

New Beginnings

Sharing Experience, Strength and Hope with those who suffer from
Compulsive Eating and Compulsive Food Behaviors.

May 2019:

Calendar Events:

OA Phone Marathons:

712-432-5200 Meetings every hour
from 8 a.m. to 12 midnight EST

1. **May 6-8am to midnight EST**
Ramadan Begins-Every day
an Opportunity for Service.
2. **May 12-8am to midnight EST**
Mother's Day -We are as Sick
as Our Secrets-Step 5.
3. **May 27-8 AM to midnight**
EST Memorial Day-Everyday
Matters.
4. **June 4-8 am to midnight EST**
Ramadan Ends and EID alFitr-
Step-6 Are You Ready to Have
Your Defects Removed?

May 6-11 www.oa.org
World Service Business
Conference, Albuquerque, NM
Growing Our Membership
Worldwide.

July 26th-28th Pinellas traditions
Intergroup-8th Annual OA Franciscan
Center Retreat at the Franciscan
Center. 3010 Perry Ave., Tampa, FL
33606

September 27-29 www.oafi.org
2019 Fall Retreat....Save the Date!

Holiday Marathons: 712-432-5200
Pin:4285115# For more information
at 2019oamarathons@gmail.com



HELLO TO ALL

Hello, my name is Carlene and I am a long time compulsive over eater. After Dawn's long- time service of doing such an excellent job, I will be taking over her position of the **New**

Beginnings author. I am not a graphic Artist and I have minimal training with computers. Since no one wanted the job of this particular service, I took on this gigantic task. I am hoping that I will be able to serve the greater intergroup area.

Please bear with me as I learn to do this job. I have been retired for 5 years now and a lot of computer information has changed. If you have any articles that you would like to share with the group, Please submit them to me via my email: tooncesc@yahoo.com. Make sure it is a format I can copy.

Thanks to all.-Carlene

As winter has given over to spring, let new life come forth.

New Beginnings by Email-Sign up to receive The New Beginnings Newsletter by email each month! It is free and an easy way to share the news and recovery with friends and newcomers. All you need to do is send an email to newbeginnings-subscribe@oacfi.org

SPRING A NEW BEGINNING



1. Stay away from that first compulsive bite, Taking the 1st step daily.
2. Attend OA regularly and get involved.
3. Progress is made ONE DAY AT A Time.
4. Use the 24-hour plan.
5. Remember, your disease is incurable, progressive and potentially fatal.
6. Do first things first.
7. Don't become too tired.
8. Eat at regular hours-according to your food plan.
9. Use the telephone (not just after but during too).
10. Be active-don't just sit around. Idle time will kill You.
11. Use the Serenity Prayer.
12. Change old routines.
13. Don't become too hungry-stick to your food plan.
14. Avoid loneliness.
15. Practice control of your anger.
16. Air your resentments.
17. Be willing to help whenever needed.

Warning signs of Relapse:

- Not accepting a spiritual remedy.
- Failing to enlarge a spiritual life.
- Ignoring or denying my feelings.
- Getting into slippery places when not in fit spiritual condition.
- Thinking a little won't hurt.
- Ignoring reasons for not eating compulsively.
- Using trivial excuses.
- Deliberately eating compulsively and feeling justified by nervousness, anger, worry, depression, jealousy.
- Giving little thought to the consequences that might ensue.
- Getting a thrill out of eating compulsively in spite of the warnings.
- Continue to eat compulsively in spite of warnings.
- Thinking it does not apply to me because I am not that bad.
- Thinking I have it licked.
- Not admitting that I am a compulsive over eater.

Spring a New beginnings article continued.



Continued...



18. Be good to yourself, you deserve it.

19. Easy does it.

20. Get out of the "IF ONLY" trap.

21. Remember HOW IT WAS. Your last binge, the feelings et.

22. Be aware of your emotions.

23. Help another in his/her recovery, extend your hand, listen.

24. Try to turn your life and your will over to your Higher Power.

25. Avoid all mood-altering drugs, read labels on all medicines.

26. Turn loose of old ideas.

27. Avoid situations that may tempt you to binge.

28. Make lots of new OA friends.

29. Read the big book.

30. Try not to be dependent on another. (sick relationships).

31. Be grateful and when not make a GRATITUDE list.

32. Get off the "Pity Pot" The only thing you'll get is a ring around your bottom if you don't.

33. See knowledgeable help when troubled and otherwise.

34. Face it! You are powerless over food, people, places and things.

35. Try the 12 and 12, not just 1 and 12 or 1, 12 and 13!

36. Let go and let God.

37. Use the God bag or box and the answers: yes, no or wait I have something better in store for you. Don't forget to say thanks.

38. Find courage to change through example of others who have.

39. Don't try to test your will power-give a compulsive overeater one shovel and one pail and in one hour he/she will need 100-wheel barrels.

40. Live TODAY, not Yesterday, not Tomorrow-projection is planning the results before anything even happens.

More of article to come in another addition.



Step Five: Integrity

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five: Purpose

Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers.

The Twelve Steps and Twelve Traditions of OA

This list was originally composed and was titled "90 Tools for Sobriety." It has been slightly modified for OA.

The Three-legged Stool

(The Three-Legged Stool in the OA program) There is much talk of the three-legged stool of our disease, spiritual, physical and emotional. I am instructed to work each leg of my stool equally or my program cannot succeed. There is also the three-legged stool that contain the three legacies of the program which are recovery, unity and service. These are the cornerstones of a new way of living. What is recovery? For me what it means to recover is spelled out beautifully in the promises that are on page 84 and 85 in the Big Book of AA. Now the question becomes how do we achieve this recovery. The first step must be to understand our condition fully and to put down our “alcoholic foods” which are spelled out in the chapter The Doctors Opinion in the Big Book. We must truly understand the grave nature of our addiction and treat it just like an alcoholic or a drug addict would treat their addiction. We would never tell them it was ok to just cut back and congratulate them for making “progress”. For me if food is an option when push comes to shove my mind will tell me it is the only option. The Second leg of the stool is unity. We are told that our common welfare should come first and the personal recovery depends on program unity. In the appendix of the AA big book it states we must work together and hang together, else most of us will finally die alone. In essence unity or death! Thankfully in OA we have the twelve traditions which teach us how to have unity in our fellowships and apply to life in general. The third leg of the stool is service. In the chapter Working with Others it states that nothing will insure immunity from drinking (eating) as intensive work with others. We are told life will take on new meaning and to watch people recover, loneliness vanishes, to see a fellowship grow up around you, to have a host of friends- this is an experience you must not miss! We are instructed that in order to keep what we have we must give away what so graciously has been given to us. So, what does it mean to give service and when can I start giving service? Service starts the moment you walk into your first meeting and remind others what it was first like at the beginning of our program. Everyone can and needs to give back no matter where you are in your recovery. Sometimes when people are struggling in their program they say I don't have the means or ability to share anything useful but that is exactly when we need to reach out and help another person. Just remember do not think of what you will get out of a situation but of what you can bring to it. To be helpful is our only aim! I know that to sit firmly and comfortably on this stool each leg must be equally worked and that even if two legs are very strong one bad leg can topple my program. Susan D - Twelve Step Within Committee.

together, else most of us will finally die alone. In essence unity or death! Thankfully in OA we each leg must be equally worked and that even if two legs are very strong one bad leg can topple my program. Susan D-Twelve Step Within Committee.



Want to be included in the distribution list from Central Florida Intergroup? OACFI has an email distribution list used to distribute copies of agendas, minutes, reports and updates from OA. To subscribe, email: oacfi_intergroup_news-subscribe@oacfi.org. Include your name, phone number and home meeting.

Central Florida Intergroup Business Page

Service Positions Remaining Open

Intergroup Secretary, Region Rep #4 the 'Next Gen' Committee, Web Master are still open. For more information about the requirements and responsibilities of these offices go to CFI's [Policies and Procedures Manual](#).

CFI Literature Sales

To pre-order literature that you or your groups would like to purchase through CFI intergroup e-mail literature@oacfi.org two weeks prior to the next meeting (to allow time for shipping). The literature chair will place your orders and have the total for your purchases along with receipts ready for pickup 15 minutes before or directly following the meeting. For last minute purchases please arrive early. There will be paper for you to write down orders and *if the items are available* you may pick them up after the meeting. Thank you for your cooperation.

CFI Board Members

Chair: Pam T.
 Vice-Chair: Cynthia M.
 Treasurer: Tim Z.
 Secretary:

7th Tradition Contributions may be sent to:
Central Florida Intergroup
P.O. Box 180293, Casselberry, FL 32718

Local Website: www.oacfi.org
 Regional Website: www.oaregion8.org
 International Website: www.oa.org
 Facebook
 Page: www.facebook.com/oacfi.org
 Newsletter Email: newsletter@oacfi.org
 OA Literature Email: literature@oacfi.org
 Bylaws: [oacfi bylaws](#)
 Policies and Procedures: [oacfi p & p](#)

Coming Intergroup Meetings
10 a.m. Saturday, May 11th & June 8th
 St. Mark's, 1021 Palm Springs Drive
 Altamonte Springs, FL 32701
 All OA Members are welcome to attend.

April Treasurer's Report

Number	Day	Group	Contribution
48951	Sun	7 th Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	House Next Door, Deland	
39535	Mon	Central Christian Church 12pm	
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	
56041	Mon	Pimlico Rec Center, The Villages	
56481	Mon	Hospitality House New Smyrna	
38320	Mon	St. Mark's Church, Palm Coast	
01048	Mon	Church of Ascension, Apopka	
46213	Tue	Asbury United Methodist Church	61.00
50209	Tue	Chatham Rec Ctr., The Villages	65.00
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	
25110	Wed	1 st UMC Ocala	
39536	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	50.00
52613	Wed	FL Hospital Celebration Health, Kissimmee	35.00
53744	Wed	House Next Door, Deland	75.00
15171	Thurs	Flagler Beach Fire Department	
18502	Thurs	Church of the Messiah, Winter Garden	25.00
38170	Thurs	Asbury UMC	42.00
52586	Thurs	Wekiva Springs Presbyterian, Longwood	50.00
	Thurs	Grace Episcopal, Port Orange	90.00
54195	Thurs	Central Christian Church	6.05
54798	Thurs	Dunnellon Library Group	
00936	Fri	Tuskawilla UMC, Casselberry	84.00
20088	Fri	St. Luke's UMC	25.00
45611	Fri	Lady Lake Library	
53167	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	
54669	Fri	Church of the Messiah	
09016	Sat	Central Florida Intergroup	36.90
78235	Sat	Newcomer's group, The villages	
37491	Sat	Cathedral Church St. Luke	25.00
38611	Sat	St. Richards Episcopal, Winter Park	50.00
39883	Sat	Asbury Methodist Church	84.75
46851	Sat	Men's Meeting, St. Marks Presbyterian	30.00
46887	Sat	Ascension Church	50.00
48952	Sat	Union Congregational Church, Holly Hill	68.00
50419	Sat	Hibiscus Village Rec. Ctr 10:00am, The Villages	
51130	Sat	Hibiscus Village Rec. Ctr 8:30 am, The Villages	
51142	Sat	REBOS Club, St. Cloud	16.00
		Words to Live By	
		Angel Card Meeting (note -\$5)	

Total Group Contributions **\$1,103.75**

**OVEREATERS ANONYMOUS
UPCOMING RETREAT**



**PINELLAS TRADITIONS INTERGROUP
INVITES YOU TO THE
8TH ANNUAL OA FRANCISCAN
CENTER RETREAT
JULY 26 – 28, 2019**

WHAT: Three days of fabulous speakers, crafts, the usual Pinellas Pizazz, serenity and peace on the river

WHERE: The beautiful Franciscan Center Campus, 3010 Perry Ave., Tampa, FL 33606

WHEN: Friday, July 26, (check-in 4PM), to Sunday, July 28, 2019

COST: *(Note, there are two separate places to pay: Franciscan Center for food/lodging and Pinellas Traditions Intergroup for registration)*

Step 1: Pay the Franciscan Center at 813-229-2695, for room and board accommodations, and tell them it's for the OA Retreat. Room/board packages include five meals; single rooms are \$184 and double rooms are \$164 per person. For directions or more information about the Franciscan Center, visit franciscancentertampa.org.

Step 2: and PAY PTI: MAIL your registration form and check or money order payable to PTI: \$30 for early bird (postmarked by June 30, 2019) or \$40 for regular registration (no one will be turned away) to:

Pinellas Traditions Intergroup, P. O. Box 16582, Clearwater, FL, 33766

Direct any questions to francenter@oapinellas.org.

Space is limited so register early. There will be a waiting list.

(Sorry, but NO DAY Trippers allowed, must come for whole weekend.)

(Fragrance Free Zone Please.)

- Call and book your reservation at Franciscan Center
- Call all your friends and make plans to carpool with them
- Announce this Retreat and print copies of this fine flyer for your meetings, pretty please.
- Save this flyer for your information. See you at the pagoda on the peaceful Hillsboro River!

Cut on the dotted line & mail Retreat Registration Form and check or money order made out to PTI to:

Pinellas Traditions Intergroup, P. O. Box 16582, Clearwater, FL, 33766

PINELLAS TRADITIONS INTERGROUP EIGHTH ANNUAL RETREAT REGISTRATION FORM

Print Name _____

Address _____

Phone _____ Email _____

Check one: ___\$30 Early Registration ___\$40 Regular Do you wish to participate? _____

A Call to Service

CFI's Fall Retreat

September 27th-29th

You may have noticed the "Save the Date" notice in the calendar Section on page 1-please do! Along with that there are many opportunities to give service and help raise funds to offset retreat costs. The CFI Boutique has been a fun experience for all, and for The past several years our Karen has both transported clothing racks, hangers and more to the retreat center, as well as running the boutique. Thank you for your service Karen. But she is moving and will no longer be able to do the job or available.

If you are able to transport the racks from our storage unit in Casselberry to Lake Yale, or if you feel you might be willing to wrangle volunteers to run the boutique, please let us know. Karen has been faithful to do both, but the jobs can be divided up or shared with a friend.

Also, we need help in the boutique so that all have a chance to be in the retreat and grow in knowledge.

If we are unable to fill these service positions, we will not be able to have the CFI Boutique this year. Please help!

Contact Dara at oacifallretreat@aol.com

CENTRAL FLORIDA INTERGROUP MEETING DIRECTORY
Meeting Changes and Additions in Bold

Time	Type	Group #	Location	Contact	Phone
MONDAY					
10AM		54041	Pimlico Recreation Center, 530 Belvedere Blvd., The Villages 32162	Loretta H.	
NOON	SS	39535	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Robin C.	
5:45PM	L	56481	Coronado Hospitality House, 200 S. Peninsula Ave., New Smyrna Beach 32169	Peggy B.	
6:30PM	D	53479	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703	Laura F.	
6:30PM	V	39211	The House Next Door, 804 N. Woodland Blvd., DeLand, FL 32724 (Location Changed)	Paul	
7PM	SS	45648	Casa De Fe Y Bendición, 1485 Mill Slough Road, Kissimmee 34744	Terry C.	
7PM	V	16681	Gloria Dei Lutheran Church, 130 Lone Oak Drive, Leesburg 34748	Rosemarie K.	
7:30PM	V	48859	Grace Presbyterian, 1111 Tuskawilla Road, Winter Springs 32708	Kathie H.	
7:30PM	V	01048	Church of the Ascension, 4950 S. Apopka Vineland Road, 32819 (Room 102)	Jacqueline	
TUESDAY					
10AM		50209	Chatham Rec Ctr 7415 SE 172 Legacy Ln., The Villages 32159 (Open to Non-Residents)	Marilyn D.	
NOON	D	54196	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Mary L.	
5PM		53032	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer	
6PM	V	46213	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)	Kathy M.	
7:30PM	SF	53165	806 West Verona Street, Kissimmee 32714 (Spanish Speaking)	Marta	
WEDNESDAY					
10AM	BB	48700	Lady Lake UMC, Corner of Hwy 27/441 & McClendon St., Lady Lake 34731	Rosemarie K.	
10:30AM	V	25110	First United Methodist Church, 1126 E Silver Springs Blvd., Ocala 34470	Joleen	
NOON	BB	39536	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Julie	
6:30PM	V	53744	House Next Door, 804 N. Woodland Blvd., Deland 32724	Linda	
7PM	V	52613	FL Hospital Celebration Health, 400 Celebration Place, Kissimmee 34747 (Seagrass Lounge)	Geri B.	
THURSDAY					
NOON	L	54195	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Mary L.	
4PM	V	54798	Dunnellon Public Library, 20351 Robinson Road, Dunnellon 34432	Lisa B.	
5PM	L	56259	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer	
6PM	V	38170	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 11)	Betty	
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Tom H.	
7PM	BB	18502	Church of the Messiah, 241 N. Main Street, Winter Garden 34787	Jacqueline	
7PM	BB	52586	Wekiva Springs Pres., 211 Wekiva Springs Lane, Longwood 32779 (2 nd floor, Reformation Rm.)	Phyllis D.	
FRIDAY					
9AM	V	54490	Shepherd of The Hills Lutheran Church, 13600 Caspian Ln, Clermont 34711	Dee	
10AM	V	45611	Lady Lake Library, 225 West Guava Street., Lady Lake 32159	Ilene H.	
NOON	BB	53167	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Robin C.	
7PM	L	00936	Tuskawilla United Methodist Church, 3925 Red Bug Lake Road, Casselberry 32707	Phyllis D.	
7PM	D	20088	St. Luke UMC, 4851 S. Apopka Vineland Road, Orlando 32819 (Bldg. B Room 202 - 2 nd floor)	Jacqueline	
SATURDAY					
8AM	V	46887	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108)	Geri B.	
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	Betty P.	
9AM	D	38611	St Richards Episcopal, 5151 Lake Howell Road, Winter Park 32792 (Speaker Meeting Last Sat)	Betsy D.	
9:10AM	D	51142	1614 Orange Avenue, St. Cloud 34769 (Intersection of Orange and 17 th) REBOS Clubhouse	Sandie	
9:15AM	D	48952	Union Congregational Church, 1050 Daytona Ave., Holly Hill 32117 (Fellowship Hall)	Sue H.	
9:30AM	D	39883	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)	Gloria	
9:30AM	V	54276	Good Shepherd Lutheran Church, 439 E Norvell Bryant Highway, Hernando 34442	Nancy	
10AM	SS	50419	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	AnneMarie F	
1:30PM	SS	37491	Cathedral Church St Luke, 130 N. Magnolia Avenue, Orlando 32801 (Activities Rm)	Jacqueline	
2PM	SF	46851	St Mark's Pres., 1021 Palm Springs Dr., Altamonte Spr. 32701 (Men's Mtg., Activity Bld.)	John	
SUNDAY					
4:30PM	N	51353	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Chery K.	
5PM	V	48951	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Amy O.	