



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

www.oafreedom.org

October 2009

Volume 09 ~ Issue 10

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BOO

The opinions expressed reflect those of the writer and do not represent OA as a whole.

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Serve your group by sharing your experience, strength and hope in this newsletter. Please submit your article by the 20th of the month for publication in the next month's newsletter.

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**STEP**



*Continued to take personal inventory and when we were wrong, promptly admitted it.*

**Reflections on Step Ten**

For many years, I've done a written Tenth Step most nights. After experimenting, I've settled on the following system. I enter the date and thank God for another day of abstinence. Then I focus on the three phases of recovery: physical, emotional and spiritual. First I address my physical recovery. I review my food choices and exercise program. The main question is "Did I stay within the boundaries on my plan of eating?" For me, that means three meals a day with nothing in between and no

personal binge foods. I commit to correcting any problem areas and plan my meals for the next day. Then I reflect on my emotional recovery and character defects. Did I practice any of my defects? Do I owe anyone an amends for inappropriate behavior? How might I have reacted to a situation instead of resorting to a character defect? If I owe an amends, I decide how and when I can make it. Finally, I review my spiritual recovery. Did I turn my will and life over to the care of God, or did I practice self-will in my daily activities?

Did I spend time deepening my relationship with my Higher Power through prayer and meditation? I thank God for the favors in my life that day, being specific and citing at least five unique events that I'm grateful for. This method of doing a Tenth Step is an integral part of my daily program work. It allows me to reflect on the day that's about to end and identify areas that need further work. I always end the brief writing period feeling clean, ready for a good night's sleep and prepared for the next day. *from: lifeline september/october 2007*

**Tenth Step Prayer**

I pray I may continue:

To grow in understanding & effectiveness, To take daily spot check inventories of myself, To correct mistakes when I make them, To take responsibility for my actions, To be ever aware of my negative & self-defeating attitudes & behaviors, To keep my willfulness in check, To always remember I need Your help, To keep love & tolerance of others as my code, & to continue in daily prayer of how I can best serve You,  
My Higher Power.

## Freedom Intergroup Minutes

### September 12th, 2009

**OPEN WITH SERENITY PRAYER:** Started at 9:15 AM Four attended Jeannine, Weds. Winners, Sharon, Friday, Zephyrhills, Elizabeth, Saturday AM New Port Richey, Julie, Friday PM Spring Hill

**READ AND ACCEPT MINUTES:** Motion Sharon, Second Elizabeth with amendment (change Sour to Soar) Unanimous

**TRADITION OF THE MONTH:** Read by Elizabeth

**TREASURER REPORT** - Read by Jeannine - Motion Sharon, second Elizabeth, Unanimous

**REGION 8 REPORT:** Elizabeth asked who would be representing our group at the conference. Will be decided in October in spite of minimal increase in cost.

#### WSO REPORT -

**50 Years of OA Recovery** August 26-29, 2010 Hilton Los Angeles Airport Hotel Los Angeles Jeannine reviewed

**New Look on Lifeline** <http://www.oa.org/news/new-lifeline.php> Jeannine reviewed

#### COMMITTEE REPORTS

**Retreat Committee** (Franciscan listed the November 20<sup>th</sup> retreat in their bulletin.

#### SPECIAL EVENTS

##### UPCOMING EVENTS

- **October 16-18:** Central FL Intergroup, Lake Yale Conference Center, Leesburg, FL
- **October 24:** A Tool for Writing for the Holiday, Clearwater, FL
- **October 6-8:** Rockin & Rollin in Recovery, Tampa, FL
- **October 20-21:** Gifts - Getting and Giving - Franciscan Center, Tampa, FL

**NEWSLETTER** - September Issue is online at [oafreedom.org](http://oafreedom.org). Sharon commented on the quality of the newsletter.

**12TH STEP WITHIN** - Nothing new.

**TELEPHONE HOTLINE** - Jeannine said she was getting calls and expected Carole was also.

**LITERATURE** - Sharon explained that she was well stocked in books. Their Monday night group in Zephyrhills is doing the steps and are using the 12 X 12 as well as the workbooks. She had a little over \$200 to submit to the treasury.

#### OLD BUSINESS:

- Jeannine suggested that members start giving thought to the Treasurer's and Secretarial positions which will be open in January.

Nothing available on Nursing Home meeting. Beth was going to check on this.

Order OA books from Mexico - Beth was to contact WSO to inquire about this.

#### NEW BUSINESS:

- None

**PUBLIC INFORMATION** Jeannine asked if the small cards were being distributed by the groups. The consensus is this was going very slowly if at all

#### GROUP REPORTS

**Spring Hill** Not much attendance at the Meetings. May considered changing Friday 1:00 PM time.

**Zephyrhills** Friday meeting had eight people - two new one of whom is returning.

**NEXT MEETING:** October 17<sup>th</sup>

**CLOSED WITH THE LORD'S PRAYER**



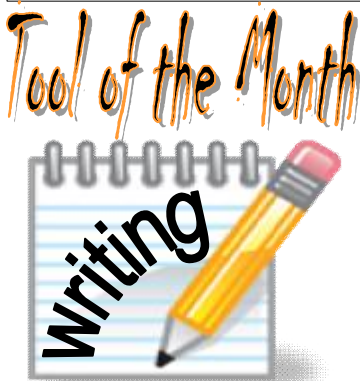
Some members in our OA meeting formed a 12-Step workshop by invitation only. Members have found the workshop very helpful, and only people with good recovery receive invitations to join. Each time the workshop starts at Step one, its members invite a few others to join, but they have never announced the workshop at the regular meetings. Some regular-meeting members feel left out & rejected. I feel this violates OA Traditions, but I would like to know for sure.

Tradition Ten states that OA has no opinion on outside issues. There is a difference between an "OA activity" and an activity attended by OA members. If this workshop is not a registered OA meeting, it is technically an outside issue, even though only OA members attend. If the workshop is not advertised as an OA gathering, the members have the right to invite (or not

invite) anyone they choose. If someone in your meeting were having a birthday party or wedding, for example, some OA members may be invited and others may not. The ones not invited may feel left out or rejected, but it is not a Traditions issue. It is "life on life's terms," and sooner or later during our recovery journey most of us have to work our Steps around feeling

rejected or left out. If workshop members are not aware that other members feel left out, you might speak with the workshop members and let them know. The bottom line, however, and the direct response to your question is that if this is not a registered OA activity, the workshop does not have to honor the OA Traditions.  
*from: lifeline mar/april 2008*

## Tradition Ten



### BACK FROM RELAPSE (The Tool of Writing)

"God, please help me use whatever tool is necessary to stay abstinent, even if it's writing." My sponsor taught me the first part of this prayer & I added the second part to be funny—but, over time, it has helped me to use the tool of writing. I have been in OA for 14 years, had 4 years of abstinence, but found myself in a deepening relapse last year. Over the years & especially during the relapse, many people suggested that I write. Secretly & sometimes openly, I refused. The truth is that I was afraid to write.

If I opened the door, I didn't know what I would find & I was afraid that it would be too much for me. I had this image of being sucked into a huge hole of emotions & thoughts -- an abyss. Thanks, but no thanks. When I got a new sponsor last August, one of her suggestions was that I write a 10th Step at night & email it to her. I needed help to get out of relapse & I really wanted this sponsor, so I said I was willing. Little did I know how helpful this would be. I have written a 10th step review nightly since the end of August. I can write as much or as little as I want and there is a clear beginning middle & end to it. Most days it's pretty easy to do & it opens the door to help me think about my day, how I acted or reacted, whether I owe any amends or need to talk to someone. This writing puts me in touch with myself & connects me to my Higher Power. It helps me to be

to be honest & helps me see if I am trying to avoid my feelings or reality (which was the primary reason I used food). The second way I practice the tool of writing is through a 'spot check inventory'. This I have learned to use on an as-needed basis. My sponsor has 'trained' me to do this writing first before I call to talk about it with her. The format is four simple questions: 1. What happened? (Just describe the facts.) 2. What was I feeling? 3. What's causing my feelings? (What defects, defenses or things from my past are coming up

around this?) 4. Am I willing to pray about this? (Ask HP for clarity, a solution or better option). Amazing things have happened to me as a result of this process. I have been graced with abstinence since January 1st & I think it may have a lot to do with my willingness to do these two simple pieces of writing. I realize today that I don't know very much but I do know this. If I'm not working my new program, I'm working my old one...which inevitably takes me back to the food. *continued page5*

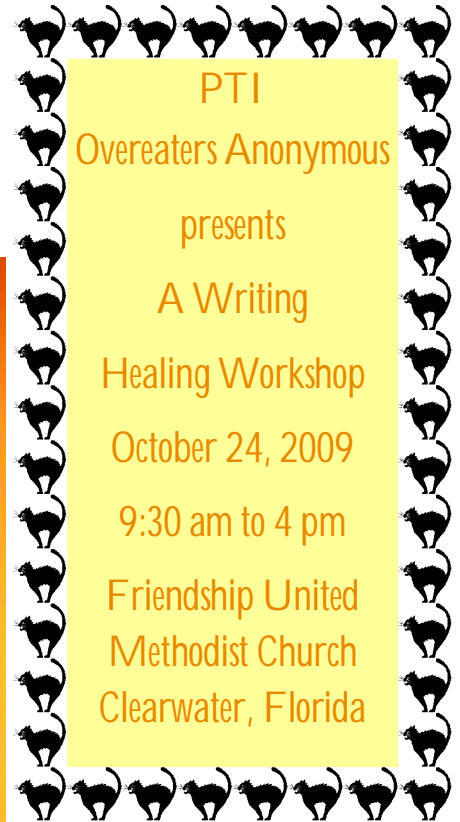
### Service at the InterGroup from page 5

I'm not sure if this is what Beth, our editor wanted. But I thank her for asking me to write. By reflecting & putting my thoughts on paper, I am feeling blessed to have been a part of InterGroup & will continue to do so as long as I am able. I was really unhappy about having to give up a lot of my service jobs due to my husband's illness, however, I am pleased that some of those jobs

have been picked up by others & I trust that God will send other members to take part in intergroup to strengthen OA as a whole & keep it around for all who need it to recover from this disease of compulsive eating & I pray that you all receive the joy, love, friendship, strength & many other blessings as you do service beyond the group level.

*by: Barbara Joy, NPR*





PTI  
 Overeaters Anonymous  
 presents  
 A Writing  
 Healing Workshop  
 October 24, 2009  
 9:30 am to 4 pm  
 Friendship United  
 Methodist Church  
 Clearwater, Florida



SUNCOAST INTERGROUP  
 Invites you to  
 "Rockin' and Rol'in' in Recovery"  
 SOAR 8 Recovery Convention &  
 Business Assembly  
 November 6 – 8, 2009  
 The Clarion Hotel  
 Conference Center  
 Tampa, FLORIDA

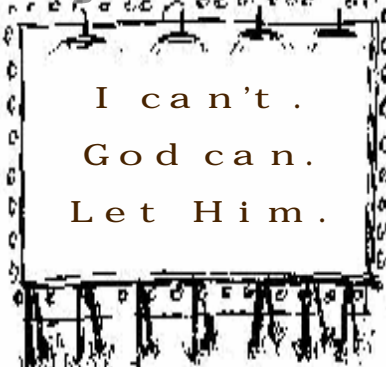


CENTRAL FLORIDA INTERGROUP  
 PRESENTS  
 OUR ANNUAL FALL RETREAT  
 GRATITUDE IN ACTION  
 OCTOBER 16-18, 2009  
 LAKE YALE  
 CONFERENCE CENTER  
 Leesburg, Florida



One Night Retreat  
 Sponsored by  
 Freedom Intergroup  
 Gifts, Giving & Getting  
 November 20-21, 2009  
 Franciscan Center  
 Tampa, FL



***Slogan of the Month***

"Why, yes, my dear—it is organic."

**STAYING IN RECOVERY****WITH THE HELP OF 12TH STEP WITHIN**

USING THE WELCOME BACK, WE CARE PACKAGE FOR THOSE IN DANGER OF GOING INTO RELAPSE OR ARE RETURNING FROM RELAPSE

For October:

**Topic:** Tools! Tools! Tools! The Holidays start this month, get out the pamphlet "The Tools of Recovery" and make a plan to get through the holiday abstinely!

**Do:** Make a plan and share that with others.

**Don't:** Give yourself permission to let the "holidays kill you".

from: [www.oaregion8.org](http://www.oaregion8.org)

12th Step Within Calendar of Topics for Discussion



continued from page 3 ~ Most days I pray for the willingness to use whatever tool is necessary to stay abstinent, even if it's writing. PS - I only wrote this article because my sponsor suggested it. from: Greater Seattle Newsletter, spring/summer 2008



## Doing Service at the InterGroup Level is Rewarding



Our newsletter editor asked me to write a bit about how doing service at the Inter-group level has helped and enhanced my recovery from compulsive overeating and as I sit here reflecting on the years I have been doing that service, I really do not know where to begin. I certainly do not want it to sound as if I am bragging or that I am into the "E" word again {you know, EGO?} So where do I begin, I guess at the beginning. It has been more than twenty years since I drove to Largo as a representative for our only meeting here in Pasco County. At that time there was only the Suncoast Inter-group for all of the tampa bay area. I went because I was curious to see what "they" did and was looking to see what "they" could do

for me. Seeing all the service that members gave and hearing their recovery stories was great. Of course, I did not think that I had much to offer and besides, I was busy raising two daughters who were active in many sports, band, and church activities, plus we had two or three businesses. I did not have any time to give. Somehow, I found some time to attend the intergroup meeting once a month, I met and made some lifelong friends and I began to learn that there are so many areas to give service back to OA. I heard a lot from my sponsors and others that if I wanted recovery, I would have to give back what I was given. I was not sure what that actually meant; however, I found that the more time I made to share myself with others, work at marathons, retreats, and state

conventions, I was able to stay abstinent and loose weight. And most of all by meeting and hearing others from other areas share their experience, strength and hope and how the 12 steps gave them the courage and strength to "live life on life's terms". This gave me hope that I too could one day recover from this insidious disease. Being sponsored taught me how to be a sponsor. I certainly did not "have the time" to be a sponsor, and yet God seemed to show me how to fit it into my very busy schedule and the more I sponsored, the more I grew in my own recovery. The joy of being a part of someone's recovery, the blessings that are bestowed upon me is unbelievable. Being able to share in another's recovery and share my experience, strength

and hope has given me more experiences, strengths and hopes that I would have never experienced if I did not sponsor. Attending Inter-group, being a part of Public Information, 12<sup>th</sup> Step Within, Literature, Newsletter editor, working on the Florida State Convention, doing retreats and marathons, etc. As I look back, I have had wonderful experiences and I am feeling very humble at this moment that I, Barbara, was able to work out my fears of not being good enough (no one cared or seemed to notice that I was not wonderfully smart, educated etc.-they accepted me as I was/am and gave me more encouragement, love, friendship and help that I ever imagined possible).

continued on page 3



## FREEDOM INTERGROUP MEETING LIST

| <u>GROUP #</u>                                                                    | <u>DAY</u> | <u>TIME</u> | <u>GROUP NAME</u>  | <u>ADDRESS</u>                                                                                | <u>CONTACT #</u>             |
|-----------------------------------------------------------------------------------|------------|-------------|--------------------|-----------------------------------------------------------------------------------------------|------------------------------|
| <u>CITRUS</u><br>00114                                                            | Monday     | 1:00 pm     | Voices of Recovery | Central Citrus Community Center<br>2808 Marknighton Court<br>Lecanto, FL                      | Delores D.<br>352-746-5019   |
|  |            |             |                    |                                                                                               |                              |
| 45245                                                                             | Tuesday    | 3:00 pm     | Solutions          | Inverness Lakes Regional Public Library<br>1511 Druid Road<br>Inverness, FL                   | Maralyn B.<br>352-726-9112   |
| 50475                                                                             | Wednesday  | 10:30 am    |                    | St. Anne's Episcopal Church<br>9870 West Fort Island Trail<br>Crystal River, FL (mary chapel) | Peg D.<br>352-447-5080       |
| 29089                                                                             | Thursday   | 1:00 pm     |                    | Our Lady of Grace Church<br>6 Roosevelt Blvd.<br>Beverly Hills, FL                            | Francisca B.<br>352-746-7749 |
| 40614                                                                             | Friday     | 7:00 pm     |                    | Our Lady of Grace Church<br>6 Roosevelt Blvd.<br>Beverly Hills, FL                            | Carolyn R.<br>352-341-0777   |
| <u>HER-<br/>NANDO</u><br>50348                                                    | Tuesday    | 1:00pm      | Bridge to Serenity | West Hernando Branch Library<br>6335 Blackbird Ave.<br>Brooksville, FL                        | Belinda B.<br>352-293-3455   |
| 50203                                                                             | Thursday   | 7:00 pm     | Road to Recovery   | Dayspring Presbyterian<br>6000 Mariner Blvd.<br>Spring Hill, FL (fellowship hall)             | Karen<br>352-200-8433        |
| 08937                                                                             | Friday     | 1:00 pm     |                    | St. Andrews Episcopal Church<br>corner of Deltona & Fulton<br>Spring Hill, FL                 | Betty<br>352-666-1710        |
| <u>PASCO</u><br>27737                                                             | Monday     | 7:00 pm     |                    | Calvary Chapel Worship Center<br>6825 Trouble Creek Road<br>New Port Richey, FL (room 110)    | Carole G.<br>813-920-2001    |
| 50159                                                                             | Monday     | 5:30 pm     | Big Book meeting   | Florida Hospital of Pasco County<br>7050 Gall Blvd.<br>Zephyrhills, FL                        | Sue<br>813-788-6479          |
| 20719                                                                             | Wednesday  | 10:00 am    | Winners            | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL                                        | Peggy D.<br>727-817-0017     |
| 45421                                                                             | Friday     | 11:30 am    |                    | Florida Hospital of Pasco County<br>7050 Gall Blvd.<br>Zephyrhills, FL                        | Sharon T.<br>813-782-6005    |
| 17950                                                                             | Saturday   | 10:00 am    | Pasco Pioneers     | Unity Church<br>5844 Pine Hill Road<br>Port Richey, FL                                        | Jeannine A.<br>727-817-0017  |

Online & Telephone Meetings: The most current meeting lists can be found on the OA website @ [www.oa.org/online\\_meetings.html](http://www.oa.org/online_meetings.html).

Online meetings are held 24 hours, 7 days a week. ~ ~ ~ Hot Line Number: 1-800-544-6353

Freedom Intergroup Meeting: 2nd Saturday of each month ~ 9:00 am @ Unity Church, 5844 Pine Hill Road, Port Richey, FL