

New Beginnings

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

June 2019: Summer

Calendar Events:

OA Phone Marathons:

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

1. **June 4-8 am to midnight EST**
Ramadan Ends and EID alFitr-Step-6
Are You Ready to Have Your Defects Removed?
2. **Sunday, June 16th-8am to midnight EST**
Father's Day-Going any Lengths for Our Recovery.
3. **Thursday, July 4th-8am to midnight EST**
Independence Day -Step 7
Humbly Asked Him to Remove Our Shortcomings.

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



Step Six: Willingness

Were entirely ready to have God remove all these defects of character.

Tradition Six: Solidarity

An OA group ought never endorse, finance or lend the OA name to Any related facility or outside enterprise, lest problems of money, Property and prestige divert us from our primary purpose.

Twelve Steps and Twelve Traditions of OA

What Do You consider A Relapse?

- A regression in all areas of life.
- A slow slide backwards.
- A sudden jolt caused realization of relapse accompanied by guilt, shame, etc.
- A noisy head.
- A detour from discipline of living OA program. Not only from food, including isolating, less meetings, more shame.
- Denial and justifying; Self Will...Self Pity.
- Picking up the first one-which is often the last event in the chain.

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



Continued article from May newsletter

Spring A New Beginning.

41. Avoid emotional involvements the first year-you end up putting the other first and lose sight of “your” program.
42. Remember food is-cunning, baffling and powerful
43. Rejoice in the manageability of your new life.
44. Be Humble-Humility is not in thinking of yourself more, but in thinking more of yourself less often. Watch your ego.
45. Share your experience, strength and hope.
46. Cherish your recovery.
47. Dump your garbage regularly-GIGO=Garbage In Garbage Out.
48. Get plenty of “restful” sleep.
49. Stay abstinent for you-not someone else-otherwise it won’t work.
50. Practice rigorous honesty with yourself and others.
51. Progress is made ONE DAY AT A TIME, not 10 years in one day.
52. Make no major decisions the first year.
53. Get a sponsor and use him/her. (not just selectively share).
54. Know that no matter what your problems, someone’s had them before. Don’t be afraid to share, as a problem shared is one ½ solved.
55. Strive for progress not perfection.
56. When in doubt ask questions. The only stupid question is the one not asked.
You weren’t afraid to speak before, so why start now.
57. Use prayer and meditation...not just pillow talk, get on those knees. Put your shoes under the bed just in case someone’s looking.
58. Maintain a balance: spiritual, physical, emotional and mental.

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

Article will be continued on next edition in July.

Note: The Flyer to the Lake Yale Retreat is on the web site.

A Call to Service

CFI’s Fall Retreat

September 27th-29th

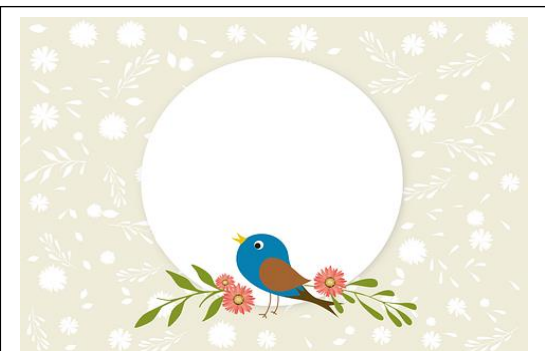
You may have noticed the “Save the Date” notice in the calendar

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



Perseverance by Rosemarie



I was enthused when I found these questions on perseverance, which, to me, before program, was STUBBORNNESS. Oh, yes, I was one stubborn lady, but that trait transferred to always coming back to meetings for nearly 38 years—a good thing; one of my saving graces. So here are my answers to the following questions.

- How do you define "perseverance"? To me, it's staying with something: a meeting, a planned program, an ideal, my marriage (61 years), a goal, or a way of life. It is "stick-to-ed-ness. It has been keeping me coming back to meetings in OA for these last 38 years. It is "hanging in there", even when I've wanted to throw my hands up in despair and defeat. Perseverance has helped me mightily because, by continuing to attend meetings, I kept putting my body in a place where I could finally be open to hear the words I needed to hear---to finally, after many years of yo-yoing, put down the food and get some abstinence under my belt.
- How do you define "perseverance" in terms of the personal inventory described in Step 10? The continual repetition (another synonym for perseverance) of me daily answering these questions which are suggested for Step 10: Today, was I: resentful, selfish, dishonest or afraid? was I Restless, Irritable, Discontent (RID)? was I jealous, do I owe an apology? What did I do for others? What could I have done better? What did I do well? I then do a: Grant me freedom from_____, whatever character defect has been troubling me AND Replace it with_____, the opposite, positive trait. These questions were given to me by another OAer and I have incorporated them into my 10th Step & my program.
- Is your Step 10 personal inventory taken daily? Why or why not? I do a 10th Step inventory because it keeps me honest, it has me take a good look at my actions, along with my motives, keeps me accountable and shows me where I was during the day with my feelings and my actions and to look at any restorative measures I need to take in order to rectify any wrongs I may have done.
- How do you avoid being overly critical or harsh in your 10th Step personal inventory? I am a human being, not perfect, and not better or worse than my fellows. When I have a grateful heart, I do not have room there to harbor any ill will to myself or others. So, the 10th Step inventory keeps me on my toes, but does NOT overwhelm me with regrets or "I should haves" or any personal recriminations.
- Has your practice of perseverance in Step 10 increased your ability to persevere in other areas of life? How? Perseverance has helped me to do whatever is in front of me. I used to procrastinate---A LOT (I still do---a little) and would not be responsible for certain aspects and duties in my life. Today, after 1 and 1/3 years of abstinence, the best, most comfortable abstinence I have experienced in 38 years, I am more joyous, happy and free than I have been in many years. Today, I like myself and love myself. I am not perfect and I celebrate my humanness. I am OK with me. The OA fellowship has given me a way of life that really works---IF I WORK IT. I am grateful to all the OAs who have helped me through the years and I thank God, my Higher Power, that I found **this fellowship.**

Note: If you want to submit an article to the New Beginnings Newsletter. Please submit articles by the 15th of the month unless otherwise notified. Articles should be up to 400 to 600 words approximately. Send articles to tooncesc@yahoo.com. Thanks-Carlene

Continued from Page 2

59. Don't use other substances as a maintenance program.
60. Learn to take spot check inventories.
61. Watch out for the RED FLAGS...things that give excuses for poor behavior and inevitable relapse.
62. Know that it is ok to be human...just don't binge over it.
63. Be kind to yourself, it's about time, don't you think.
64. Don't take yourself so seriously-take the disease seriously.
65. Know that whatever it is that's causing pain-it shall pass.
66. Don't fall back into the diet mentality-stick to your plan.
67. Don't give away more than you can afford too, your abstinence comes first and must be number 1 priority. Protect it at all cost.
68. Take down those bricks from the wall around you; you'll be able to see the daylight better. Let people know who you are.
69. Get a home group and attend it regularly.
70. Know that the light at the end of the tunnel is not an oncoming train, but actually a ray of hope. Drop the negativity.
71. Know that you are not alone, that's why the "We" is in the steps.
72. Be willing to go to any lengths to stay abstinent.
73. Know that no matter how bleak and dark your past may be, your future is clean, bright and clear if you don't binge today.
74. Stay out of your own way.
75. Don't be in a hurry-remember "Time=Things I Must Learn.
76. Watch the ego. "EGO=Ease God Out".
77. Protect your abstinence at all costs. Keep the light on you.
78. Learn to listen, not just hear. Be open-minded and nonjudgmental.
79. Know that your insides match your outsides, everyone looks good.
80. If the rest of the world looks bad, check yourself out first.
81. Gratitude is in the attitude.
82. When all else fails...punt! Up the number of meetings!!!
83. Remember FEAR=FALSE EVIDENCE APPEARING REAL.
84. Honesty and consistency are key factors in recovery.
85. Let the kid in you out-learn how to laugh from the gut.



STEP SIX; Training for Abstinence

If you're a runner, you stretch & lightly exercise to warm-up for the run. If you do a Special-K marathon or volunteer for a 5mile run, you may wake up early in the morning and jog or do a lite rune to prepare yourself. Some things in life take preparation to be prepared to act upon. Step Six follows this concept. There are those who hit Step Six like a wall wondering if there are capable to complete the task. They may think "Am I totally ready to have my character defects removed?" Really Steps One through Four has been there to prep one to enter this internal spiritual wake up call for Step Six. The Third Tradition allows us to waltz into the program in any manner. Most of us enter broken, beaten, slothful and confused. All we're aware of is that our lives are a living train wreck and still continuing down the track. Now Step One through Four allows us to derail and alter our state to move into a saner lifestyle. Then we're able to travel the road of life's fate healthier. This process is good. It slows down our mentality; clears our focus, gives us a vision of hope. We reach Step Six and now we're ready for our Higher Power to actually change us from the inside out so we are more successful with our recovery. It really is epiphany moment for us to embrace. We may not have been ready for such a spiritual moment at first, but we were prepared, we spiritually exercise, we warmed up. And now we are able, through the hands of our Higher Power to do more than we ever thought or imagined. - Submitted by Tony

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](mailto:news-subscribe@oacfi.org).

Note: Submissions to newsletter need to be submitted by the 15th of the month in no more than 400 to 600 words. Send articles to tooncesc@yahoo.com

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 or contact a CFI Board Member or Intergroup Rep. We need your service.

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](http://oacfi.org/bylaws)
 Policies and Procedures: [oacfi p & p](http://oacfi.org/p&p)

Coming Intergroup Meetings

10 a.m. Saturday, June 8th & July 13th
 St. Mark's, 1021 Palm Springs Drive
 Altamonte Springs, FL 32701
 All OA Members are welcome to attend.

May Treasurer's Report

Number	Day	Group	Contribution
48951	Sun	7 th Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	100.00
39211	Mon	House Next Door, Deland	
39535	Mon	Central Christian Church 12pm	26.00
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	32.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	102.00
56041	Mon	Pimlico Rec Center, The Villages	137.21
56481	Mon	Hospitality House New Smyrna	
38320	Mon	St. Mark's Church, Palm Coast	
01048	Mon	Church of Ascension, Apopka	25.00
46213	Tue	Asbury United Methodist Church	215.00
50209	Tue	Chatham Rec Ctr., The Villages	80.00
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	26.00
25110	Wed	1 st UMC Ocala	60.00
39536	Wed	Central Christian Church	26.00
48700	Wed	Lady Lake UMC	72.00
52613	Wed	FL Hospital Celebration Health, Kissimmee	
53744	Wed	House Next Door, Deland	
15171	Thurs	Flagler Beach Fire Department	
18502	Thurs	Church of the Messiah, Winter Garden	25.00
38170	Thurs	Asbury UMC	
52586	Thurs	Wekiva Springs Presbyterian, Longwood	
52976	Thurs	Grace Episcopal, Port Orange	
54195	Thurs	Central Christian Church	19.00
54798	Thurs	Dunnellon Library Group	
00936	Fri	Tuskawilla UMC, Casselberry	89.00
20088	Fri	St. Luke's UMC	25.00
45611	Fri	Lady Lake Library	200.00
53167	Fri	Central Christian Church	9.50
54490	Fri	Shepherd of the Hill Church, Clermont	
54669	Fri	Church of the Messiah	
09016	Sat	Central Florida Intergroup	6.00
78235	Sat	Newcomer's group, The villages	200.00
37491	Sat	Cathedral Church St. Luke	25.00
38611	Sat	St. Richards Episcopal, Winter Park	100.00
39883	Sat	Asbury Methodist Church	184.50
46851	Sat	Men's Meeting, St. Marks Presbyterian	
46887	Sat	Ascension Church	50.00
48952	Sat	Union Congregational Church, Holly Hill	40.00
50419	Sat	Hibiscus Village Rec. Ctr 10:00am, The Villages	121.00
51130	Sat	Hibiscus Village Rec. Ctr 8:30 am, The Villages	
51142	Sat	REBOS Club, St. Cloud	
		Words to Live By	
		12 Step Study Group	67.00
Total Group Contributions			2062.21

CENTRAL FLORIDA INTERGROUP MEETING DIRECORY
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.	
5:45PM	V	54471	UCF Research Pavilion Bldg., 12424 Research Pkwy., Orlando 32826 (Room 135)	Jacqui	
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.	

Book BB - Big, D - Discussion, N - Newcomers, SS - Step Study, V - Varied, L - Literature, SF - Special Focus www.oacfi.org for most recent list