



Letter from the Co-Editor

Dear OA Friends.

September is a month of endings and beginnings. Summer has ended Fall begins. If we are fortunate, hot weather comes to a close and cooler temperatures arrive. We turn from relaxing and recreation and head back to work and school.

Has your program taken a vacation this summer? Have there been slips and periods of absence from Step work or meetings? When was the last time you picked up a meditational, journal or the phone? How close are you to your Higher Power?

I often hear shares at meetings from those who are continually struggling and they just can't understand why they can't get there abstinence back or get abstinent in the first place? They once had abstinence. In some cases years and years. What's different now? Having been there myself, although my length of abstinence was only months, I can tell you being stuck in the past can be a big part of it. We all grieve losses, but there comes a time to let it go. If a lack of faith in the program has been the culprit, maybe it's time to really get close to our Higher Power, let go of our control and trusts that we really can heal, we really can get it or get it back.

What new beginning can you undertake to get back on track or really get it for the first time? Pick up an extra meeting, realize that you can pick up the phone, that it gets easier with each call and the rewards are great. Dust off the 12 & 12 Workbook and start writing. It doesn't have to be perfect. Find a sponsor who's a good fit and call on him or her daily with more than just your food for the day. Get out of bed onto your knees and spend a few moments in prayer. Your Higher Power and your OA fellows will thank you for the refreshing new you that comes from doing so. Let the healing begin!

Marge M.

http:www.oacfi.org
Hotline: 1-888-294-4216
Local (407) 284-1482

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: September 13th, 2008, at 10:00am

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

OA Central Florida Intergroup Trusted Servants

Elected Board Members

<u>Position</u>	<u>Trusted Servant</u>	<u>Email Contact</u>
Chair	Geri B	chair@oacfi.org
Vice-Chair	Beth G	vicechair@oacfi.org
Treasurer	Judy P	
Literature Chair	Jacqueline R	
Secretary	Cheryl	
WSO Delegate 1	John P	
WSO Delegate 2	Beth G	

Other Trusted Servants

<u>Position</u>	<u>Trusted Servant</u>	<u>Email Contact</u>
Parliamentarian	Rita	
New Beginnings Editor	Jane C	newsletter@oacfi.org
Co-editor	Marge M	newsletter@oacfi.org
12th Step Within Chair	Tania F	twelvestepwithin@oacfi.org
PR/PI	Dara S	public-info@oacfi.org
Webmaster	Dara S	oacfi@oacfi.org
Telephone & Technology	John P	
Region Rep 1	Burt T	
Region Rep 2	Beth G	
Young People	Vacant	
Publications	Vacant	

OA TELEPHONE MEETINGS

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

You can always tell a compulsive overeater, but you can't tell him/her much.
Abstinence, then Serenity.

Thoughts to Digest

"I gave up having arguments with people who were not in the room with me." ♦ Compulsive overeating is committing suicide on the installment plan ♦ The unwritten Promise -- You never have to be alone ♦ Unwillingness to forgive is like drinking poison and hoping the other person dies ♦ If you turn it over and don't let go of it, you will be upside down ♦ If faith without works is dead; then willingness without action is fantasy ♦ Active overeaters don't have relationships; they take hostages. ♦ Share the message—not the mess.

Treasurer's Report for July

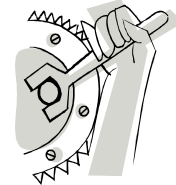
Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Kissimmee Fl Hospital	205.05
Mon	Leesburg Unity of Leesburg Church	25.00
Mon	Orlando, Holy Family	40.00
Mon	Winter Park St. John's Luthern Church	89.01
Mon	Longwood St. Stephen's Lutheran	10.00
Tue	St Lukes Methodist - Newcomers	30.00
Tue	Winter Park St. John's Luthern	5.87
Tue	Lady Lake Medical Arts Bldg	25.00
Wed	Lady Lake United Methodist Church	25.00
Wed	Tavares First United Methodist Church	25.00
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Ocala First United Methodist .	99.94
Wed	Orlando Fl Hosp E Lk Underhill	25.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	40.00
Wed	Winter Park St. John's Luthern Church	89.00
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	40.00
Thurs	Winter Park St. John's Luthern	5.88
Fri	Lady Lake , Library	30.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St. Mark's Men's Mtng	28.50
Sat	Central Florida Intergroup Mtg.	28.00
Sat	Orlando -- Steppers	20.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	Winter Park St. John's Lutheran	150.00
	Total Group Contributions	1241.25

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"
Please volunteer ...We Need You

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. If you are
paying by credit card you can
register on line at**

<http://retreat2008cfg.eventbrite.com>

LAKE YALE CONFERENCE CENTER

39034 County Road 452 n Leesburg, Florida 34788

NOTE FROM THE CFI TREASURER

This is just a note from your Central Florida Intergroup Treasurer. I would just like to thank all of you for your support through your monthly donation to CFI. It enables us to carry the message of recovery within the fellowship and also to those who have not yet found us. Without your 7th tradition donations we could not do this.

Our monthly financial obligations are the printing of our New Beginning newsletter, our telephone hotline, yellow page advertising, donation to both World Service Office and Region 8, and donation for our intergroup meeting room. We also have yearly obligations for our post office box, our CFI storage unit, bonding of board members, and for filing of non-profit documentation. Once a year we also incur expenses for representation of our delegate(s) to the World Service Business Conference. Three times a year we have expenses for our representatives to our Region 8 Assemblies. So this let's you see where your money is being spent – all are good and worthy expenses.

Do you know where your group donations are going? Does your treasurer report to your group the monies taken in, expenditures, and balances? They should be. This is money that you give as part of Tradition Seven. Groups are encouraged to not hold on to a lot of money (see the Group Handbook). This is also for security and safety reasons. So be responsible and ask for a report.

Again, CFI thanks you for your monthly donation and all that you do to help us all carry the message.

Yours in OA service,

Judy P., CFI treasurer

FACTS: In 1970 the price of a 1st class postage stamp was 3 cents. A gallon of gas was 50 cents. In 1970 the average 7th tradition donation at an OA meeting was \$1.

THOUGHTS FROM YOUR EDITOR:

Do we pay \$3.00 for a cup of coffee but only put one dollar in the 7th tradition basket? We have no dues or fees in OA. Our 7th traditional donations are voluntary. We are to give what we can when we can to help carry the message to the still suffering compulsive overeater and to ensure our meetings can continue. In our disease we have willingly paid any amount of money for the foods we compulsively ate. Can we continue to give so little to our recovery?

Notes by a “Green Dot” : An account of the Region 8 Assembly (July’ 08) as experienced by a first-time Rep

As a first time Rep for our CFL Intergroup, I was a green dot—a first timer to a regional assembly. I am a little anxious about being a representative to the region 8 assembly for our Intergroup. I had heard stories, shared in the dark alleys behind OA meetings, by people passing out gray sheets, telling tales of politics and personalities taking place at the business assemblies and conferences. Like most urban legends, the stories of screaming matches and extreme personalities ‘running things’ were found to be untrue. I am so happy to report that the experience was wonderful. I was thrilled to experience a place where the traditions are truly being lived and the message is recovery first and last.

On Friday the meeting came to order and the roll was called. Some Intergroup reps had traveled from as far away as South America. The procedures for how the assembly would be conducted were explained. For the first time ever members were able to ‘attend’ by remote Internet hook up. While the quirks of that system are still being worked out it will be of great use for intergroups that cannot yet afford to send a members to the various assemblies each year.

On Saturday most of the work of the assembly took place. While the region 8 board and various chairs and the representatives met in one meeting room, over 200 OA members at the hotel attended OA meetings on such topics as “Learning to live life one day at a time,” “Achieving peace and serenity through surrender and acceptance,” and “Sponsorship and Service: How our experience will benefit others.” The weekend was completely sold out. (actually, so many people showed up last minute for Saturday’s events that we were over the capacity set by the fire department). Literature was available for purchase. Abstinent food choices were readily available for every meal. Saturday night was a banquet and then a speaker shared her inspiring story. Dancing commenced after dinner and I danced (and THAT is just one of the miracles of the weekend). Sunday there were two meetings and there was a ‘12 Step within’ show. It was wonderful to see so many people stay for the closing. This was not a weekend of power and personalities. This is was weekend of strength and serenity through recovery in OA.

Of all the Intergroups, Central Florida had the most representation at the assembly meeting. We are blessed to have so many meetings in this area. Every 10 meetings gives CFI another ‘vote’ in the decision making process. But we have to show up to be counted. Where would we all be if the first OA members never did more than go to their home meeting? There would have been only 1 meeting where now there are thousands. We show gratitude for our recovery to our Higher Power when we bring the message to others and protect the OA message by living the 12 Steps and 12 traditions to the best of our ability. If you are an Intergroup member I urge you to take the opportunity to become a region rep. If you are not yet involved in Intergroup I urge you to come to the meetings on the second Saturday of every month. Get involved and help to spread recovery to those who are still suffering from this disease. I recommend anyone who wants to strengthen their recovery to keep getting involved. I look forward to seeing you at the next assembly.

Jane C.

Step Nine

Made Direct Amends To Such People Wherever Possible

Except When To Do So Would Injure Them or Others

“When we finish our amends most of us feel closer to our Higher Power than ever before.” OA Twelve and Twelve pp. 80-81

It’s easy to sidestep the meaningful undertakings in life. Sometimes we don’t have the time. Sometimes we are afraid. Sometimes they are too hard to carry through. Sometimes it’s because we are afraid of facing ourselves in a less than favorable way. Yet, once we plow through and come out the other side we often wonder why we waited so long to face up to the issues that kept us trapped for so long.

We may fear how we’ll be “revealed” as we contemplate and undertake Step Nine. Facing ourselves and the wrongs we have committed can be an arduous journey. We must face our dark side, recount our wrongdoings, realize what we need to do to set things right, then muster the courage to actually face those we have harmed, set things straight and seek forgiveness. It takes loving ourselves enough to want to stop hurting and to stop hurting others.

If you find your list of amends is too much for you, don’t let it undermine you. Deal lovingly with yourself through this process and you will come to know a profound spiritual awakening in “cleaning up the wreckage of the past, and ...peace with the world.

Worked on a regular basis, Step Nine “free(s) us from the shackles of our past mistakes in a miraculous way.”(OA T&T p.75), brings us closest to our Higher Power and allows us to breathe deeply of freedom and serenity.

-Marge M.

Tradition of the Month

Tradition 9:

OA, as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

How Well Do We Practice Tradition 9?

Does our group support our leaders and service committees? Or are we critical of those who are giving service and suspicious of their motives?

Are we mature enough to take personal responsibility for the well-being of OA and for our own recovery? Or, do we expect “them” to take care of things for us?

Do we try to understand and support OA’s service structure? Do we do our part in helping OA’s different service bodies carry the message?

Do we use patience and humility in performing each OA job we take?

Are we aware of all those to whom we are responsible in any OA job?

Has our group made it a point to discuss the 12 Traditions; how they apply to us?

Are we afraid to speak up when we see traditions being ignored in our OA group?

Can we do the footwork in our OA service and trust the results to our Higher Power, even when things don’t go the way we think they should?

Do we practice rotation of leaders in our group? Do we discuss how rotation of leadership relates to personal humility and the OA foundation of anonymity.

OA 12&12pp 182-183