miss the hope. Without our dollars, WSO would lack funds to send free information to newcomers. Would they bother to try OA and find out if it is for them? The Twelfth Tradition reminds us that our purpose for existing is the newcomer. Without newcomers, OA would dissolve.

The reality is that a dollar per member these days is hardly enough to support the work of OA worldwide. Like everything else in OA, fiving has a dual purpose. It is for the good of OA and for my own good.

It keeps the program alive for me when I need it. It offers practice in giving, which the self-centered part of me doesn't always enjoy. Giving to OA teaches me to value my serenity more than my money. Through giving, I learn that even my money belongs to God and that I must give it as He directs, trusting Him to provide whatever else I need. Giving teaches me to support causes in which I believe, even when this support demands personal sacrifice. My contributions to the Seventh Tradition help me learn to be selfless.

Through our selfless giving, OA is empowered to continue its Twelfth-Step work around the world and to provide a place where we can "keep coming back" by supporting our program financially, we protect it from domination by outside forces that might subsidize it, such as the government, private organizations or well meaning philanthropists. These subsidies would alter and corrupt our program, leaving it vulnerable to decay. We safeguard against this every time we place a dollar (*better make that at least two!*) in the basket as it comes around. WE see that we are worth it. We gain self-esteem, and we ensure a future for OA and for ourselves.

-Lifeline 2001, pg 23-24

Overeating an all-consuming addiction -- Four women tell their stories

Marie began dieting in junior high. Looking back, she knows she wasn't heavy; she just thought she was.

Her goal was to drop 30 pounds -- weight she forced herself to lose over and over again. She gained weight with each of her three pregnancies, and because she was a stay-at-home mom, she found herself buying more and more food because it was an expense she could justify.

At her heaviest, the Kennewick resident weighed 320 pounds. But even then, she didn't believe she had a problem. That changed when she caught her teenage daughter smoking.

"She told me, 'You eat for comfort, I smoke for comfort,'" Marie, 52, said. "That's the first time I thought of it as an addiction."

Adela, S.C. and Kathy share similar stories. These Kennewick and Yakima residents, who are between ages 52 and 73, have avoided mirrors and cameras because they were ashamed of their bodies. They've eaten junk food in bathrooms when no one was looking.

And they've tried diet after diet, failing every time to control their urges.

"I can remember crying about my weight, putting food in my mouth at the same time and feeling crazy," Marie said. "I felt like I had no control of my own hand."

*Submitted by Barbara Joy,
from Yakima-Herold.com
Thursday, May 26, 2011*



ANNOUNCEMENT BOARD

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



Upcoming Events

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

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

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


JULY 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
 