



Letter from the Editor

Dear OA Friends.

It is November again. This is the month we are reminded to celebrate our gratitude for the blessings in our lives. Even when the disease had me so low I could not get up I was grateful for something in my life. I was grateful that two days after Thanksgiving in 2006 I walked into an OA meeting and I am still here.

No matter what we are struggling with we can all find something to be grateful for. I am grateful for so many people and experiences in my life: my husband, my daughters, my friends. My fellow COEs, my work, my sense of humor and the daily gift of abstinence I receive from my Higher Power. I am very grateful that although I have this disease I am freely given the gift that arrests it every single day. All I have to do is surrender and it is there for me. We compulsive overeaters must be careful to remember that when it comes to food, Thanksgiving is merely another Thursday. It is not a license to kill ourselves with 'all the trimmings'.

Many people tend to stay in closer contact with extended family and friends during the holidays. We call more often, send cards, visit. The physical craving and mental craving for the foods that are not on my food plan sometimes call to me more on the holidays. Because of OA I no longer answer their call. I am looking forward to my second abstinent Thanksgiving and celebrating the many, many things I can be grateful for because a power greater than I brought me to OA.

What are you grateful for this year?

Jane C.

**Your Trusted Servants for Central Florida Intergroup**

**Web Page – <http://www.oacfi.org>**

**Hotline: 1-888-294-4216**

**Local (407) 284-1482**

Chair: Geri B..... chair@oacfi.org  
Secretary: Beth G..... vicechair@oacfi.org  
Web Master: Dara S..... webmaster@oacfi.org  
New Beginnings Editor: Jane C. .... newsletter@oacfi.org  
12th Step Within: Tania F ..... twelvestepwithin@oacfi.org  
PR/PI: Dara S..... publicinfo@oacfi.org  
Telephone & Technology: John P. . . Meeting\_updates@oacfi.org

All other service positions can be contacted by writing [oacfi@oacfi.org](mailto:oacfi@oacfi.org)

**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](mailto:newsletter@oacfi.org)**

You can read *monthly editions of New Beginnings* on line at [www.oacfi.org](http://www.oacfi.org)

**SEND ARTICLES TO: [newsletter@oacfi.org](mailto: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](mailto:newsletter@oacfi.org), type OA NEWSLETTER in the subject heading.**

**Next Intergroup Meeting: December 13th , 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.

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

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

**- You are not required to like it;  
you are only required to DO it.**

### **Thoughts to Digest**

If you can't get your sponsor, call other people ♦ Stay motivated with variety of program tools and actions ♦ Don't let service activities replace recovery activities ♦ OA is a school in which we are all learners and all teachers. ♦ Possibilities and miracles are one in the same ♦ Many things can be preserved in sugar; dignity, however, is not one of them ♦ I love you, God loves you, and there's nothing you can do about it !

## STAYING ABSTINENT THROUGH THE HOLIDAYS

The triple crown of compulsive overeating-- Halloween, Thanksgiving and Christmas-- were always grand old times for me in my disease. I would often diet from September to Halloween, go off for a few days, back on, off on Thanksgiving weekend, back on through Christmas day and then off on a series of binges until April!

My first abstinent holidays were in 1999; I came into OA August 1999. The first thing I did was try to explain to my “take away all my fun” sponsor why it was so much harder for me than anyone else to remain abstinent through the holidays. I was willing to try remaining abstinent but she did not understand that tradition and my Italian heritage DEMANDED that I cook and bake for weeks before the holidays. I told her ‘How can we celebrate Thanksgiving and Christmas without pumpkin pie, Italian Cassata and Christmas cookies?’! Besides, my college son would be devastated to come home and find no cookies! I could not live with that!

But being desperate I tried it her way, warned my son through email that there would be no cookies and his reaction in a return email was one word: “SO?” (As in, So what? Who cares?!). That took the winds out of my sails!

I have been abstinent ever since and am looking forward to spending my 10<sup>th</sup> abstinent Triple Crown. I don't feel deprived because even though I don't have cookies in my life I have so so much more today. Here are some of the rules/ suggestions that worked for me-maybe they can work for you too:

- Rule # 1: GIVE [from my sponsor]
- Rule # 2 GIVE [from my sponsor]
- Rule # 3 GIVE [from my sponsor]
- Rule # 4 Create new traditions instead of food traditions.

- Rule # 5 Start a new tradition of going to a meeting on TG Day-the TG Meeting at Wekiva for example is truly blessed and inspiring.
- Rule # 6 Every year on Christmas or Christmas Eve go to a movie or a sporting event or a play instead of cooking a 10 course food extravaganza.
- Rule #7 Remember that Thanksgiving dinner is just one of 21 meals I will eat in a week-it is no different from Wednesday dinner in terms of food.
- Rule #8 Make calls-I need the support and so do others. You are all welcome to call me 407 340 2008.
- Rule #9 If you are hosting a dinner invite one or 2 OA friends to join you –this is a WE program! My OA friends will help me stay abstinent and they are always grateful and help clean up!! They also bring salad and veggies!!
- Rule #10 Call my sponsor-make it the first call of the holiday so I do not get into the day without sponsorship. Commit my food the night before or in the morning. Stick to my plan-the door on my food plan is closed once I commit it.
- Rule #11 If I am invited out I can always bring a salad and a vegetable. Even if the hostess says I don't need to bring anything most people don't mind as long as I bring it fully prepared and don't have to mess up her kitchen or require oven or refrigerator space.
- Rule #12. I will NOT die if I do not have a starch at the holiday meal [from my sponsor]. Trust me, I have experimented without a starch and I did NOT die. Human beings can live without sweet potatoes for 7 days, but not without water!
- Rule #13. The BB says that “either God is everything or else He is nothing.” (p.53) Start my day with HP, invite HP to feed me and to my holiday dinner. If I am in a fit spiritual condition I cannot go wrong.
- Rule #14. Relapse is not a requirement [from my sponsor]

ENJOY!! The BB says “we aren't a glum lot.... We positively insist on enjoying life.” (p.132)! Enjoy the people you are with and the promises of our program and  
**Don't eat no matter what, no matter what don't eat.**

Trust God, Clean House, Help Others, Gloria L

## **Tradition of the Month**

### **Tradition 11:**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

### **How Well Do We Practice Tradition 11?**

OA's insistence on personal anonymity and our refusal to promote our program through celebrity endorsements or other techniques of persuasion make OA unique among programs for compulsive eaters. Through our experience we learn that we don't always need to be promoting ourselves and our views to other people. Once we might have feared we would not be appreciated or loved if we didn't make a point of telling others about our personal or professional accomplishments. Now we can let go of that fear and quietly do God's will, trusting that the respect and appreciation we really need will come to us once we stop grasping for them.

*The 12 Steps & 12 Traditions of Overeater's  
Anonymous. Pgs 196-197*

How do you practice the eleventh tradition?

# Living in Step Eleven

**“ . . . there is no one right way to do Step Eleven. ‘Keep it simple.’ is a good slogan to apply here. Remembering that our goal is to develop a closer conscious contact with God, prayer is simply what we do when we talk with our Higher Power. . . ”**

*The Twelve Steps and Twelve Traditions of Overeater’s Anonymous, Pg. 93*

There is no *one right way* but I have found a wrong way to do this step. In 1991 I was searching for the perfect “God Box.” My first sponsor told me that writing her problems and/or concerns on paper and putting the slips of paper in her ‘God Box’ was very freeing for her. She had a beautiful God box that she had purchased at a religious articles store years earlier. I wanted a beautiful box like that. I put off writing my notes and prayers to God because I did not have a suitable place to put them. I did look for a box but never found the ‘right’ one. I put it off long enough that relapsed and then I was in such denial that I was deep into my relapse and had gained 80+ pounds before I even realized I did not have a reason for the box. I no longer had a program.

When I came back to OA 15 years later I was thinking “This time, I have to find the right box quickly.’ Then someone said “ Our very best thinking got us to where we are now.” I asked myself “What does my Higher Power want from me?” The answer I received was willingness and acceptance. So this time I committed to a program of action.

I stopped looking for ‘the right box’ for my notes to God and then I stopped looking for ‘the right notebook’ in which to write my 4th step. I just started writing. I stopped looking for ‘the right person’ to share my 4th step with and I shared it with my sponsor without fear. I stopped searching for ‘the right abstinence’ and accepted that one that God gives me each day is so much better than what I was searching for.

I have notebooks and journals in my home, my office and my pocketbook. I can meditate anywhere and I write my thoughts and concerns to God as I have them. For today, God has given me the knowledge of His will for me and the power to carry it out because today I have the willingness and I accept that HP’s will for me is so much better than my own.

Jane C.

**“We became willing to start fresh with our Higher Power . . . Asking ourselves what, exactly, we needed and wanted God to be to us and do for us.”**

*The Twelve Steps and Twelve Traditions of Overeater’s Anonymous, Pg. 16*

# 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](mailto:oacfi@oacfi.org)**

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