

OVEREATERS ANONYMOUS - FLORIDA'S FREEDOM INTERGROUP

ROAD TO RECOVERY



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

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

News Editor: Belinda
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STEP THREE: *Made a decision to turn our will and our lives over to the care of God, as we understood Him.*

THIS TOO SHALL PASS

It gets hard sometimes, it undoubtedly will. I think I've not had enough, I need some more still. I measure and weigh the pros and the cons. If I eat one more bite is my abstinence gone? How important is this? What really means more? Do I dare to surrender to this endless war? The barrel is waning, my conquering's near, And I feel myself reaching and it fills me with fear. I'm holding my breath and I'm counting to ten. I've done this before, and I'll do this again. I need to let go and let God work His will, So I reach for a prayer that I hope He'll fulfill. I pick up the phone and I search for a friend. If I can get a hold of one, they can help this pain end. No one's around so I am stuck on my own. I say the prayer again as I hang up the phone. The food is so loud, it's screaming for me, But I cannot give in to its whining plea. I cower in the corner, as I'm weakened by temptation. I pray to a loving God to bring me salvation. I'm at my wit's end, where insanity rules. I pick up my book, and I flip to the tools. I read and write, and I give what I've got. It seems natural to me to help those who have not. The minutes pass by and I realize with glee, That working my program has indeed set me free. I cannot explain the relief I feel at last. It's true what they say, that this, too, shall pass.

-Lifeline, April 1999, pg 5

TRADITION THREE: *The only requirement for OA membership is a desire to stop eating compulsively.*

TEN QUESTIONS

Ten Questions, found on page 54, *For Today*. It starts with a quotation from Epictetus, "Nothing is to be had for nothing" and then lists 10 questions. By answering these questions, we can see what we are doing and failing to do in our lives.

1. Do I have a sponsor?
2. Do I really listen at meetings, and try to contribute?
3. Am I working the program beyond Step Three?
4. Am I trying to practice the principles of the program at home and at work as well as in OA?
5. Do I have a personal concept of a Higher Power that works for me?
6. Am I still trying to diet, i.e., manipulate and control my food and my weight?
7. Do I follow suggestions such as "weigh only once a month"?
8. Have I ever called a newcomer or another OA member?
9. Do I give some form of service?
10. Do I ever express gratitude for having come this far?

How would you answer these questions?

-Life Line, April 1999, pg 4

KISS
keep it simple...



SLOGAN: "What we resist, persist"

I was looking through some literature to see what I would select to write about and found this slogan. This slogan just hit me between the eyes. How true for me is this quote when I think about exercising. Did I tell you I hate to exercise? As a child I was very nervous and perspired quite a bit. My mother used to hand wash my school uniform and bleach my white blouses. Well, with her hand arthritis she apparently could not rinse and squeeze the solution out of my blouse. So when I perspired I could smell the bleach which only made me more self conscious. Here I am, over-weight, ugly and now I stink. To this day I do not like to perspire. When I think of exercising I immediately think of perspiration. This is a negative for me, and turns me off to exercising. Being a nurse, being in OA and being diabetic I fully understand the importance of exercise. I have a nice tread mill in my home which I can view from all different areas of the house. I have it at the ready in case I get the courage or desire to exercise. Every time I look at that tread mill I say I am going to get on it but first I have something very important to do and then I will get on it! This is where the **slogan** hits home. I am constantly thinking about exercising and the more I resist the more the thought of exercising persist. Another slogan comes to mind "**PAIN: The effort required to cling to old ideas and old behaviors**". The pain of being over-weight and diabetic is sad when I can and should do more to help myself. OA is great because it makes me think about my disease and not just lay blame on me or my character. I need my HP and He will help me get through this "exercise" resistance. Thank you for allowing me to share. Slogans help to narrow things down and put them in proper perspective. How a simple slogan "**what we resist, persist**" brought out all these memories and thoughts. Now maybe I can really work on my plan of action "EXERCISING".

-Belinda, Editor, Feb. 22, 2011

"FOOD" FOR THOUGHT:

What have you used to pave the way to your success? What is your success all about? Time passes quickly especially the older we get. So think about "stuff" and write about it for yourself, or for the news letter. You may submit **anonymously** to: Lindabe48@yahoo.com

**CHUCKLES**

We all need to laugh, especially at ourselves sometimes, so I will include, every now and then, a chuckle. If you have one please feel free to submit it to the newsletter.

A member desperately struggling to become abstinent received this call: "Can I give you my food?" "No." she cried. "I have enough trouble with my own."

-Lifeline, April 2004

Third Step Prayer

God, I offer myself to Thee--to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always! -Big Book, page 63



As we enter the New Year, (I know it's March) We may find ourselves facing new or old challenges. Keep the following in mind when you do approach these challenges:

E•A•S•Y•D•O•E•S•I•T

Each of us is unique, for no person is exactly like another; When we ourselves were born, most of us had a different mother.

Anxieties have been experienced by us for various reasons, But we all realize that in this life are many spiritual seasons.

Shifting our attention may help us to change unhealthy attitudes, So that deep within ourselves, we may unearth abundant gratitude.

Yesterday is dead and gone, while tomorrow is yet to arrive; If we will live in the present, then we can truly feel alive.

Discovering the truth about ourselves may take any years; Yet when we graciously accept our flaws, we can have fewer fears.

Overeating has become a bad habit. One we would like to break; But first we must confess our wrongs, lest we compound our mistake.

Errors in judgment we all have made, leaving many of us discouraged; However, when we learn that hope is not lost, we still can feel encouraged.

Stand up then to the challenge, and rest on God's assurance that the more phone numbers you have, the greater is your insurance.

If at first you appear to fail, by no means should you lose hope; when everything falls into place, we realize there are other ways to cope.

Therefore, believe that you need not eat more than you want or need; then perhaps you'll understand that it's a hungry soul you must feed.

-J.B., Indiana USA, April 2004, Lifeline



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.

ANNUAL BIG BOOK RETREAT

Sponsored by Freedom Intergroup

"WHO SAID THERE ARE NO MUSTS?"

April 29,30-May 1, 2011

The Franciscan Center

3010 N. Perry Avenue

Tampa, FL 33602

Cost per person \$120 shared room - \$150 private room
2 Nights + Friday Dinner + 3 Meals Saturday &
Breakfast on Sunday

(if you have any questions or special needs for meals call the Franciscan Center)

Call the Franciscan Center to make your reservations
813-229-2695

For more information contact:

Jeannine 727-849-3048 JA@tampabar.rr.com

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

NEW MEETING

Reunion en Espanol Wednesday - 6PM

Esperanza Interfaith Center
1217 Leisure Avenue
Tampa, FL

Contact: Maria
(813) 293-9410



FREEDOM INTERGROUP MINUTES
February 12, 2011

OPENED: with the Serenity prayer at 9:30AM
Meeting Chaired by Sharon T.

ATTENDANCE: Nancy P. - Zephyrhills (Literature rep), Polly - Hudson, Elizabeth - New Port Richie (Region 8 rep), Tiffany T. - Port Richey, Grace (Vice Chair), Charlene (secretary), Kathleen - Zephyrhills, Sharon (Chair)– Zephyrhills,, Ann – Spring Hill, Dolores – Beverly Hills & Lecanto, Belinda – Brooksville (Newsletter editor), Barbara Joy (Treasurer),Sandy-New Beginnings Springhill, Beth (Wesley Chapel)

MINUTES: Read by all who attended. Motion to accept as read, by Belinda, seconded by Kathleen, UNANIMOUS

TRADITION OF THE MONTH: Tradition One, read by Ann.

REGION 8 REPORT: There was discussion about sending representative to Region 8 Business assembly in Baton Rouge at a approx.. cost of \$570.00, it was voted to forgoe this time. There is talk about possibly sending a rep next time to the assembly in Columbia.

WORLD SERVICE REPORT: Charlene lead the Ig through a Public Information awareness survey from the World Service office.

COMMITTEE REPORTS: Report from Barbara Jean to publisize the retreat fund needs help to help others attend the Franciscan center retreat.

SPECIAL EVENTS: State Convention February 25—27, 2011
April 29, 30 and May 1, 2011 Retreat @ Franciscan Center
Region 8 Assembly at Baton Rouge, LA March 11-13.

TREASURER'S REPORT: Check book balance forward \$1788.93. Total Monthly Income \$332.10. Total Monthly Expenses \$532.95; General Fund -\$903.98; Literature-\$251.45; Special Events \$266.92; Retreat Scholarship Fund \$39.50; Region 8 Scholarship Fund \$39.75; Prudent Reserve \$500.00. Motion to accept Treasurer's Report as submitted made by Grace, seconded by Kathleen. UNANIMOUS

WEBMASTER: None.

NEWSLETTER: Newsletters can be found at OAFreedom.org

12STEP WITHIN: None. Need a representative.

TELEPHONE: No 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: None

Group Reports: None

P.I. Report: There will be a Public Information meeting In Wesley Chapel March 31, speakers tba.

Next Meeting: March 12th, 2011

Close 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	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		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

