



A Monthly Newsletter serving the Citrus, Hernando, and Pasco counties
September 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 9: Make direct amends to such people wherever possible, except when to do so would injure them or others.

My sponsor and other OA members gave me these suggestions that helped me become willing to do Steps Eight and Nine.

- Ask for the willingness to be willing.
- Acknowledge that the other person's response is not important. I am cleaning up my side of the street.
- Don't rush to confess all sins. It may not be appropriate. Focus on what I did and the actions for which I need to make amends.
- It's okay to allow myself time to be willing.
- Don't attempt to do all my amends at once.
- It's okay to start with the easy ones.

-Lifeline September 2000 pg. 19

Count your Blessings



Make a list of all that you are grateful for: People, places, things and the goodness within yourself. Do this list again when you are very upset, angry, sad, or lonely and see what the difference will be. I think not too much --unless the list gets longer.

TRADITION 9: OA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Service with a Smile

Keep the Circle Turning

I am honored that my intergroup has elected me as its chairperson.

I have been in OA since 1990. I came in because I was broke, and I wanted to lose weight. Little did I know that I would receive much more than I expected. I have had physical and emotional recovery and a spiritual awakening. I have also had a relapse, but I'm still here and still grateful for the gifts of the program.

I have served at the group level for quite a while. Soon after coming into OA, I began by putting out chairs and participating in the group conscience. What I didn't do was reach out and do service beyond the group. I kept hearing the announcement that our group needed an intergroup representative; but I was unwilling to volunteer. I would tell myself, "On a Friday night? I don't think so; I have a life!" (I didn't admit until after I had become a representative that on Friday night I vegetated in front of the TV).

Two years ago I decided to get involved, and it was the best decision I ever made. I didn't realize it at the time, but I was on the verge of a relapse. If I hadn't volunteered for service, I would have left the program and gone back to my former eating behaviors, I would not have been strong enough to come back if I had quit. I kept coming to meetings to report on the intergroup, and the people at the meetings saw what I could not see (my relapse). They said to keep coming back, that they needed me here.

Thank you.

... continued on page 2

Tradition 9 *continued from front page -*

I am grateful to report that I have come out on the other side of this unhappy time to see that there is hope for me and that I have a lot of offer. I am working a very good program now, and I am truly ready to take on this new opportunity with the guidance of my Higher Power.

I encourage anyone who has ever said "Thank God For OA" to realize that this program needs each one of us. The intergroup is a way for us to stay connected and expand the outreach. We have a small number of people doing a large amount of work. I receive many suggestions about what people think the intergroup should be doing. Many of them are excellent ideas, but we are lucky just to get the critical things done without attempting suggested outreach or fun activities. Please take this message to your groups, and keep the message going.

It's the circle of life.

-Lifeline August 2000, pg. 21



ANNOUNCEMENT BOARD

The next Freedom IG meeting will be on Saturday, September 10, 2011.

A New Tide

I've been experiencing feelings lately. They ebb and flow, washing into my consciousness, surprising me with their presence.

Through some miracle, I'm now able to identify them and smile as I feel one coming in. "So this is sadness," I say to myself.

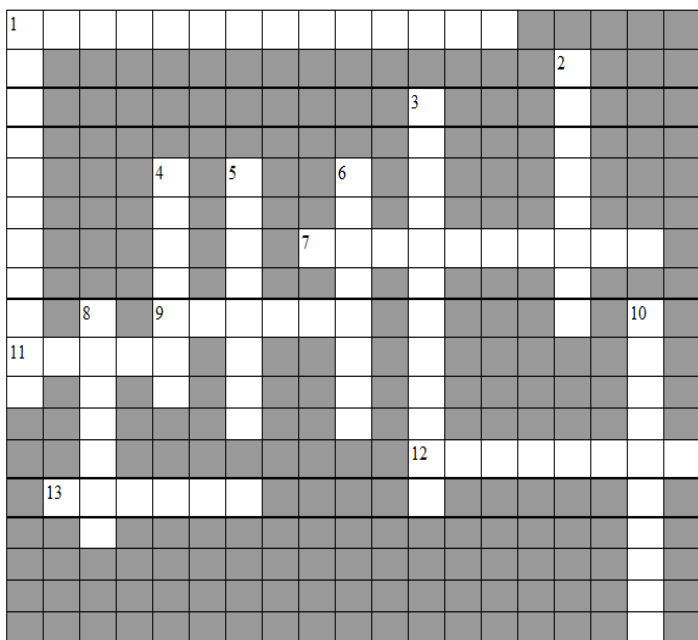
My natural reaction, fear, starts creeping back. As it does, I immediately think of ways to avoid this feeling. Fantasize. Sleep. Drink. Eat. Then a new voice—my OA program—says, "It's okay, this is normal—this too shall pass." I'm grateful I can now accept feelings without being threatened by them. I thank my Higher Power for the gift of a life filled with the blessing of emotions, so new to me.

As with the tide, the sadness leaves me as softly as it came. In its place is serenity, the gift of my Higher Power, and unconditional love, the gift of my OA Fellowship.

-Lifeline, December 1991



OA PUZZLE



ACROSS

1. What we in OA all have in common
7. The program is following a set of
9. A new tool is
11. Meetings, telephone, food plan, etc
12. OA Magazine
13. The only requirement is a

DOWN

1. What we do when we do not tell ourselves the truth
2. This helps us to be abstinent
3. Step 1 tells us our lives became
4. Compulsive overeating is a
5. We can do ___ what we could never do alone
6. What comes with abstinence
8. The path we must take is a
10. Tradition 4 tells us each group is

Are You In The Right Room?

I've never known anyone to lose weight at Overeaters Anonymous". That was my introduction to OA in the late '80s when I asked my family physician for help. I had never been to an OA meeting and had no



idea what happened there. I didn't take that first step way back then. Instead, I opted repeatedly for unsuccessful and short-lived diet programs. Now I have been to two meetings, and it is still very new to me. It took me a long time to get to that first meeting a few months ago. A friend who has had a great success through OA suggested I attend. I am a recovering agoraphobic as well, so going anywhere is difficult (not to mention that my self esteem is at a lifetime low because my weight is at a lifetime high).

When I finally found the courage to drive somewhere by myself at night, I found the building closed because of plumbing problem. Obviously, God did not want me to go to OA; first the doctor and now God. I asked myself what it would take for me to recognize that this was not an avenue I should pursue.

However, I could see no alternative, and I had the word of a respected friend that the program works if you work it. Perhaps God was testing my resolve to see how much I wanted to recover. Perhaps the plumbing was just broken in the building and this was not about me after all.

The next week, I tried again. This time I found the doors open. The number of normal-sized people in the

room surprised me! I checked the door to make sure I was in the right room; When I found that I was, I decided that whatever these people were doing must be working, and I wanted to be part of it.

Never having been to a Twelve-Step meeting, I heard the word "abstinence" for the first time. I wanted to get up and run out the door. 'No wonder so many people looked slim and trim; they prescribe no food here!' I thought to myself. I had walked into a step study meeting, and this was Step Ten. I couldn't get a word out when it was my turn to speak. Instead, tears and sobs wracked my body. I wanted to crawl into the woodwork.

I don't remember much from either meeting I attended except that most people were warm and understanding. I even got a few hugs! I knew then that I wanted OA to become a regular part of my life. I remember people talking about their Higher Power and God, and I could relate to that. Many also talked about being compulsive overeaters. Instantly I knew my disease had a name and that I belonged there. Perhaps a Step study was not the best place for a newcomer, and it would have been nice if someone had explained to me how OA works, but this time I am not giving up.

I have just moved to the US from Canada, so I have to start again. I am even more fearful now because I don't know anyone. I don't know the neighborhoods or the town in which the only meeting listed is held. I don't know where I will go from here,. Perhaps I can reach out to people on-line or through the Service by Mail program for which I just registered.

I know that I feel compelled to share this part of my story, which I consider Chapter One. I am looking forward to Chapter Two! Thanks for letting me share.

-Lifetime August 2000, pg.18,19



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.

- | | |
|-----------------|-------------------|
| 10. AUTONOMOUS | |
| 8. JOURNEY | |
| 6. SERENITY | 13. DESIRE |
| 5. TOGETHER | 12. LIFELINE |
| 4. DISEASE | 11. TOOLS |
| 3. UNMANAGEABLE | 9. ACTIONS |
| 2. FOODPLAN | 7. PRINCIPLES |
| 1. CONFABULATE | 1. COMPULSIVENESS |

DOWN

ACROSS

Puzzle Answers: (from page 2)

Upcoming Events

Body Image Workshop

Hosted by Pinellas Traditions Intergroup

September 10, 2011

9AM - 3PM

Friendship United Methodist Church
2039 E. Druid Rd.
Clearwater, FL

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

SOAR 8 International Convention

November 4-6, 2011

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

FOR REGISTRATION IN ENGLISH (**Public registration preferred**) **To register on the line BY MAIL MARK CHECKS PAYABLE TO "MEDRELLIN 2011" REGIONAL BOARD OF OVEREATERS ANONYMOUS

MEDRELLIN 2011
 c/o Burt T. (Tech/Video Chair)
 1414 DeLeon Lane
 El Paso TX 79902
 For further information email: showupsoar@oatool.com or vtechair@oaregion8.org

Regular online use:
<http://medreccion.com>

Services:
 Hospitality, registration, boutique speakers, workshops, nights, public information, the speaker of the day, a retreat, for a member of OA with a minimum of two years of continuous abstinence, the speaker of the day 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 include the date since you are abstinent if you are able and want to provide a service please include the days and/or year of your availability.

I'm abstinent since: _____

Friday: _____
 Saturday: _____
 Sunday: _____

Please write your phone number: _____

If you want to make a reservation with the hotel, send an Email or call asking for region 8 assembly and convention, Email: medreel@oaregion8.org Phone: 1-800-496-7921

Arrival to Medellin:
 Date: _____
 Hour: _____
 Airfare: _____
 Departure from Medellin:
 Date: _____
 Hour: _____
 Airfare: _____
 You will find a person in the airport who 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 sponsorship from the smallest part.

Overeaters Anonymous
 COMEDORES COMPULSIVOS ANONIMOS
 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 Medellin
 • Bogota Intergroup

Place of the Convention
 Intercontinental Hotel
 311001, 4016, 285, 11000, Medellin, Caldas, Lita
 Phone: (011) 57 4 3194-450
 www.intercontinental.com

OA's Office:
 Street 52 N° 42-208 (Office 1021)
 Phone: (011) 574 2396-608

www.oaregion8.org
www.oacolombia.org

<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.





SEPTEMBER 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. 352-293-3455
	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

