



Letter from the Co-Editor

Dear OA Friends.

As we begin another season we must acknowledge that we are entering the season of the triple crown of compulsive overeaters: Halloween-Thanksgiving-Christmas. Coming soon to a calendar near you!

I can only speak of my own experience, strength and hope but I have a lot more of each every day I remain abstinent. Many of the happy memories I have of my childhood revolve around these holidays and the foods I associate with them. For years I used the foods of the season to try and relive the good from the past. Last year in recovery I became willing to find other ways to reach for the feelings from the past: ways without food.

I always reached for Halloween wrapped candies. Finally, I accepted that the color orange could be a better thing to reach for than orange foil wrapped treats. Now I have orange dish towels, an orange blazer, orange nail polish, and other orange festive things. A year later I am still abstinent. For today I am not reaching for the taste of a memory anymore. The obsession has been lifted and I look forward now to enjoying the decorations and shows and dressing up for fun.

Do you have anything you want to share with OA about how you get through this season? Share it at your meetings of course, but please consider writing an article for next month's New Beginnings. The deadline for sending in submissions for the November issue is October 4th. The deadline for the December issue is November 2nd. I hope to hear from many of you!

Jane C.

Your Trusted Servants for Central Florida Intergroup

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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 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 NEWS-LETTER** in the subject heading.

Next Intergroup Meeting: October 11, 2008, at 10:00am

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

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

**Smile even when you don't feel like it.
It is contagious.**

Thoughts to Digest

Expectations are premeditated resentments. ♦ I didn't experiment with food. I was in advanced research and development. ♦ I didn't get abstinent to be miserable. ♦ If you want recovery, do the work. ♦ Pick a sponsor who is well sponsored ♦ The only wrong way to do it is to not do it ♦ Today I have more solutions than problems. ♦ "No" is a complete sentence. ♦ Get out of the driver's seat. Let God steer. ♦

TREASURER'S REPORT FOR AUGUST

Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Leesburg Unity of Leesburg Church	25.00
Mon	Orlando, Holy Family	40.00
Mon	Winter Park St. John's Lutheran Church	24.45
Mon	Winter Springs, Grace Presbyterian	30.00
Mon	Longwood St. Stephen's Lutheran	40.57
Tue	St Luke's Methodist - Newcomers	20.00
Tue	Maitland Asbury United Methodist Church	430.00
Tue	Winter Park St. John's Lutheran	30.75
Wed	Tavares First United Methodist Church	20.00
Wed	Longwood St. Stephen's Lutheran	50.00
Wed	Orlando Fl Hosp E Lk Underhill	25.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	43.00
Wed	Winter Park St. John's Lutheran Church	24.45
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Longwood Wekiva Presbyterian	50.00
Thurs	Ocoee -- Health Central	50.00
Thurs	Tavares Fla Hospital Waterman	60.00
Thurs	Winter Park St. John's Lutheran	30.00
Fri	Lady Lake , Library	40.00
Fri	Orlando, St. Luke's United Methodist	15.00
Sat	Altamonte Springs St Mary Magdalene	400.00
Sat	Central Florida Intergroup Mtg.	36.00
Sat	Orlando -- Steppers	15.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	Winter Park St. John's Lutheran	150.00
	Total Group Contributions	1814.22

Youth in OA

When I hear the word youth mentioned in OA I always assume this includes me. Apparently, the 15 years since my first OA meeting have flown by without me noticing! Even though I recently celebrated my 40th birthday, thanks to OA I'm feeling younger all the time. In fact, emotionally, mentally and physically I'm in better shape than I was when I was 20. Alas, my spirit is young even though my driver's license says I'm a few years past 29.

As your Region 8 representative, I serve on the Youth in OA Committee. Our primary purpose is to carry the message to the still suffering compulsive overeater who is under 25 years old. Embracing the younger members of Fellowship who currently attend meetings is one way to accomplish this. When I asked a few young OAers what could the older members do to be of service to them, the answers reflected a mature attitude. They expressed a desire to be treated as OA members not children. Just because they're young, they don't want to be parented or given special attention. The intention of members who wanted to "mother" them is appreciated but they prefer to be treated as young adults. Their desire is to be treated with the same respect and courtesy as any OAer would want.

In the past this has proven to be a bit of a challenge for me because I don't have children and have a strong biological drive to swoop in and rescue a child in distress. Realistically speaking, treating the youngest OA members with dignity and consideration is what they truly desire.

We're fortunate to have a sizeable community of young people in the Central Florida Intergroup. Let's continue to welcome them amongst the young at heart while making an effort to be sensitive to their desire for equality.

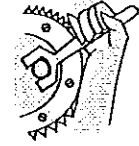
Feelin' alive and 25,
Beth G.

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 are available at your meetings
and on line at**

<http://retreat2008cfig.eventbrite.com>

And our Intergroup website

www.oacfi.org

LAKE YALE CONFERENCE CENTER

39034 County Road 452 ♦ Leesburg, Florida 34788

Use your computer skills to help others in OA.
Become a . . .

“Designated Downloader” (DD)

and pass on information from the WSO and other OA websites.



You can do this valuable DD service for your local group, intergroup, national service board, language service board or region!

One good source of downloads for a DD is:
http://www.oa.org/downloadable_files.html

Another good source is our website:
www.oacfi.org

STEP TEN

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

"The tenth step begins with the word 'continued,' our first clue that perseverance is about to become a key aspect of our recovery program.

—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 84

I have persevered in this program through recovery, slips, and relapses. When someone asks why I go to meetings when I'm slipping and sliding I say, "Because there is no other way." I have been mulishly stubborn many times in my life.

The OA program has taught me that stubbornness is about ego. I want it my way. I want to be in control. I've heard the acronym EGO for Easing God Out. When I live in EGO, I live in fear. My attempts to control are an attempt to wrap up my fears into a tidy parcel.

Perseverance, however, is about surrendering to my Higher Power. I've heard the acronym GOF for Good Orderly Direction. When I surrender I am still responsible for the effort, but I leave the results to my Higher Power.

Stubbornness is ego-driven and fear-based. Perseverance is surrender to my Higher Power and is faith-based.

—OA's Voices in Recovery, pg 98.

Tradition of the Month

Tradition 10:

Overeaters Anonymous has no opinion on outside issues hence the OA name ought never be drawn into public controversy.

How Well Do We Practice Tradition 10?

Do we ever give the impression that there is an OA opinion on diets, diet clubs, diet doctors, diet pills, psychiatrists, therapists, treatment centers for eating disorders, or weight loss surgery? What about food plans, exercise, vitamins, sugar, nutrition, or other twelve step groups or any religion? These are outside issues and as such OA has no opinion of these issues.

—OA 12 & 12p 189.

I used to have a joke that I repeated at some meetings saying 'Therapy is where you pay \$15,000 to get OA's phone number. It was funny but I know now that it is a break of the 10th tradition. By repeating this at an OA meeting I am making it appear that perhaps OA considers therapy useless. This is not true. OA has no opinion on this or any other outside issue and by making a joke about it in a meeting, I am breaking the tradition.

Do we ridicule any of these or show them disrespect? In our meeting format, are we careful not to imply that OA has an opinion on any of these issues? Are we afraid to speak up in favor of the tenth tradition when we hear others linking OA to outside issues?

—OA 12 & 12 pp 189-190

I have attended a meeting where a speaker tried to sign people up for a walk-a-thon for another program. This was a violation of tradition ten. I hesitated to say anything at first because I wanted to preserve the feeling of unity at the meeting but then I realized that I was just as wrong for remaining silent. So I respectfully brought up the 10th tradition and the meeting continued peacefully.

OA has excitement enough to offer, as we see hopeless compulsive overeaters recover through the miracle of the 12 steps. This could not happen if we allowed outside issues to turn our Fellowship into a platform for debate. For this reason the tenth tradition of having no opinion on outside issues is one of our most carefully guarded practices in OA.

—OA 12 & 12 p 191.

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 time 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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