



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

**www.oafreedom.org
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OUR TRUSTED SERVANTS

Chair:
Sharon T.
(813) 782-6005
Trapps1@verizon.net

Vice Chair:
Tiffany T.
(727) 845-5216
calmthestorm@live.com

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

Secretary:
Charlene L.
(386) 366-3705
charlenelapierre@hotmail.com

OA Literature:
Nancy P.
813-715-4512
nancyrickpage@aol.com

The opinions expressed in this newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in this newsletter. Please submit your article by the 15th of the month for publication in the next month's newsletter. Send to News Editor: Belinda lindabe48@yahoo.com

STEP 10:

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

Repetition Is Key

The key word for Step Ten is repetition. I have to repeat the actions that have brought me healing. And this program has brought me healing on a day-to-day basis. This is where my past stubbornness comes in handy because now I can be stubborn about doing the things I need to do to get healthy—physically, emotionally and spiritually.

Now I can recognize my emotions and walk through the pain they cause me, then let them go after I turn them over to God and regain balance.

Susan L., W. Berlin, New Jersey USA
— Lifeline, page 23, Sept/Oct 2008

TRADITION 10:

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Eye on the Sparrow

Suddenly the airwaves and newspapers are full of stories about the health risks of compulsive overeating. Insurance companies, public health organizations and government agencies have recognized we have a worldwide obesity epidemic. The public health costs are projected to be even greater than the cost of treating AIDS. Isn't it only fitting that we join with other organizations in addressing this issue? Doesn't OA have experience, strength and hope to share? Isn't that our mission?

No. Tradition Five clearly states our common purpose. Rather than serving institutions, we address ourselves to individuals: the compulsive overeaters who still suffer. You might think this is going to take forever. Wouldn't we be more effective to address the public as well?

Tradition Ten returns to this issue and says a clear "No." Why? In their wisdom, those who formed these guidelines recognized that the public realm is both attractive and treacherous - full of factions and quicksand. This Tradition also reigns in our continuing desire to act large. Then Tradition Ten turns our attention back to each other. We are not here to address the whole world. We are not here to address governments. Nothing and no one takes precedence over a continuing sufferer.

The wonder is that, guided by these Traditions, we have over the decades become a worldwide fellowship. In dozens of languages, on many continents, the hand of Overeaters Anonymous is stretched out in aid today. Of course, we can respect and have good wishes for the work of others. We can even help in our own way, without identifying ourselves as members (Traditions Eleven and Twelve guide us here). But, as an old gospel hymn phrases it, our eye "is on the sparrow" and always will be.

Laurie L., La Jolla, California USA
— Lifeline, Page 21, Sept/Oct, 2008

TENTH STEP PRAYER

I pray I may continue:
To grow in understanding and 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 and self-defeating attitudes and behaviors,
To keep my willfulness in check,
To always remember I need Your help,
To keep love and tolerance of others as my code, and to continue in daily prayer of how I can best serve You,
My Higher Power.

Taking the... **Spiritual Path...**



*GOD, grant me
the serenity
to accept the things
I cannot change,
Courage to
change
the things
I can,
and the wisdom
to know
the difference.*

Higher Power's Path: I imagine Higher Power as an angel who walks along a path. If my spirit is fit, I walk with her. Her path is wonderful, beautiful and serene. She gives me comfort and holds my hand or puts her arm around me, offering encouragement. Sometimes I fight her and walk away, thinking another way is better or easier or wanting to be in control for a while.

Sometimes my disease whispers in my ear to venture off and follow it. Higher Power may send another person to guide me back to the right path—maybe through a phone call or sharing or talking after a meeting. She may whisper and remind me to read literature, write, or call someone. She never gives up on me, and she waits with patience for me to realize the right path is hers.

I can feel her comfort and relief when I surrender and come back to her. I feel peace and serenity as she guides me with gentleness. She may encourage me to add someone to our path by my outreach and service. It is hard to stray from Higher Power's path if people willing to support me surround me on my journey.

I admit I am powerless over my addiction. I have a Higher Power, and her path keeps me sane as we walk life's journey together. Just for today I choose to ignore all other paths that might distract me, and I pray to stay focused on my Higher Power's path.

D.M., Georgia USA
—Lifeline, page 22, Sept/Oct 2010

STEP TEN PRINCIPLE: PERSEVERENCE

Perseverance is the most important Step principle in my recovery because OA is not a quick fix or a short-term diet program. By making OA and working the Steps a way of life, I have a new opportunity every day—every hour if necessary—to start over and keep moving in a positive direction. Perseverance is important when I am emotionally, spiritually and physically on track, and even more important when I am struggling.

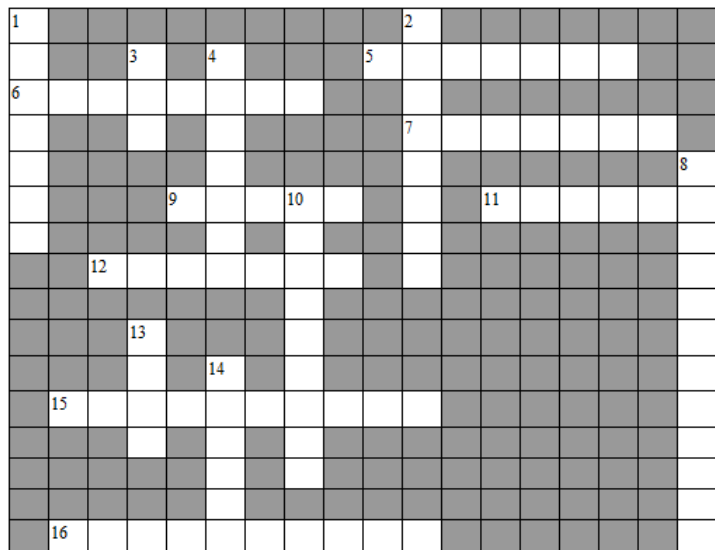
After significant losses in my personal life, I went through relapse. I am grateful and fortunate that the physical aspect of my relapse was mild. However, the emotional and spiritual relapses were challenging. Now I am again abstinent and closely connected with my Higher Power. I firmly believe the principle of perseverance kept me linked to the OA program throughout my period of grief and relapse. My mantra, which I often shared in meetings, became, "Show up, tell the truth and keep trying." I came to meetings—no matter what—spoke honestly about how I was doing with my emotions and food, and continued to work each tool to the best of my ability.

Over six months later I emerged again from my obsession with food. I enjoy the serenity resulting from putting down both the food and obsessive thinking about food. OA works if we just stay connected, do our best and draw upon the support of the Fellowship. Perseverance means never quitting the program no matter how bumpy the path may be. It is best summed up with our slogan, "Don't quit before the miracle happens." Don't quit after the miracle happens either! Recovery is not a linear process; new challenges emerge to work through. I can withstand anything and come out stronger if I just persevere (in partnership with my Higher Power) in working the tools and Steps of the OA program.

Anonymous, Massachusetts USA
—Lifeline, page 16, Sept/Oct 2008



OCTOBER OA PUZZLE



ACROSS

- 5. ___ is a great tool
- 6. Tools of ___
- 7. Our primary purpose is to ___
- 9. Just for ___
- 11. Oh Lord, it's hard to be ___
- 12. ___ Intergroup
- 15. 12 Steps & 12 ___
- 16. ___ Anonymous

DOWN

- 1. Don't stop before the ___ happens
- 2. The ___ is read at meetings
- 3. Let Go and Let ___
- 4. Everyone is ___ in OA
- 8. The 10th Step principle is ___
- 10. ___ guarantees principles before personalities
- 13. ___ to Recovery
- 14. Keep It ___

Upcoming Events



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/events/Fall2011Retreat.pdf

WORKSHOP

ACTION PLAN FOR THE HOLIDAZE

October 15, 2011

Friendship United Methodist Church
2039 Druid Street
Clearwater, FL

Suggested Donation: \$8

For more information, please visit
www.oapinellas.org/events/actionplanworkshop.pdf

OA Lake Yale Retreat

"A Vision for You"

October 21-23, 2011

Lake Yale Baptist Conference Center
39034 County Road 452
Leesburg, FL 34788

CONTACTS: Joyce T. (407)222-1296
Janet T. (407)310-2284
Mary Y. (386)566-2833

<http://oapinellas.org/events/LakeYale2011.pdf>

SOAR 8

International Convention

November 4-6, 2011



OVEREATERS ANONYMOUS
COMEDORES COMPULSIVOS ANÓNIMOS

Assembly and Region 8 International Convention SOAR 8

"United we maintain our Abstinence"

From November 4 to November 6 of 2011

Hosted By:

- General Services Board of Colombia
- Intergroup Medellín
- Bogota Intergroup

Place of the Convention

Intercontinental Hotel
Sucre, 80140-289 - Medellín - Colombia
Phone: (011) 574 3194-450
www.intercontinental.com

OA's Office:
Street 57 # 42008 (Office 1020)
Phone: (011) 574 239948

Services:
Hospitality, registration, boutique speakers, workshops, films, public information. The speaker of the day must be a member of OA with a minimum of two years of continuous abstinence. The speaker of the luncheon and the closing event must have at least one year of abstinence. The speaker of the workshop must have a minimum of three months abstinence. All the speakers must practice the Twelve Steps and Twelve Traditions with a sponsor and be familiar with the Twelve Concepts of Service.

Please indicate the date since you are abstinent; if you are able and want to provide us a service please indicate the days and hour of your availability.

I'm abstinent since:

Friday: _____
Saturday: _____
Sunday: _____

Please write your phone number: _____

www.oaregion8.org
www.oacolorado.org

If you want to make a reservation with the hotel, send an email or call asking for region 8 assembly and convention. Email: medellin.reserv@ihg.com.co Phone: 574 3194783

Arrival to Medellín:
Date: _____
Hour: _____
Airline: _____
Departure from Medellín:
Date: _____
Hour: _____
Airline: _____
You will find a person in the airport who will act as a member of OA. This person will take you to the hotel.

To make this event as basis of the convention we need to put our heart and soul until the end:
• Enjoy the first international convention outside of the United States.
• The largest part of the region 8 needs sponsors' help from the smallest part.

Check all that apply:
 Region 8 Rep.
 Board Member
 Trustee
 Region Chair
 Representative for the first time (green dot)
 My Intergroup is: _____ No. _____

FOR REGISTRATION IN ENGLISH (**online registration preferred**) **for the region 8 use: <http://www.oaregion8.org/soar08> **
BY FAX: MAKE CHECKS PAYABLE TO "MEDIELIN 2011" ANONIMOS/ALCOHOLICOS COMPULSIVOS ANONIMOS

REGISTRATION INFO:
Site: _____ (Check Web Chair)
E-mail: _____
Fax: _____
For further information email: showsoar@iob.com or vicechair@oaregion8.org

Regular online use:
<http://www.oaregion8.org/soar08>

<http://www.oaregion8.org/wp-content/uploads/2010/11/Medellin-Registration-Flyer1.pdf>

Medellin, Colombia

"Unidos Mantendremos Nuestra Abstinencia"
Asamblea y Convención Internacional de la Región 8
Medellin-Colombia Noviembre 4 al 6 de 2011

Check www.oaregion8.org for more information.



Freedom Intergroup

Meeting Minutes for September 10, 2011

Opened with the Serenity Prayer

Meeting chaired by Sharon T.

ATTENDANCE: Sharon T. (Chairperson), Barbara J. (Treasurer), Jeanine A., Peg D., Trish, Kathleen P, Anna, Grace, and Donna

MINUTES READ: Motion to accept made by Barbara J. Seconded by Trish

TRADITION OF THE MONTH: Tradition 9 read by Trish

REGION 8 REPORT: Written report made by Representative Pat who attended the July 9th Region 8 Conference in Nashville, TN

TREASURERS REPORT: Checkbook ending balance is \$2,688.02. Jeanine A. made a motion to send Region 8 \$88.00. Seconded by Kathleen. Motion passed.

COMMITTEE REPORTS: Barbara J. spoke of the need to forming a 12 Step Within. A committee meeting will be held. She suggested someone arrange a 12 Step Within Workshop, possibly with a Region 8 speaker. Jeanine A. volunteered to check the possibility of having the Workshop in NPR and report back.

UPCOMING EVENTS:

Retreat in Ft. Mitchell, AL – Sept. 30 to Oct. 2, 2011

Pasco County – St. Leo, FL – Oct. 7 to 9, 2011

Florida State Convention – Feb. 24 to 26, 2012

Region 8 Business Meeting will be held in Miami, FL

LITERATURE: Summer sales money was turned in to the Treasurer (Total \$277.75). Nancy will be back and do literature starting in October. Sharon ordered new tools of recovery and they were available at Intergroup meeting.

OLD BUSINESS: None

NEW BUSINESS: None

Next meeting will be held October 8, 2011

Meeting closed with the Lord's Prayer



NEW ONLINE FORUM



The Freedom Intergroup now has an online forum. Please go to <http://www.oafreedom.org/forum> and register. This is a great place to post discussions online and fellowship via cyberspace.

ACROSS
 5. WRITING
 6. RECOVERY
 7. ABSTAIN
 9. TODAY
 11. HUMBLE
 12. FREEDOM
 15. TRADITIONS
 16. OVEREATERS

DOWN
 1. MIRACLE
 2. PREAMBLE
 3. GOD
 4. WELCOME
 8. PERSEVERENCE
 10. ANONYMITY
 13. ROAD
 14. SIMPLE

Puzzle Answers: (from page 2)



OCTOBER 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 canto, FL 34461	Le- Delores D. 352-746-5019
	Tuesday 3:00 pm	Solutions	Inverness Lakes Regional Public Library Druid Road ness, FL 34452	1511 Inver- 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 Roosevelt Blvd. Beverly Hills, FL 34465	6 Francisca B. 352-746-7749
	Friday 7:00 pm		Our Lady of Grace Catholic Church Roosevelt Blvd. Beverly Hills, FL 34465	6 Carolyn R. 352-341-0777
Hernando	Tuesday 1:00 pm	Bridge to Serenity	West Hernando Branch Library 6335 Blackbird Ave. Brooksville, FL 34613	Belinda B. 352-593-1896
	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

