



Letter from the Editor

Dear OA – Friends.

Are you, like us, looking forward to summer vacations? Kicking back and taking it easy from work, school or other obligations? While we all deserve a break from our jobs and normal routines, there is never a time we can take a break from our recovery.

Abstinence must remain at the top of our list, like breathing. We cannot afford to go on vacation from our plan of eating, our sponsors or our meetings. With Abstinence we can enjoy a real vacation from our disease.

You want to spice up your summer? Try a new meeting. Better yet, *start* a new meeting or try another service opportunity to strengthen your recovery. There are many opportunities to offer service at meetings, at Intergroup or on a one-to-one basis with a fellow OAer. Come away from your “summer vacation” feeling refreshed and full of the rewards that come from working the 12 Steps on a daily basis.

Your friends in recovery,
Jane C. & Marge M.

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**

You can read *monthly editions of New Beginnings* on line at www.oacfi.org

SEND ARTICLES TO: 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, type OA NEWSLETTER in the subject heading.**

Next Intergroup Meeting: July 12, 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!

July 18th-20th

SOAR 8 Business Assembly and Recovery Convention:

The Promises are your fate in 2008!

Hosted by Gold Coast and Palm Beach Intergroups
Courtyard by Marriott, Ft. Lauderdale, FL

OA TELEPHONE MEETINGS

Below is a listing of current OA Telephone meetings. You can expect to hear from people from all over the U.S. who share your struggle as a compulsive overeater 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.

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

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

TREASURER'S REPORT FOR MAY

Group Contributions

Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Leesburg Unity of Leesburg Church	25.00
Mon	Orlando, Holy Family	12.00
Mon	Winter Park St. John's Luthern Church	37.03
Mon	Longwood St. Stephen's Lutheran	30.00
Tue	St Lukes Methodist - Newcomers	24.00
Wed	Tavares First United Methodist Church	35.00
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Orlando FI Hosp E Lk Underhill	25.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	40.00
Wed	Winter Park St. John's Luthern Church	37.04
Thurs	Lady Lake, North Lake Presbyterian	55.00
Thurs	Longwood Wekiva Presbyterian	50.00
Sat	Altamonte Springs St. Mark's Men's Mtng	34.00
Sat	Central Florida Intergroup Mtg.	43.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	15.00
Sat	Winter Park St. John's Lutheran	300.00
Total Group Contributions		887.07

Working Step Seven

“My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen. “

-Alcoholics Anonymous, p. 76

Saying a simple yet very powerful prayer, requesting that God take our shortcomings from us while adopting an attitude of humility is what Step Seven is all about.

Humility is defined as the quality or state of being without pride, haughtiness, arrogance, or assertiveness. So when we ask God to correct our character defects it's important to do so, as in Step 3, letting go of self-will and the need to be in control. “Real humility about our character defects carries with it acceptance...that each defect ,as painful to us as it may be, is a part of who we are. With humble acceptance we can quietly say to our Higher Power, ' I am this way, and only with your help can I change.' ” (OA 12 & 12 p.61) Many of us ask ourselves repeatedly if we are really ready to change. Becoming someone other than who we are right here and now takes courage. Will we know how to act, what to say or where our lives will head once we are truly changed?

We collect our written inventory or list of character defects, name each shortcoming and with complete willingness ask my Higher Power to deal with it in whatever way and in whatever time frame HP wants. We don't have to struggle and worry. Insights come to us with the help of our sponsor (s), prayer and meditation. Changes in our personality begin to happen and gradually our new self emerges. We find a new, stronger, more confident and generous being. One better able to do God's will and be of service to our fellows.

Like a butterfly emerging from a cocoon or a rose bursting forth from a bud, the world welcomes a more beautiful soul, a loving, kinder and more empathetic human being in us once we have taken Step Seven.

Marge M.

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"

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. 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 7:

Humbly asked Him to remove our shortcomings.

Tradition 7:

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

Opportunities to do service....

CFIG needs a secretary to handle correspondence and take the minutes of the CFGI board meetings and monthly Intergroup meeting. Please call Geri.B. (407) 557-7055

I read Step Seven many times but missed this part: my shortcomings will be transformed into assets. I had often heard that my character defects were good instincts gone awry, but it never quite registered. If they started out as assets, then why wouldn't God want to convert them back? Knowing that I could become the person I pretended to be filled me with peace. I no longer have to try to be "good." God does it for me.

My character defects surface on a daily basis. I love knowing that God transforms them-not to glorify me, but to do His bidding. Step Seven lays the foundation to work the rest of the Steps. When working with sponsees on Step Seven, I ask them to list their glaring character defects. Then together, we list the assets into which God will transform them. It has become a beautiful piece of Step Work for me. When just listing character defects seems too negative, looking at the positive-the asset side-gives us hope.

From Voices of Recovery p. 175

NEWS from 2008 World Service Business Conference

UNITY WITH DIVERSITY

At WSBC we did not come to any decision on changes to Unity with Diversity policy. We did decide that special focus meetings are ok for people of various cultural backgrounds. However, no one is to be excluded from a special focus meeting or made to feel unwelcome at any OA meeting.

NO LONGER GAMBLING WITH OUR LIVES!

The WSBC approved recovery chips to celebrate 20,25,30,35 and 40 years. We debated making a financial outlay on celebrating members' progress. Many felt funds would be better used getting the message out to those who have never heard that recovery from eating disorders is possible with Overeaters Anonymous. However, we voted to commission the making of OA recovery medallions as they give hope and joy that help us persevere in recovery. We compromised in that, instead of having coins struck for every year from 20 to 40, they would be made at 5 year intervals.

ABSTINENCE!

WSBC considered a proposal to change abstinence from "refraining from compulsive eating". The new wording was: "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating by following a plan of eating that reverses the damaging consequences of food obsession." The revision was rejected because the proposal was even more nebulous than the current definition. A plan of eating is a tool. Abstinence and living the 12 Steps of Overeaters Anonymous are what make us different from any other entity that deals with eating disorders.

HELLO 21ST CENTURY!

At WSBC we approved the following: phone and internet meetings are now part of OA structure. Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous groups if they

- 1.otherwise meet the definition of Overeaters Anonymous groups;
- 2.are fully interactive; and
- 3.meet in "real time"

Virtual meetings can choose to affiliate with existing intergroups or can set up their own service boards. Since virtual group participants are from all geographical areas, those choosing to affiliate with intergroups can do so without regard to geographic proximity. While virtual meetings will not have their own region, they will be appointed a regional trustee to be rotated through the 10 regions.

NEWS from 2008 World Service Business Conference (continued)

BE AN ACE!

Everything we did at the 2008 World Service Business Conference from May 5th to 10th in Albuquerque, New Mexico USA was based on each member being abstinent. May you be an Abstinent Compulsive Eater today and every day, one day at a time.

WE ARE ECONOMIZING

At WSBC, we voted to discontinue printing of low demand literature. However, we also voted to have literature that is no longer printed made available for downloading at website: www.oa.org.

GOOD NEWS

Thanks to the love and generosity of the members of this fellowship, the Public Relations effort announced last year has received the \$20,000 start up money needed to launch the effort. We will make every effort to assure that the monthly press releases to be issued will respect the tradition of attraction and cooperation-not promotion or affiliation.

TREATMENT AND BEYOND

At WSBC, we gave the Conference Seal of Approval to the revised pamphlet, Treatment and Beyond. If you would like a copy, please have your literature person get copies or order direct from www.oa.org/literature_catalog.htm.

ORGANIZATIONAL CHANGE REJECTED

WSBC rejected idea of combining World Service Professional Outreach and Public Information Committees into a single World Service outreach committee. Since our primary purpose is to get the message out, we felt that we should not waste time reprinting literature and fixing something that is not broken.

NEXT ISSUE:

WSBC Treasure's report and 5 Year Strategic Planning 2008-2013

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 times 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

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