



FREEDON INTERGROUP'S ROAD TO RECOVERY MAY 2009

Step Five

*Admitted to God, to ourselves and to another human
being the exact nature of our wrongs.*

SURVIVING STEPS FOUR AND FIVE

Fear was a permanent resident in my individual house. It lived in me since early childhood. How could I make a searching and fearless moral inventory? It was a mind boggle thought.

How deep must I dig and how far down inside of myself must I go ? Since I had already "hit bottom" in my compulsive eating my sponsor assured me it was O.K. to let go of procrastination and move on to the next steps. With the help of my Higher Power, my sponsor, the Big Book and literature, and all my fellow OA 'ers, I began my journey back. I took a little piece from all the above tools and created my own format to work the 4th. step. I then asked my sponsor if I could do Step 5 at the same time as 4 thus revealing my character defects to myself, to God and to another humane being at the same time. It was a beautiful waltz; name it, claim it, and give it away. After seeing all my defects in writing I then could evaluate them and review the part that I played in my years of complaining about everyone else.

If you honestly step forward in faith and place your trust in your Higher Power and your sponsor you too will finally know what acceptance is; acceptance of yourself just as you are today and of the role that higher Power plays in your new life. UTILIZE DON'T ANALYZE

-Liz

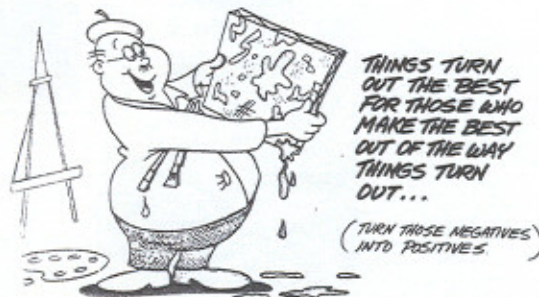
Tradition Five

Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.

The practicing compulsive overeater is more likely to listen to a recovered overeater than to doctors, family, or friends. If their advice were sufficient, very few would be obese.

But we can and do listen to one another. We share our feelings and experiences with others. When we are traveling the road to recovery, we are uniquely equipped to help others, because they will let us.

This is our prime purpose. An OA group is not a social club, though we make wonderful friends. If a group has stopped getting newcomers, it is time to examine its actions. Are efforts being made to let OA be known by public notice and personal witness? Is the newcomer neglected, while friends are absorbed in conversation? Or is the newcomer warmly welcomed and made to feel at home? Our group purpose is to carry the OA message. Specific causes, religions, unrelated philosophies, no matter how worth-while, are not promoted at OA meetings.



What is Intergroup and Why Should I care About it?

Trusted Servants. These two words describe the OA members who make up the Freedom Intergroup). Trusted Servants that practice Tradition One -- "Our common welfare should come first; personal recovery depends upon OA unity."

The(Freedom Intergroup of Overeaters Anonymous provides service for OA meeting groups in Pasco, Hernando, and Citrus Counties). Basically, Intergroup fulfills at the local level OA's primary purpose - to carry the message of recovery to the still suffering compulsive overeater.

Every OA group is encouraged to send 2 representatives to each Intergroup meeting, to help run the business of OA and to bring the group conscience and needs of their meeting into the Intergroup discussions and decisions.

If a meeting you attend doesn't have anyone going to Intergroup yet, volunteer!

It is very easy.

All you have to do is regularly attend your meeting, and be authorized by your group to be an Intergroup Representative (IG Rep). Then attend the Intergroup meeting on the second Saturday each month, 9:00 AM at the Unity Church, 5844 Pine Hill Dr., Port Richey, FL. Spend an hour doing service, talking out issues, and finding the best solutions to keep OA alive and well in Pasco, Hernando, and Citrus Counties.

I can't imagine these counties without OA meetings...without Road to Recovery...without speakers list...without special events...without a State Convention or Big Book Retreats. That is why I volunteered to work on the Intergroup 12th Step Within Committee and be editor of our Road to Recovery and why I am reaching out to you.

By consolidating and coordinating outreach and 12th step within efforts, the Intergroup can accomplish what one group or individual could never do alone. A successfully functioning Intergroup is a fulfillment of the 9th Tradition: "OA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve."

I hope you will join me so that we can be the message AND spread the message.

I copied this article from the Sunsteps N/L of the Miami-Dade Intergroup changing the name of I/G and the geographic areas and any other information that would pertain to Freedom intergroup.

I thank T. for writing this great article for his/her newsletter and sharing it with us. BJ

ASK-IT BASKET

Q. What does a World Service Conference* delegate actually do, and why it is so important to send one? Our intergroup is small and hard-pressed financially. Money that would be spent sending a delegate to Conference could well be used on much-needed services here.

A. A delegate's function is to provide communication between the local groups and World Service, enabling all members to become better informed on issues that vitally affect OA.

The World Service Conference is "group conscience" for the Fellowship as a whole; in conveying the views and opinions of local members, the delegate is contributing to that group conscience.

Many intergroups have found that the problems with which they've been struggling are resolved when the delegate returns with information and experience shared at a conference workshop or committee meeting.

There are many ways of raising money to fund delegates to Conference. Some of OA's smallest intergroups are able to afford the fullest possible representation by holding special fun-raising events throughout the year.

In the words of a former delegate who went on to become a member of the board of trustees, "The World Service Conference is an inspiring vision of a united Fellowship. When we compulsive overeaters are isolated, we stay sick. Groups and intergroups cannot isolate themselves and stay healthy for long. We need each other. -Lifeline / May 1989

UPCOMING EVENTS

May 1-3, 2009 Freedom Intergroup - Acceptance BB
Retreat

Fraciscan Retreat Center
Tampa, FL (contact: Jeannine 727-849-3048
ja@tampabay.rr.com or
Barbara Joy 727-937-1964
jarbyboy1@tampabay.rr.com

July 17-19, 2009 SOAR 8 Recovery Convention and
Business Assembly

Crowne Plaza Atlanta Airport Hotel
contact: Jackie H: 770-472-9819
jholness7@hotmail.com
Erica W.: 678-768-2566
ericaw23@yahoo.com

Oct. 16-18, 2009

Central FL Intergroup
Annual Fall Retreat
Gratitude in Action
Lake Yale Conference Center
Leesburg, FL

Contact: Rock J. 407-423-4086
jarock587@aol.com
Burt 321-214-3446
showupoa@aol.com

Nov. 6-8, 2009

Rockin' & Rollin' in Recovery
SOAR 8 Recovery Convention
& Business Assembly
Clarion Hotel & Conference Center
Tampa, FL

Nov. 20-21

Gifts for the Holidays
Freedom Intergroup 1 night retreat
Franciscan Center, Tampa FL

Contact: Jeannine 727-849-3048
ja@tampabay.rr.com

SIDE DISHES from LIFELINE / May 1989

"My sister and I -- both OA members -- were visiting a born-skinny Southern friend," writes N. of Santa Maria, California. "Being Yankees, my sister and I talk very fast. As we talked about OA, our Southern friend looked at us with a very puzzled expression...she wondered why on earth we belonged to 'Ovaries' Anonymous!"

At an OA meeting, an overeater shared her dread of driving past the local bakery. She insisted her car had a mind of its own, since it automatically turned into the bakery's parking lot.

Another member reassured her, saying she had had the same trouble. It turned out, however, that the only way she could keep her car away from the bakery was to walk there!

As the retiring editor of our Road to Recovery Newsletter, I have to thank all who have written articles over the past two years that I have been the editor. Your sharing helped make our newsletter interesting and hearing your recovery stories gave me continued hope.

I have really enjoyed doing the N/L and doing it has strengthen my program of recovery. I have had to turn to our literature and mostly our Lifeline Magazine for ideas and stories of recovery.

I hope that you will welcome our new Editor, Beth, and share your recovery stories with her.



I am now switching gears in my service as I am going to be doing 12th Step Within service. Hoping to have more day workshops, marathons, maybe another reunion of some kind. I will be asking the groups to sponsor a workshop or marathon. You have not heard the last of me by any means. ;-) Again thanks for your service and for supporting me and our newsletter. BJ

Minutes-Freedom Intergroup Meeting April 11, 2009

Freedom Intergroup Chairperson, Jeannine opened meeting with Serenity Prayer.

Those present were: Barbara Joy (Holiday) Newsletter/12th Step Within/Retreat Co-Chair/Mon.PM , Grace (PR) Vice Chair/Temp. Secretary, Jeannine (PR) Chair/Retreat Co-Chair/Wed.AM, Sharon T (Zhills)Fri .AM, Nancy P(Zhills) Literature, Mon. PM, Peg D (Crystal River), Julie (Hernando) Fri.PM, Maralyn B (Inverness) Tues., Belinda B (Hernando) Tues. 1PM.

Opened with The Serenity Prayer.

March Minutes were read & accepted.

Nancy read 4th Tradition from Tradition Pamphlet.

Treas. Report & Region 8 Report- Unavailable as Carole was in the Hospital so could not attend Assembly/Convention in Little Rock. IG will contact Region re: money they had given for our Rep. to attend.

Retreat Committee Report-20 signed up so far. Pretty typical for this point. Question re: Scholarship availability for the retreat. B.J. will check with Carol (Treas.) if there is any money put aside for this. Discussion re: should money go to 1st time attendee or if it should just be available, period, no matter whether they have been to our Retreat before. B.J. mentioned that she had held money for people who could not save for the retreat (on their own). Many times people who have rec'd Scholarships have given money for someone else to benefit from Scholarship Funds later. Motion made that when there is more than 1 asking for Scholarship preference be given for 1st time attendee. Before awarding \$ Retreat Committee to ask person how much then can pay & then Scholarship would cover the rest. Motion seconded and passed.

Event Sat 4/18 Speaker Marathon in Clearwater.

May 1-3 Big Book Retreat in Tampa.

7/1 Soar 8 Business Convention in Atlanta.

Nov 6-8 Rock N Rolling SOAR 8 Assembly/Convention Retreat in Tampa

Nov. 20 & 21 Pre-Thanksgiving Retreat in Tampa Fri. Nite & Part of Sat.

Newsletter available online @ oafreedom.org.

Question asked if people have been receiving Newsletters @ their meetings. Is someone @ their group printing copies? Answer-Nancy & Sharon both brought copies to their meeting & ended up using the Newsletter for their meeting topic that meeting. Belinda has been bringing copies for her meeting. Maralyn asked whether her group should charge the 15cent per page that the Library charges them. B.J. offered to e-mail or mail a copy to anyone who asks her to. Jeannine will scan in a copy of the Newsletter for those who don't have Windows or Word.

12th Step Within-no report

Fl State Convention-B.J. brought back a \$400 check as a share of the profits from the Convention.

7/11 there will be a conference call @ 1:30 for Committee Members of the Fl State Convention. Next meeting after that will be in Tampa at the Region Assembly/Convention Nov 6-8. This meeting will be 11/8 at Noon.

Hot Line Phone Line – Jeannine got a sponsee from a call to the Hot Line!

We have a good supply of literature right now. Sharon will have the Literature from May til Oct. Her E-Mail address to order is: trapps1@verizon.net.

Old Business-motion made, seconded and passed that we donate \$10 a month to Pinellas Traditions for our share of cost for the OA website.

Discussion re: would our I.G. be Program Committee for the Nov, 2009 Region 8 Assembly/Convention

Closed meeting with Lord's Prayer.

Lifeline

What is Lifeline?



Lifeline is OA's monthly magazine. It is like a portable meeting, filled with new perspectives on issues you deal with daily. Featuring articles, experiences, opinions, letters, information and stories by OA members, it is an invaluable tool that will support you in working your program and maintaining your recovery. This colorful, illustrated monthly magazine also includes a calendar of events, answers to questions, and region and world service news.

Lifeline is available in two formats: the monthly printed magazine mailed to you in a plain envelope or the electronic magazine (e-Lifeline) available only on the [OA Web site](#).

How do I subscribe to Lifeline?

You can subscribe to the [print magazine](#) or the [electronic magazine online](#). Or you can send your subscription to the [World Service Office](#) if you prefer to pay by check or money order.

This Months Sample Lifeline Stories

Sharing the Journey

When I first came to OA, I resisted the tool of sponsorship for a long time. I found it difficult to pick up the phone and talk to people, let alone ask someone to be my sponsor. I soon found that sitting in a meeting room and sharing were not enough. I needed to develop one-on-one contact with OA members to receive direction and guidance.

As my recovery grew, I realized the gifts and promises of the program lay in the Steps. To work the Steps, I needed someone who could guide me through them, know my story and walk beside me on my recovery journey. This I found in a sponsor.

Over the 12 years I have been in OA, I have had many different sponsors. As I have grown in recovery, I have moved on to new sponsors when the time felt right or a change of circumstance required it. A sponsor is not forever.

I have had only one sponsor at a time, but I know my sponsor cannot be everything all the time. I continue to call other members to share a food plan, do a mini Step Four or a tricky Step Ten, or hear how to work Step Eleven.

Waiting for the perfect sponsor held me back in getting a sponsor because no perfect OA person exists, thank goodness. I realize this is important because, like me, my sponsor is a human being who needs to work the Steps. OA has no stars or VIPs, and this helps me resist putting my sponsors on a pedestal and being disappointed if they cannot be there for me.



FREEDOM INTERGROUP MEETING LIST

| <u>COUNTY</u> | <u>DAY</u> | <u>TIME</u> | <u>LOCATION</u> | <u>CONTACT</u> |
|-----------------|------------|-------------|--|---------------------------|
| <u>CITRUS</u> | | | | |
| 00114 | Mon. | 3:00pm | Voices of Recovery Central Citrus Community Center 2808 Marknighton Ct. Lecanto, FL | Delores 352-746-5019 |
| 45245 | Tues. | 3:00pm | Solutions Inverness Lakes Regional Public Library 1511 Druid Rd. Inverness, FL | Maralyn 352-726-9112 |
| 29089 | Thurs. | 1:00pm | Our Lady of Grace Church 6 Roosevelt Blvd. Beverly Hills | Francisca 352-746-7749 |
| 40614 | Fri. | 7:00pm | Our Lady of Grace Church 6 Roosevelt Blvd. Beverly Hills | Carolyn 352-341-0777 |
| <u>HERNANDO</u> | | | | |
| 50348 | Tues. | 1:00pm | Bridge to Serenity W. Hernando Branch Library 6335 Blackbird Ave. Brooksville, FL | Belinda 352-293-3455 |
| 50203 | Thurs. | 7:00pm | Road to Recovery Meeting Dayspring Presbyterian Church Fellowship Hall 6000 Mariner Blvd Spring Hill, FL 34609 | Karen 352-200-8433 |
| 08937 | Fri. | 1:00pm | Saint Andrews Episcopal Church Spring Hill/corner Deltona & Fulton | Betty 352-666-1710 |
| <u>PASCO</u> | | | | |
| 27737 | Mon. | 7:00pm | Calvary Chapel (room 110) 6825 Trouble Creek Rd New Port Richey | Barbara 727-937-1964 |
| 50159 | Mon. | 5:30pm | Florida Hospital of Pasco County Big Book meeting 7050 Gall Blvd., Zephyrhills | Sue 813-788-6479 |
| 20719 | Wed. | 10:00am | Unity Church 5844 Pine Hill Rd. Port Richey | Peggy 727-817-0017 |
| 45421 | Fri. | 11:30am | Florida Hospital of Pasco County 7050 Gall Blvd Zephyrhills | Sharon 813-782-6005 |
| 17950 | Sat. | 10:00am | Unity Church 5844 Pine Hill Dr. Port Richey | Jeannine 727-849-3048 |

FREEDOM INTERGROUP MEETING

2nd Saturday of each month 9:00am Unity Church, 5844 Pine Hill Dr., Port Richey. **HOTLINE # 1-800-544-6353**