



Letter from the Editor

Dear OA Friends,

How do you handle illness in recovery? When you head is stuffed and you have chills or aches do you permit yourself some comfort foods that are not part of your normal daily food plan?

My experience is that such changes in my food plan can trip up my abstinence. No matter how I am feeling, my abstinence has to come first. I do not get to eat foods that are not on my food plan just because I have a little bug. The stronger bug is the killer—the disease of compulsive eating. I cannot be gentle with that disease and I cannot comfort myself with treats just because I am sick. If I allow myself to do that there will always be an acceptable excuse to eat the foods that lead me back into my disease.

When I am feverish or nursing an injury I keep working the steps, even if it is from under my blankets and in-between doses of meds and naps. I take the down time as my Higher Power's way of saying I need to pause and examine something in front of me. When I feel better I am grateful that I am just getting over sickness and not battling my way back from a binge.

Let's stay abstinent during the coming flu season. It is the healthy thing to do!

Your friend in recovery,
Jane C.

Your Trusted Servants for Central Florida Intergroup

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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 32718-0293 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: October 10, 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>

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.



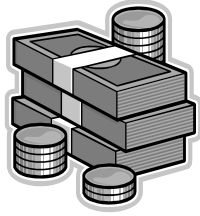
New Beginnings is seeking articles for upcoming issues on the following topics:

Steps: 11 & 12

Tools: Food plan & Telephone

T h o u g h t s t o D i g e s t

Do you know the name of the program for those of us who talk to much? On AnOnAnON. n You can't think your way into a new way of living; you have to live your way into a new way of thinking. n Don't try to be grateful and resentful at the same time—you can't serve two masters. n One symptom of the COE is not chewing food properly. If the food is in your mouth and you cannot wait the extra 30 seconds it takes to chew it before you swallow, you might be a COE. n Abstinence, then serenity.



Treasurer's Report

Sun	Alt Spgs St. Mary Magdalen (qrtrly don.)	30.00
Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Deland, Florida Hospital	10.00
Mon	Leesburg Unity of Leesburg Church	45.00
Mon	Orange City FI Hospital	10.00
Mon	Orlando, Holy Family	20.00
Mon	Winter Park St. John's Luthern Church	130.41
Mon	Winter Springs, Grace Presbyterian	27.00
Tue	Maitland Asbury United Methodist Church	100.00
Tue	Winter Park St. John's Luthern	58.20
Wed	Lady Lake United Methodist Church	13.00
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Orlando FI Hosp E Lk Underhill	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	20.00
Wed	Winter Park St. John's Luthern Church	130.41
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	40.00
Fri	Lady Lake , Library	50.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Central Florida Intergroup Mtg.	34.00
Sat	Orlando -- Steppers	30.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	50.00
Sat	Winter Park St. John's Lutheran	150.00
	Wintre Springs unlisted meeting	35.00
	Special collection Region 8 and WSO	35.65
	Total Group Contributions	1213.67

Intergroup News

1. The committee for the Nov. 2010 SOAR8 Convention/Business Assembly has narrowed the possible hotels further. Your input and help planning this event will be much appreciated.
2. A Strategic Planning Committee has formed to help guide growth of OA in Central Florida.
3. Planning is ongoing for the Florida State Convention in February. The theme this year is *Together we can* "Surrender to Win in 2010."

OA World Service News

1. 12th Step Within Day - December 12 each year has been named "12th Step Within Day" by the 2009 World Service Business Conference.
2. OA World Service Office is looking for teens to write brief accounts of their stories to update the "To The Teen" pamphlet. Please urge our young people to get involved.

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 homegroup and concentrate your service work there-- makes service easier and more effective! Do you need PI materials to inform others about OA? Write to Dara at public-info@oacfi.org

If you know any young people 25 and under who have 6 months of current abstinence, please ask them if they would be willing to give their contact information for a young people speaker list to Beth G. at (352) 223-9769.

Step 10

**CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN
WE WERE WRONG PROMPTLY ADMITTED IT.**

Years ago I bought a book that promised it could help me keep my house clean. The book had many excellent tips for how to do real deep cleaning and then how to keep the everyday stuff from piling up and becoming a mountain too big to handle. When I did as suggested it worked. It started with a really deep, intense cleaning and then when I followed the suggestions for how to keep the clutter from accumulating each day the house stayed clean from one day to the next.

I see the fourth thru ninth steps as deep cleaning my life. The 10th step keeps the clutter from building back up again. By accepting and correcting my wrongs on a daily basis I am making my life easier in the long run because I am keeping my 'house' in order.

Doing the 10th step each day is like doing a mini 4 through 9 the same way a daily sweep, dust & stray-item-pickup is like a mini house cleaning. I am not embarrassed of my home if someone happens to pop over to say hello. I do not need be afraid to face, speak with or be seen by anyone at any time if I am working a daily step 10.

Anonymous OA Member

Tradition 10

**OVEREATERS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE
THE OA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.**

Having no opinion on outside issues also means that we don't oppose any such causes. **Ridicule and disrespectful comments about religions, diet clubs, political beliefs, and other matters have absolutely no place in OA meetings.** We don't need to belittle others in order to carry the message of recovery OA has to offer. In fact, negative talk and laughter at the expense of others usually interferes with the positive atmosphere of the OA meeting. Many of us suffer from the habit of negative thinking and speaking. We desperately need a positive atmosphere in our OA group if we are to recover. Thus we see the wisdom of keeping silent about outside issues in OA meetings.

OA 12 & 12, p. 187

Anonymous COE in Orlando

"We invariably find that at some time in the past we have made decisions based on self which later **placed us in a position to be hurt.**"

AABB, How It Works, p. 62

The first few times I read this quote, it caught me: I made choices that led to a lot of the pain in my life. Through working the Steps, the solution became clear. Boundaries are one of the largest lessons I have learned in recovery; what they are and how to properly use them. When I accepted the gift of Abstinence, I started with boundaries around my food. Now boundaries are an important part of every area of my life.

My first sponsor told me that in relationships, the boundary I set was for me not for the other person. Being still inexperienced, I would set a boundary and then grow angry when the world did not comply. Today I am aware this was another attempt at control (an illusion). Now, I set a boundary for myself to respect. A great example of this came up yesterday. Like many people, I have preferred calling times, 8:00 a.m. - 8:00 p.m. For me, this means that I have no business answering my phone after 8:00 p.m. (because I grow tired which can trigger an emotional binge). If the world revolved around me, I could expect all people to know my calling times, and call accordingly. Because it does not, I get to respect my own boundaries and not answer the phone. If other people choose to respect them, that's an added bonus. Boundaries are another tool for self-respect and freedom!

Have you found an area of your life that is more serene due to your use of boundaries? Which areas may be enhanced by your use of boundaries? Are you still expecting other people to take care of your needs?

Joyfully Abstinent and recovering by the grace of God
Atiya, Raleigh, NC

Suncoast Intergroup, Tampa FL invites you to

**SOAR 8 Recovery Convention
& Business Assembly
NOVEMBER 6, 7, 8**

***'Rockin' and Rollin' In Recovery'*
DON'T MISS IT!**

HOTEL INFORMATION

Clarion Hotel & Conference Center,
2701 E. Fowler Avenue, Tampa, Florida 33612

Special rate of \$99.99 + tax

(1-4 people per room)

Special rate available 3 days before and 3 days after convention

HOTEL FACILITIES

405 newly renovated spacious sleeping rooms. Every room has a refrigerator, microwave, in-room safe, iron & ironing board, hairdryer, complimentary on-site parking.

Complimentary breakfast for over-night guests.

RECOVERY CONVENTION

- Workshops, speakers, entertainment
- Great bargains at re-sale boutique
- Lots of experience, strength, and hope!

ESTIMATED COSTS

Registration \$35.00

(No one will be turned away for lack of funds.)



***For more information of meals, program, etc,
visit www.oaregion8.org***

How far are you willing to go to find help?

Are you willing to go to any length?

"If I knew what to do to arrest my illness, I wouldn't be here. Recovery requires a change of ways, a willingness to go to any length. I need to ask directions." Is it easy or hard for you to ask for help, to ask directions, to change your ways?

In answering this question I've thought about how hard it is sometimes to ask for help or to admit that help is needed...for me, I'm grateful that even when I don't know I need help, there are people in recovery around me who ask just the right question or suggest just the right reading that things for me become clear. I am willing to go to any length...when I first became willing it was out of sheer desperation...now that I have tasted recovery and the life that it is affording me, my willingness has grown even stronger.

During this vacation I hiked, I walked, I climbed, I explored, I spent real quality time with my family, I served, I gave of myself, I got quiet, I opened and really read the BB, I tasted fruits/veggies I hadn't eaten...this was the third trip to the mountains my family and I had taken, and this time I really was a part of the action...I didn't stay back in the cabin eating alone, wondering how much longer I would have to be alone with the food. I didn't go on a hike and complain the entire time that I wanted to stop or go back...I lived!

From an OA Member in Central Florida