



### Letter from the Editor

Dear OA Friends.,

This issue and our next issue will concentrate on sponsorship. I believe in a healthy sponsor-ponsee relationship. My experience with this tool of our program has given me precious strength for my recovery. I have learned so much from my sponsors but even more from those I sponsor. What I appreciate the most from my sponsors is how they have guided me through the steps so that I can now help others work the 12 steps of Overeater's Anonymous. What I appreciate the most from working with those I sponsor is how they keep it green for me.

By continually working with others on the importance of rigorous honesty I have become a more honest person. Honesty has lead me to a freedom unknown to me before the 12 steps of recovery. Freedom born from having esteem for myself because I chose to be honest and practice integrity in all my affairs. This freedom is far better than the momentary relief felt when pocketing a few ill-earned dollars, throwing out angry words, or any one of a thousand badly chosen first bites taken in my disease.

I am a sponsor. I have a sponsor. My sponsor has a sponsor. My sponsor's sponsor has a sponsor and so it goes. For all I know, one of myponsees is also my great-great grand sponsor! Together we get better.

Your friend in recovery,  
Jane C.

**Your Trusted Servants for Central Florida Intergroup**

**Web Page – <http://www.oacfi.org>**

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**Local (407) 284-1482**

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To order literature send an E mail to [literature@oacfi.org](mailto: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\*\*](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 Editor, CFL Intergroup, P.O. Box 180293,  
Casselberry, FL 32718-0293 OR [newsletter@oacfi.org](mailto: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](mailto:newsletter@oacfi.org), type OA NEWSLETTER in the subject heading.**

**Next Intergroup Meeting: July 11, 2009, at 10:00am**

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

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

## Sponsorship – The Why

So why do I sponsor? Because my sponsor “suggested” I do so? - True, but that’s more of a conclusion than a reason... Because I strengthen my own recovery through this service to others? - I think I heard that at a meeting somewhere, but there are lots of other ways to give service... Because sponsorship is a good way to practice “let go and let God?” – Maybe so, but I get that just from driving to work on I-4 every morning, right? And watching people with a cart full of stuff in the 15-items-or-less-line, that too! Put simply, I sponsor because it’s working one of the steps; step 12 to be exact: “Having had a spiritual awakening, we tried to *carry the message to compulsive overeaters*, and to practice these principles in all our affairs”.

How many times have I heard in the rooms, “you cannot keep recovery unless you give it away?” Bill W. makes this clear in the “Big Book” where he recounts a business trip gone south. After being abandoned by his colleagues, Bill suddenly finds himself in a hotel lobby where he spies a bar (read: restaurant) and the drink (read: buffet) begins to call to him. He is about to wander into the bar, just for the company... Desperate to maintain his tenuous sobriety, he calls a local church and asks if he could be put in touch with another alcoholic. Bill hadn’t had much luck so far in getting other addicts to stay sober, but he remembers his wife telling him that through his work with others, he had kept at least one drunk sober: himself. So, Bill finds a prospect to work the steps with and indeed keeps himself sober that day.

This story, as well as many of your shares in the rooms, helps remind me that if an A.A. co-founder needed to reach out to other drunks to keep his sanity, then I need to reach out to other compulsive overeaters in order to keep mine; sponsoring is a regular commitment to helping another fellow sufferer. I get more from working with my sponsees than they ever get from me - when I re-read our literature prior to discussing it with them; when I commit to meet them at meetings I wouldn’t normally go to because they don’t want to go alone; when I take or return their calls; and when I hear the joy (and sorrow) in their voice after facing a significant life event. The list is as long and beautiful as what we are willing to give and so likewise is the recovery we create.

Keep sponsoring - it works if you work it!

– *Anonymous Sponsor*

### *Tradition of the Month*

**Every OA group ought to be fully self-supporting, declining outside contributions.**

“ For many of us, our willingness to pay our own way is a sign that we are recovering and maturing emotionally. ”

*The Twelve Steps & Twelve Traditions of Overeater's Anonymous, p. 165.*

I have learned that the 7th tradition is much more than putting \$2 in the basket at a meeting. Service to my meeting, my intergroup, my region, and OA as a whole is also part of the 7th tradition. When I complain about something that OA is not doing, such as reaching out to newcomers, I become part of the solution when I start a newcomer meeting. When I participate in the health of my meetings, I am taking responsibility for my part in the health of OA as a whole.

Taking responsibility is a meaningful sign of emotional and spiritual growth. It's also an opportunity to practice those spiritual principals, since service opportunities bring out some of my character defects, such as fear, self-will run riot, or self-righteousness. I don't have to wait until I am perfect to do service, though. When those defects of character show themselves, I can work Steps Four through Nine and open myself to even more spiritual recovery.

*Voices of Recovery, Page 252*

### *Step of the Month*

**Humbly asked Him to remove our shortcomings.**

Humbly asking is not demanding. I do not say “God, remove from me these defects and do it NOW.” Humbly asking is telling HP what defects I want removed asking God to take each one away. To humbly ask to have my shortcomings removed is to ask that God remove from me that which keeps me from being of use to Him; what keeps me from being of service to others. God will decide what needs to be removed and when to remove those defects of character.

I will not become perfect and I have not failed if my defects are not removed from the moment I finish my prayer. My Higher Power has a plan for me beyond my wildest dreams. I show up and do the work that I can do and turn the results over to God.

*Anonymous COE in Orlando*

## **World Service Corner**

Report from one of your WSO Conference Reps - Albuquerque, NM- 5/4-10,  
2009

The focus of the WSBC is to bring delegates from all over world together to discuss, debate and decide on the best ways to carry out OA's message of recovery. This was done during May 6-9. A series of five business meetings -14 hours total- were held. Proposals and motions were adopted or defeated. Committees made up of delegates and OA Board of Trustee members met to design projects that will effectively carry the message.

By-laws was the committee I joined. We met 14 hours in addition to the business meetings. Our job was to refine proposals and motions prior to their presentation to the general assembly of delegates. This saved time and confusion. In the end it was worth it because all of the motions and proposed amendments were addressed. Here are a few of the highlights:

WSO will create website templates for intergroups to use if they wish. This will not replace existing websites. It is intended to assist groups that do not have a website. WSO will not pay for technical support of these websites.

The bylaws regarding OA Board of Trustee nominees was amended requiring nominees to have worked all 12 steps instead of the first 5.

OA's definition of abstinence was amended to "Refrain from compulsive eating and compulsive food behaviors." This was adopted in an effort to make the definition more reflective to the diversity in eating disorders of our members.

New OA Board of Trustees were elected.

I learned that each pamphlet is reviewed at least once every 7 years. The updates and changes to "Sponsoring Through the 12 Steps-One Approach" were not adopted. The pamphlet will remain unchanged for today. The agenda questionnaire summaries that our intergroup was asked to complete carried a lot of weight during the by-laws committee meetings.

It was a lot of work, that's for sure, but I did find time to squeeze in a tram ride to the top of the Sandia Mountains and take my first hot air balloon ride. (at my own financial expense). Thank you for allowing me this valuable opportunity to give service to OA. Your belief in my ability to represent OACFI well is much appreciated.

In loving service Beth G, IG Vice-Chair

### News from Region 8

Plans continue for the SOAR8 Business conference in Atlanta July 17-19. All OA members are invited to attend. Check the SOAR8 Website for more Information.

## 12 Steps of a Dysfunctional Sponsor

1. I admit you are powerless and your life is unmanageable.
2. Came to believe that I could restore you to sanity
3. Made a decision to turn your will and your life over to my control
4. Listened to your inventory, and told you all your defects as I see them
5. Admitted to myself, to you and to anyone who would listen everything that is wrong with you
6. Became entirely ready to make you over
7. Reminded you to be perfect so I could look good
8. Made a list of all the things you could do to make me like you
9. Prodded you into paying attention to the faults I give you and not to look at mine
10. Continued to tell you what is wrong with you and when I was right, promptly told you so
11. Sought through prayer, nagging and cell phones to improve your conscious contact with me
12. Having had a spiritual upheaval that I blame on you, I promptly relapsed and would not admit it so I dropped you as unwilling and began to work with a newcomer.

### Thoughts to Digest

**If you do not have a sponsor your addiction will gladly sponsor you!**  
n This is a 'we' program n We get sick by ourselves. We get well together n If you don't think you have a lower bottom remember there is always the trapdoor! n This is a disease, not a disgrace.

## 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.



### **Overeaters Anonymous Southeastern Region 8**

**(ALABAMA - ARKANSAS - BERMUDA – CARIBBEAN - FLORIDA -  
GEORGIA - LOUISIANA - MISSISSIPPI - NORTH CAROLINA –  
SOUTH AMERICA – SOUTH CAROLINA - TENNESSEE-  
CENTRAL AMERICA-SOUTH AMERICA)**

**Business and Recovery Assembly  
Sponsored by Suncoast Intergroup**

**November 6-8, 2009**

**Tampa, Florida**

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

- Topic:** If your food plan defined? Use the pamphlet 'Dignity of Choice' or consult your doctor or other medical professional.
- Do:** Have clear boundaries for your food plan and share the plan with your sponsor or another recovering OA member.
- Don't:** Don't try to make a food plan alone, with just you and the disease!

## What Does it take to be a Sponsor?

Everyday I continue to be abstinent I am a good sponsor. I cannot make anyone else be abstinent. I cannot force my recovery on them. They have to seek their own recovery through the steps. Half measures avail nothing.

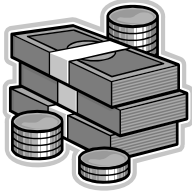
I am so grateful that I can see this because there was a time when my self worth was wrapped up in what others thought of me, how many people I sponsored and how well they were doing or not doing. My self worth is not found in others. It is not something others earn for me. It exists because I am valued and loved by a Power greater than myself. I can see and appreciate my value as a human being as long as I am willing to remain abstinent by not picking up that first bite. It is not easy but it is better than what would be waiting for me the moment I swallow the last bite of my next binge.

I do not chase people in program. No one chased me. No one nurtured me into recovery. I am grateful for this because the only way I could ever find recovery is the 12 steps. Nurturing would have kept me from hitting my bottom. I know this will not work for another unless they want it as badly as I want it for myself.

I can tell you my story but then I have to leave it up to you. I share that there is something much, much, better than what I experienced when I was in the food. What works is the honest desire to stop for once and for all in exchange for something better: Honesty and freedom from the obsession. Having experienced this freedom I can share with others the promise that it exists and together we can get better.

*Orlando, FL.*

*A Sponsor is not... A sponsor is not your Higher Power. A sponsor is not perfect. A sponsor is a human being and shares my disease. A sponsor does not control my recovery. Bill W.'s sponsor lost his sobriety and left recovery. Bill W. stayed sober the rest of his life.*



# Treasurer's Report

39639	Sun	Alt Spgs St. Mary Magdalen (qrtrly don.)	25.00
47548	Sun	Winter Park 7th Day Adventist Church	100.00
802	Mon	Deland, Florida Hospital	10.00
39211	Mon	Orange City Fl Hospital	12.00
1048	Mon	Orlando, Holy Family	20.00
39535	Mon	Winter Park St. John's Luthern Church	32.07
37537	Mon	Winter Springs, Grace Presbyterian	31.00
46213	Tue	Maitland Asbury U. Methodist Church	197.00
50209	Tue	Lady Lake Medical Arts Bldg	33.00
48700	Wed	Lady Lake United Methodist Church	26.00
48716	Wed	Tavares First United Methodist Church	20.00
48659	Wed	Longwood St. Stephen's Lutheran	25.00
39845	Wed	Orlando Fl Hosp E Lk Underhill	30.00
47815	Wed	Dr. Phillips/Orlando Sand Lake Hospital	40.00
39536	Wed	Winter Park St. John's Luthern Church	32.07
39847	Thurs	Lady Lake, North Lake Presbyterian	25.00
35746	Thurs	Longwood Wekiva Presbyterian	60.00
18502	Thurs	Ocoee -- Health Central	60.00
45611	Fri	Lady Lake , Library	80.00
20088	Fri	Orlando, St. Lukes United Methodist	15.00
46851	Sat	Altamonte Springs St. Mark's Men's Mtng	30.00
9016	Sat	Central Florida Intergroup Mtg.	53.47
37491	Sat	Orlando -- Steppers	50.00
46887	Sat	Dr. Phillips (Orlando Sand Lake) Hospital	50.00
		<b>Total Group Contributions</b>	<b>1056.61</b>

CENTRAL FLORIDA INTERGROUP  
PRESENTS  
**OUR ANNUAL FALL RETREAT**  
**GRATITUDE IN ACTION**

OCTOBER 16-18, 2009

**LAKE YALE CONFERENCE CENTER**

39034 County Road 452  
Leesburg, Florida 34788



**REGISTRATION**

Pay by Check \$150.00 On-line \$157.00  
<http://retreat2009.eventbrite.com>

**Mail to Central Florida Intergroup,  
C/O Burt Tucker  
4505 Willa-Creek Dr  
Winter Springs, FL 32708**

Watch for registration brochures at your meeting.

**Gratitude Essay Writing Contest**

***THIS YEAR'S RETREAT COMMITTEE IS SPONSORING  
A GRATITUDE ESSAY WRITING CONTEST. THE WINNER  
WILL RECEIVE FIRST PICK OF BASKETS  
TO BE RAFFLED AT THE RETREAT.***

For Directions go to <http://www.lybcc.com/>  
<http://retreat2009.eventbrite.com>

This event will be published in the Lifeline Datebook section so we could have participants from all over the world. Only 75 places will be available so start saving for yours now and register early.