



Letter from the Editor

Dear OA Friends,

We just got back from the Region Business Assembly and Recovery Conference which was held in Tampa this weekend. Reports from your Intergroup reps who attended the assembly will be in the next issue. Hopefully some of you who attended the recovery portion of the conference will write an article for *New Beginnings* on your experience.

One bit of exciting news is that your Central Florida Intergroup bid to host next November's Assembly and Conference and the bid was accepted. The conference will be held in Orlando next November 5-7, 2010. More information will follow in future issues.

As you are reading this we are in the midst of the end-of-the-year holiday season. During this time I find myself very busy at work, at home and in my volunteer activities. Maybe I cannot get to my regular meeting because I have to work today. Maybe that happens more than once. Maybe I am too busy to take calls today; and then again tomorrow. Maybe I forget to plan my food one day and have to deal with less than stellar alternatives. Maybe that happens all week. Before I know it I am in trouble—no maybes.

If I cannot make my regular meetings during this season I am going to go to another of the 30+ meetings available to us right here in in Central Florida. We are so blessed to have so many meetings! I hope to see you there. Together we get better.

Jane C.

Your Trusted Servants for Central Florida Intergroup

Web Page – <http://www.oacfi.org>

Hotline: 1-888-294-4216

Local (407) 284-1482

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To order literature send an E mail to literature@oacfi.org

NEW BEGINNINGS

The monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of OA members and is not to be attributed to OA as a whole, nor does publication of any article imply endorsement either by OA, or the Central Florida Intergroup. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the OA fellowship are encouraged. Please email your articles and suggestions to newsletter@oacfi.org

You can read *monthly editions of New Beginnings* on line at www.oacfi.org

**SEND ARTICLES TO: Newsletter Editor, CFL Intergroup, P.O. Box 180293,
Casselberry, FL 18-0293 OR newsletter@oacfi.org**

If your article is for a particular month/topic, please submit by the 1st Saturday of the preceding month. Individuals may reprint articles from New Beginnings, crediting one's source. **PLEASE, when emailing anything to newsletter@oacfi.org, type OA NEWSLETTER in the subject heading.**

Next Intergroup Meeting: December 12, at 10:00am

**St. Marks Presbyterian Church
1021 Palm Springs Drive
Altamonte Springs, FL 01**

World Service Web Site <http://www.oa.org> Region 8 Web Site <http://oaregion8.org>



OA ON LINE AND TELEPHONE MEETINGS

For a current list of telephone and online meetings go to OA.org. Put your cursor over **Meetings** on the tool bar. Click on Find an Online/Telephone Meeting. On the page you are

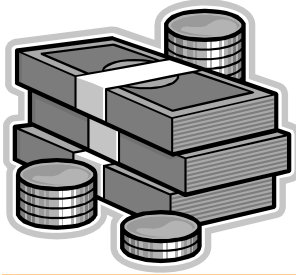
taken to go toward the bottom and **select your meeting type**. **Select the day** you would like to participate or none to get the full list. Then click on **Find Meetings**. Go down the list and click on the icon in the column "**Click to View**" next to the meeting you are interested in for all the details about the meeting. See your group's designated downloader for list copies.



Keep Coming Back!

Thoughts to Digest

- ◆ You do not take a break from this disease and this disease NEVER takes a break from you! ◆ Ask 'can I walk with you' rather than 'will you walk with me.'
- ◆ There are NO special eating days - Thanksgiving is just a Thursday ◆ Ulcers are what you get from mountain climbing on molehills



Treasurer's Report

Group Contributions

Sun	Winter Park 7th Day Adventist Church	100
Mon	Orange City FI Hospital	10
Mon	Orlando, Holy Family	25
Tue	Winter Park St. John's Luthern	34.28
Wed	Lady Lake United Methodist Church	20
Wed	Tavares First United Methodist Church	80
Wed	Longwood St. Stephen's Lutheran	50
Wed	Ocala First United Methodist .	98
Wed	Orlando FI Hosp E Lk Underhill	30
Wed	Dr. Phillips/Orlando Sand Lake Hospital	70
Wed	Winter Park St. John's Luthern Church	0
Thurs	Lady Lake, North Lake Presbyterian	25
Thurs	Ocoee -- Health Central	40
Fri	Lady Lake , Library	40
Fri	Orlando, St. Lukes United Methodist	15
Sat	Central Florida Intergroup Mtg.	31.68
	Special collection Region 8 and WSO	31.97
Sat	Orlando -- Steppers	25
Sat	Winter Park St. John's Lutheran	150
	Total Group Contributions	875.9

SERVICE OPPORTUNITIES



Do you have one year (or more) of abstinence and are willing to help out with the OACFI Hotline?

What do Hotline volunteers do? Hotline calls would be forwarded to your home or cell phone; if you're available to take the call, you answer it and help the caller find a meeting; sometimes they also have a few questions about the OA program. It's a great opportunity to do service and share experience, strength, and hope with a newcomer.

If you meet the abstinence requirement and would like to volunteer - please send a quick email with your phone number to jpittle@fastmail.fm. If you would like more information by phone, contact John P. @ 407-712-4765.

Don't forget to download and post our flyer on local bulletin boards! Get it on the Call to Action page on our website at "<http://www.oacfi.org/action.html>" Think globally, and act locally--Choose a home group and concentrate your service work there-- makes service easier and more effective! Do you need PI materials to inform others about OA? Contact your public information rep, Dara, at public-info@oacfi.org.

Step 12

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.”

“... I listened to a talk show on the local radio station. The suggests were three members of Overeaters Anonymous. As they spoke, I realized that I was hearing for the first time an exact description of my disease...”

- Overeaters Anonymous, First Edition, P. 173

How do I feel reading that? Hearing and responding to that broadcast saved the life of the person who write about it. What if there had been no broadcast to hear?

I do not like to think that I have been hiding behind “Do what you can, when you can,” but have I been letting myself off too easily from Twelfth-Step work?

Could I bring the needs of those who do not know about OA into my prayer and meditation? Should I raise the question of a Twelve-Step project at my home group? Is it time to answer telephones?

Getting honest with myself about my eating was the beginning of this great improvement in the quality of my life. What might happen to the quality of my life if I got honest with myself about Step Twelve. What can I do in the next twenty four hours to reach another sufferer? Making this program better known is partly up to me.

- Voices of Recovery P. 21

Tradition 12

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Without a foundation, no house can stand. It is essential that all of us understand and respect anonymity if OA is to survive and we are to find recovery here.

Many of us come to OA carrying the excess baggage of a lot of shame and pride. We are ashamed that we ’ve been unable to control our eating by ourselves, and yet we ’re too proud to admit that we need help with our eating and our lives. In order to recover, we ’re going to have to let go of shame and pride so we can actively reach out to others for help. As we practice anonymity, we begin this process of letting go.

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, P. 194-195

Anonymous COE in Orlando

Tools of Recovery!

Meetings, Telephone, Sponsorship, Anonymity, Service,
Plan of Eating, Writing, Literature

We need your experience, strength and hope!

Please write an article to appear in New Beginnings during 2010. We are seeking articles describing how one or more of the tools of recovery has helped in your own recovery. Is sponsorship your strength? Do you find your greatest hope in outreach calls? Has adherence to a food plan helped you find greater serenity in your daily life? Your experience will give hope to other compulsive overeaters. Please email your article to:

newsletter@oacfi.org

Or, mail your article to

Newsletter Editor, CFL Intergroup, P.O. Box 180293, Casselberry, FL 32718-0293

OA Sponsorship Workshop

Need a sponsor and could use some help finding one?

Have a sponsee but find you often want to "fire" her?

Need a sponsee but can't seem to find anyone to sponsor?

Have a sponsor but sometimes wish you didn't have one?

Have no idea what sponsorship is or maybe you have plenty to share on the topic?

This workshop is for You!

In honor of OA's "12th Step Within Day" (12/12/09), come learn and share how to use this precious tool to your full advantage in our recovery from food compulsion.

You do not have to struggle alone - Welcome to OA!



Date: Saturday, December 12, 2009

Time: Noon-1:30 p.m.

Location: 1021 Palm Springs Dr, Altamonte Springs, FL 32701 (St Mark's Presbyterian)

Bring: You, an open mind, and maybe another OA =)

For more info, please contact Dave C.: <davecontos@yahoo.com>

News From Region 8

The torch has again been passed in accordance with the traditions of OA. Gerri H. finished her term as your OA Region Eight Chair to newly elected Stephanie D. Karen C. was re-elected Treasurer of Region 8.

The Region Eight website has undergone a complete change in design which continues with a contest in March to design a new logo for Region 8. (details in our next issue). To visit the Region 8 website please go to <http://oaregion8.org/>

The next Region Eight Business Assembly and Recovery Conference will be in March, in Memphis, TN.

“Marching to Memphis” is the theme of the 12-Step-Within program Region 8 is coordinating. Just like the “Leaping to Little Rock” campaign, ‘Marching to Memphis’ will raise money to help OA members from that area who cannot afford to attend a conference to be able to come and hear the strong message of recovery that weekend. Perhaps your meeting will begin a collection of spare change for this project. Our Central Florida meetings collected enough spare change for “Leaping” to send OA members in Arkansas to that conference. In Memphis there are many people who cannot afford to attend even a locally held conference without help.

In accordance with the 12th step: *Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs;*” let’s do what we can to help carry this message.

Central Florida Intergroup's Lake Yale Retreat in October included an essay writing contest. The essay was to be written on the theme of "Gratitude in Action." The winner of the essay contest received first pick of the raffle baskets. Donna G. is the author of the winning essay appearing on this page:

GRATITUDE

Gratitude is vital to my recovery. Gratitude is what gets me through the tough times and it keeps me grounded during my good times. I learned a long time ago that there is always good in everything. Due to recovery I didn't have to look too hard to find the good.

I don't have a car at this time and God has provided a wonderful bus service with stops on the end of my street that can take me to wherever I have to go. What a gift.

I lost my job in April and God has provided an opportunity to be home and spend time with my husband who has dementia and will never work or drive again. How wonderful that I have been given this time to be with him.

I have also been blessed with a wonderful support group for caregivers. We meet biweekly and share our experience, strength and hope—something I learned in recovery. The group is lead by a nurse whose specialty is in early dementia. God has placed someone whose help I need right in my path. She also runs a program called _____, which meets twice a week a few hours in my town with one opening so my husband will be attended—what a blessing.

I have so much to be grateful for today. I have the support of a family and friends; something I did not have when I was in my addiction, three healthy and beautiful grandchildren—children that I am available to today. I have a very rich and blessed life today and for that I can be very grateful.

DO YOU HAVE A PROBLEM WITH FOOD?

- Do you eat when you're not hungry?
 - Do you go on eating binges for no apparent reason?
- Do you have feelings of guilt and remorse after overeating?
 - Do you give too much time and thought to food?
- Do you look forward with pleasure and anticipation to the time when you can eat alone?
 - Do you plan these secret binges ahead of time?
- Do you eat sensibly before others and make up for it alone?
 - Is your weight affecting the way you live your life?
- Have you tried to diet for a week (or longer) only to fall short of your goal?

Overeater's Anonymous Can Help

No Dues

No Fees

Daily Meetings in Central Florida

For More Information Phone: 1-888-294-4216
Web: <http://www.oacfi.org> Email: oacfi@oacfi.org

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