

Road to Recovery



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

www.oafreedom.org
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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 6: Were entirely ready to have God remove all these defects of character.

I AM READY

I worked with God to create my Fourth Step inventory. Through hard work, I took an honest look at my resentments, fears and relationships. After preparing the inventory, I scheduled time to review it with my sponsor. The effort of scheduling the face-to-face meeting, sitting down, opening my notes and reading the work I'd done put me on the path to healing.

My recent Fifth Step surprised me. Six weeks later, I couldn't believe how much fear had built up inside of me.

The Big Book tells me my next action is to approach Step Six. I see Step Six as a preparation task. I am almost there. With my Higher Power's help, we can build "an arch through which we shall walk a free man at last" (Alcoholics Anonymous, 4th ed., p. 754). This means my fears, resentments, and self-seeking and selfish behaviors bind and keep me from a nourishing relationship binding is-I withdraw, and I don't put myself out there to interact with others. I descend into loneliness, and guess what...my disease is waiting for these low points!

I am ready to be free of resentment and fear. I want peace. After I meditate, I leave nothing out of the inventory I share with my sponsor. I am ready.

My fears have not benefitted anyone, including me. They cause my heart to race, and I shut down and isolate. Yes, God, I am ready.

My self-seeking behaviors have not benefitted anyone either. Now I stay focused on others. Resentments build because life does not go where I want it to go. Yes, God I am ready.

As in my morning meditation, I can look at Step Six as a wonderful transition opportunity. I can see the change beyond the arch. I just have to look.

-Lifeline, June 2010, p. 20

TRADITION 6: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The strength of an OA group and its future is equal to keeping Step Six alive and well.



ESSENCE OF TRADITION SIX

Two important sayings emerge from Tradition Six: "Keep it Simple" and "First Things First". The essence of Tradition Six is a reminder our primary purpose is to help the compulsive overeater who still differs. When we forget that, we forget our primary purpose. If we endorse outside health, eating or weight-loss plans; eating-disorder programs; or non-OA-approved literature, we can get into gobs of trouble.

I was an OA member in the days when members displayed and sold many such food plans and literature. It was confusing for newcomers because too many choices filled the literature tables. Some choices had nothing to do with compulsive eating, so I was happy when the World Service Business Conference decided only OA-approved literature could be displayed on literature tables. Also we talk only about Overeaters Anonymous at OA meetings, even if we attend other Twelve-Step programs.

If we remember "Keep It Simple" and "First Things First," it will be easy to maintain the essence of Tradition Six.

Utah Soaring newsletter, Utah Soaring Intergroup, June 2003.

-Lifeline, June 2010, pg. 19

SPIRITUAL PATH: God Is With Me

A recent daily reflection reminded me I am from God. I am made in God's image and likeness. I have read and heard this many times, but this time it seemed to have a special meaning.

God created me to be like Him, and He has a special place for me. Not only did He create me, He is always with me. He is here to guide, lead, comfort, and love me and to show me the way.

When I haven't been in tune with His plan, He has not abandoned me. He has not given up on me when I have given up on Him. He has been there when I have chosen to defy Him, or not recognize or acknowledge Him. He has been there when I defiled my body with enormous quantities of food, reacted in anger, carried resentments and lived with dishonesty. He was there even though I chose to turn my back on Him.

Today He is with me, and I feel His presence. I welcome Him into my being. In recovery, while on my knees being humble, I am able to ask Him to guide me and remove my shortcomings. By making a conscious decision to turn my life and will over to His care, I experience a new sense of freedom. For today I don't have to be a slave to food. I don't have to be dragged down by feelings of anger and resentment, and I don't have to be a people pleaser. I don't have to feed into or be affected by the moods of others.

Through living the OA Twelve-Step program of recovery, I am one day at a time taking care of God's creation -- me.

... My Reflections on "I am Ready"...

I know you have heard the saying, "When God closes a door, He opens a window." I also believe that there is a purpose and reason for things happening the way they do. I want to share my thoughts with you. I do not know where to begin but I remember my sponsor saying to "write about it." I feel this compulsion now to write and share with my OA community, about the Months of March, April, and May.



As I think about the words I will put to paper, I want to be clear and not whiny. We all have stress and the disease is waiting for the "low points." Having OA, having a sponsor and especially my HP, I must be grateful for not having gained the 55 lbs back that I lost through OA's program. As editor of this Newsletter I must read and review OA literature for appropriateness. I have not been able to attend my meetings and honestly I just did not feel like going out of the house, even if I could.

I do not feel God has abandoned me but rather He was supporting me, through the most stressful, and horrific months of my life. That is why I can identify with the article "I Am Ready."

Once I am physically able to get back on my feet I will return to the most important place I can be, my meetings. I know I can do telephone and on-line meetings, but I do not have the motivation nor energy to do so. This is the disease of Compulsive Overeating, self imposed isolation or rather not grabbing the opportunities to reach out and ask for help, ask for a friend to hold my hand and listen and not speak until I have finished crying.

Today, May 18th I feel a resurgence of Hope. It feels so good, I am alive and each day brings Hope because of OA's promises. If I did not have the OA program, and the service of the Newsletter editor, to fall back on during these times I would most likely been bingeing uncontrollably. I too can see beyond the arch. I just have to look.

Thank you for letting me be your Newsletter editor. I need the service.

-Belinda

FOR DISCUSSION ... AND JOURNALING

Before taking the First Bite, write a list of alternative behaviors or activities you can engage in to avoid going back to the food, or add to your existing list.

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

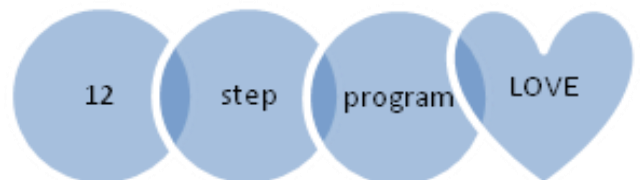
PUBLIC INFORMATION COMMITTEE RESURRECTED AND IN NEED OF NEW BLOOD

Freedom Intergroup's Public Information Committee is again up and running. Madeline from the Spring Hill groups has agreed to serve as PIC chairperson and already has a few volunteers to "man" (or more accurately "woman") the group's activities.

The focus of this committee, which serves Citrus, Hernando and Pasco counties, is to get information about OA out to the public through media announcements, contact with medical professionals and community groups, flyers, and other outreach activities. PIC also offers support and materials to individual groups who might want to sponsor a public information drive in their own communities.

More people are desperately needed to work on this IG Public Information Committee.

Any questions or names of volunteers should be directed to **Madeline at 352-684-3162** or madelinehar@gate.net.



Freedom Intergroup Minutes ~ May 14, 2011

Opened with the Serenity Prayer at 9:30

Meeting Chaired by Sharon T.

Attendance: Sharon T., (Chairperson): Barbara Joy (Treasurer); Jeannine A. ; Sanda M., NPR, Madeline H., (PI Chair); Suzanne H., Wesley Chapel, Hudson; Nancy P., (Literature Chair); Sue C., Zhills; Trish K. Zhills; Judy L., Monday NPR; Lydia K, Sat. Morning NPR; LaDonna Sat. PR.

Minutes read by Suzanne . Motion to accept made by Barbara Joy, seconded by Sue and accepted as amended.

Tradition of the Month: Tradition Five was read by Suzanne.

Region 8 Report – None except Pat is going to represent us in Nashville for Region 8 Assembly.

World Service Report – none. Voted on new tool “Plan of Action” which is on the website.

Treasurer’s Report:

Checkbook Balance - Beginning - \$1,666.60

Income from both Zephyrhills groups \$55.00, Sat.PR Meeting \$71.40. Retreat \$23.55, Region 8 \$21.42.

Literature Sales - \$360.50; Anonymous Donation \$200.00. Both Barbara Joy and Jeannine contributed their stipend for Franciscan Center Retreat. \$700.00 for a Total of \$1,431.87. Expenses were \$26.40 for business line, \$6.15 for 800 number, \$100 for \$50 gift certificate and \$50 scholarship at Retreat. \$331.74 literature purchase. Total \$464.29. Ending Checkbook Balance \$2,634.18.

Committee Reports:

Special Events: Jeannine reported that the recent Retreat at the Franciscan Center was wonderful and she got good feedback. The evals were mostly 4’s and 5’s. There was a positive atmosphere. There were some concerns expressed about the food but others liked it. The next retreat will be May 4, 5 and 6, 2012.

Upcoming Events:

Region 8 Assembly, Nashville, Tn July 8-10, 2011 (Pat)

Region 8 Assembly Medellin, Columbia

Region 8 Assembly March 2012, Raleigh NC

Retreat Franciscan Center 8/13, Pineallas Traditions Intergroup (PTI)

Newsletter: Newsletter is going well. Webmaster is doing a good job according to Barbara Joy.

Public Information: Madeline. Madeline has picked up the information from Barbara Joy and is reviewing. It will be a slow rebuilding process. She will contract each group as she can in person. She asked for volunteers to become involved and Sue and Suzanne volunteered. We need to work on a plan of how to get the message out. We may have conference calls. To talk about things like ads in newspaper, book fairs, etc.

12th Step Within: Sandy has reviewed and does not feel she can participate right now but maybe later. It was suggested that perhaps Ann could either back up Sandy or Chair.

Hotline: It is housed at Carol G.’s home. One phone call last week

Literature: Nancy P. All the literature is with her. She will be giving the literature to Kathleen as she (Nancy) will be in Maine for the summer.

Old Business: None

New Business: Need a new Vice Chair. Need a Secretary to fill in for Charlene. After discussion that there would be no Intergroup Meetings in June, July and August, it was decided we did not need a Vice Chair or back up Secretary at this time. Need 12 Step Within Chair, possibly Ann.

Motion to recess until September made by Barbara Joy and seconded by Nancy P.

July Assembly Report will be given in September.

Group Reports:

Monday NPR. Lots of Newcomers. New People don’t come back. Weak meeting. No Sponsors. Needs participation. A suggestion was made to have a Speaker’s Meeting. Barbara Joy asked if they have Newcomer’s Packets and suggested follow-up with Newcomers with phone calls, e-mails and make sure they have a meeting list. Jeannine volunteered to be a speaker.

Wed and Sat NPR meetings “still alive” Wed 6 attended and went out to lunch. Sat – 12 get to know each other and that makes a big difference. “Never had friends like in OA!”

Next Meeting: September 10,2011

Meeting closed with the Lord’s Prayer



JUNE 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

