



Letter from the Editor

Dear OA – Friends.

Recently I felt how powerless I am against this disease. That powerless scared me to the point of the insanity; of wanting to give in and eat and eat. Going to a meeting and sharing how I felt was the medicine I needed that day. I must never feel ashamed or afraid to share when I am feeling the pull of this disease. To do so is to try and control it and I can never control it. I am powerless against the insidiousness of compulsive eating. I must accept that I am powerless. That is okay: God is never powerless. I just need to give it to my Higher Power and have faith that HP would lead me.

The disease is like the tides and undertows at Daytona Beach. It will pull us out and under and we will die no matter how much we struggle - unless we stop fighting it and have faith in our higher power and the 12 steps. Stop struggling against the current and a force greater than yourself will take you in the direction that will make it possible for you to reach shore. It is this path, not ours, that we must swim and when we do that we find our way back to sanity and a happy and useful life. Just like the current, the disease caught me off guard this week and it almost had me under but HP led me to safety once again because I asked His help and accepted the help I was given.

Your friend in recovery,  
Jane C.

Inside: More news  
from the '08 WSBC

**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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**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](mailto:newsletter@oacfi.org)**

You can read *monthly editions of New Beginnings* on line at [www.oacfi.org](http://www.oacfi.org)

**SEND ARTICLES TO: [newsletter@oacfi.org](mailto:newsletter@oacfi.org)**

If your article is for a particular month/topic, please submit by the 15th of the preceding month. Individuals may reprint articles from New Beginnings, crediting one's source. **PLEASE, when emailing anything to [newsletter@oacfi.org](mailto:newsletter@oacfi.org), type OA NEWSLETTER in the subject heading.**

**Next Intergroup Meeting: August 9, 2008, at 10:00am**

**St. Marks Presbyterian Church  
1021 Palm Springs Drive  
Altamonte Springs, FL 32701**

**CALL TO ACTION:  
AN OPPORTUNITY FOR SERVICE**

All You Have to Do is Cut Out The Notice on the **back page of this issue of New Beginnings** and Post It On A Bulletin Board In Your Community OR download a larger version at:

<http://www.oacfi.org/bulletinboard.pdf>

And Take It To A Bulletin Board Near You!

Check Out <http://www.oacfi.org/action.html>  
for more ways to spread the message

**1 Member + 1 Flyer + 1 Bulletin Board = 1 BIG DIFFERENCE!**

Before you take that 6<sup>th</sup> first compulsive bite—CALL!

**OA TELEPHONE MEETINGS**

Below is a listing of current OA Telephone meetings. You can expect to hear from people from all over the United States. who share your struggle as a compulsive eater along with experience, strength and hope. Instructions: Dial (641) 793-7500. You will be prompted for a PIN number, press the PIN number plus the pound key. And begin the meeting.

<b>Sunday</b>	<b>8:00 pm – 9:00 pm</b>	<b>PIN: 79882#</b>	<b>Steps 1, 2, 3</b>
<b>Monday</b>	<b>10:00 am – 11:00 am</b>	<b>PIN: 79822#</b>	<b>(Share on 'For Today')</b>
<b>Tuesday</b>	<b>8:00 pm- 9:00 pm</b>	<b>PIN: 59002#</b>	
<b>Thursday</b>	<b>8:00 pm – 9:00 pm</b>	<b>PIN: 135103#</b>	

**For more information and other meetings call Suzanne (407) 239-0488**

## Step Eight and Forgiveness

My personal research on Step Eight has convinced me that the principle of forgiveness, rather than discipline, is more descriptive of the aims of Step Eight. In fact, the word forgive, in one form or another, appears at least 15 times in our OA book, *The Twelve Steps and Twelve Traditions*.

There must be a period of healing before making amends. For me to tell someone I am sorry for hating them does not address the painful emotions behind the hate. Many years ago a member shared at a meeting, "First you deal with the emotion, then you deal with the situation."

In practicing this, I discovered that there were some things I didn't have the power to forgive. Instead, I pretended that they didn't matter. I excused or rationalized them. Of course, that only buried them deeper. Then it occurred to me to pray for a spirit of forgiveness.

Suddenly things began to happen. All the rage and anger began boiling up and spilling over. I had to talk and rave and cry about it to get it all out. Fortunately, there was an understanding person handy to help me through it.

When my tirade subsided, I was able to think more clearly. What I realized is that I was holding people responsible who really did not know any better. It was like resenting a two-year-old for acting like a two-year-old. I was able to see my antagonists as misguided children and to forgive them for only acting out what they themselves had been taught. It had never occurred to me to forgive them, and I don't think I could have if I had tried.

My old resentments seemed to dissolve and float away. It was such a freeing experience that it was as if the events I'd resented for so long had never happened.

The spirit of forgiveness had released me so well that there was no longer any need for amends; the negative emotions were gone — all replaced with love — and, even after 10 years, they have never come back.

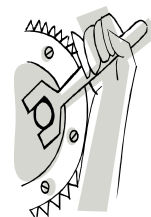
Discipline is certainly necessary in working every part of the OA program, but the only Step which really focuses on the principle of forgiveness, as I see it, is Step Eight.

— *Reprinted from Lifeline, August 1998*

# OVEREATERS ANONYMOUS

CENTRAL FLORIDA INTERGROUP PRESENTS

**OUR ANNUAL FALL RETREAT  
OCTOBER 17-19 2008**



## FAITH WITH WORK...WORKS!

**Workshop leaders needed: Share your experience strength  
and hope with your fellow OA's**

Our annual retreat works only with your help ,  
Remember "It Works if You Work it"  
Please volunteer ...We Need You

Last year was a fantastic success. Comfortable rooms, abstinent food and a beautiful lake setting. Don't Miss it !!! Register today to save your spot. Space fills up quickly. We need your voices we need your love. Please sign up to lead a program or workshop . Minimum of 6 months abstinence required to lead but all can share their hearts.

**Registration forms will be available at your meetings soon. If  
you are paying by credit card you can  
register on line at  
<http://retreat2008cfg.eventbrite.com>**

**LAKE YALE CONFERENCE CENTER**

39034 County Road 452 n Leesburg, Florida 34788

## **Step and Tradition of the Month**

### **Step 8:**

Made a list of all persons we had harmed and became willing to make amends to them all

### **Tradition 8:**

Overeaters Anonymous should remain forever non-professional  
But our service centers may employ special workers.

*"As long as we have not forgiven people for the harms they have done us, we will find it impossible to make sincere amends to them for our site of the conflicts. "*

The Twelve Steps and Twelve Traditions of  
Overeaters Anonymous," pg. 71

For me the essential element in Step Eight is forgiveness. Until I learned how to forgive I could not even see where I was at fault.

I was not aware of the deep resentment I had against my parents for the abuse I endured as a child. My insecurities, fear of rejection, and low-self-worth were all a direct result of suppressing those feelings. I began to truly search my past, and the old memories of abuse returned. As I examined them, hate, humiliation, and deep rage boiled out of me in floods of tears. I knew I could not forgive these wrongs myself, especially where my own defiance was often at fault.

It suddenly occurred to me to pray for a 'spirit' of forgiveness. Gradually a peace enfolded me. Forgiveness came, and with it came complete deliverance from those damaged feelings. From that moment, I was healed. Once the miracle of forgiveness occurred, the amends happened naturally.

From Voices of Recovery p. 214

## **WSBC TREASURER'S REPORT**

- World Services has a prudent reserve of 4.3 months of the cost of operations.
- Total revenue was up 11.65 in 2007
- Sale of literature made up 58.2% of total revenue. Contributions make up 25.12%
- Investment revenue was down \$19,800.
- A financial review is done every year and a full audit is done every 3 years.
- Participants at the WSBC were asked to give to 7<sup>th</sup> Tradition. The approx 200 people present gave nearly \$3,000.00.

## **FIVE-YEAR STRATEGIC PLAN 2008-2013**

Public/Professional Awareness: All members, groups and service bodies working at carrying the message so the possibility of recovery is offered to the still-suffering compulsive eater.

Strong Meetings: Filled with abstinent members; all service positions filled; active rotation of service; meeting is growing; newcomers stay and become abstinent; sufficient sponsors; operates within the spirit of the Twelve Traditions.

Committed Service Bodies: All service positions filled; active rotation of service, operates within the spirit of the Twelve Traditions and the Twelve Concepts, involved in carrying the message locally, regionally, internationally.

Financial Health: Sufficient contributions to enable OA to grow; sufficient contributions to decrease reliance on literature sales for income (currently at 58.2% of total revenue).

## **CFL 2007 WORLD SERVICE CONTRIBUTIONS**

Central Florida Intergroup gave \$1,967.00 to World Service in 2007. Four meetings in our Intergroup sent a total amt of \$315.75 to World Service directly.

Total \$ 2,282.75

Good job! Let's see if we can't do an even better job in 2008!

## **MORE NEWS from 2008 WSBC**

### **Some actions Groups & meetings can take to promote stronger meetings?**

- Group inventory once a year and a plan for the year.
- Schedule for meetings and topics
- Newcomer follow-up plan
- Greeter
- Newcomer's meetings before or after regular meeting.
- If a newcomer is there – change the format that night to a newcomer meeting
- Medallions every five years , Card for years in-between signed by group.
- Fellowship meeting before the meeting – once a month.
- Regular business meetings – once a month – revisit the format to ensure that we strengthen the meeting with a plan for limiting time for shares.
- Bring up changes in a slow process for major changes to meeting formats, etc. to allow every member to evaluate and participate.
- Each meeting should foster adherence to traditions.

#### **Thoughts to Digest**

**Jumping to conclusions is not an aerobic activity ♦ Expectations are pre-meditated resentments ♦ We don't get run over by the train, we get hit by the engine (the first bite) ♦ A coincidence is a miracle in which God chooses to remain anonymous ♦ The smartest thing an OA member can say is, "Help" ♦ Abstinence delivers everything food promised ♦ Pray to catch the bus, then run as fast as you can ♦ A S L I P is Serenity Losing It's Priority**

# 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](mailto:oacfi@oacfi.org)**

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