



New Beginnings

central florida intergroup
overeaters anonymous

December, 08

a journal of experience, strength & hope

Letter from the Editor

Dear OA Friends.

How are you doing right now? So much to do and so little time? (cliché, right?) My busy season at work is also the holiday season and in the past when things got hectic I called for food delivery to save time in meal preparation. I always ordered too much yet there were never any leftovers. Strange how that happens, isn't it?

This year I have replaced dinner delivery with priority-planning my abstinent meals. Amazingly, I am getting more done than I ever did before yet I am just as busy and no one has not added extra hours to the clock or days to the week. Abstinence gives us a new life but it also added productivity to the life I already have.

I am not sluggish from rich meals that make me wish for sleep. My mood does not vary from meal to meal and I can get things done peacefully and without the drama that past 'diets and dilemmas' caused me.

Something else is different this year. Having completed the first 8 steps I have let go of my resentment over missing the 'seasonal foods.' Now that I can see them for what they really are to my body and my serenity I gladly accept that I cannot have them in my life. They have hurt me for the last time. In the past I abused the 'dubious privilege' of eating these foods. For today they are no substitute for being free of the obsession. I am experiencing the spirit of the season without the tastes that are all around me and I am enjoying life more than I ever thought possible. Because of OA I can "Get the Sensation" without the insanity."

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 NEWSLETTER in the subject heading.**

Next Intergroup Meeting: January 10th , 2009, 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.

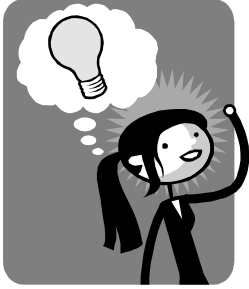
Sunday	8:00 pm – 9:00 pm	PIN: 79882#	Steps 1, 2, 3
Monday	10:00 am – 11:00 am	PIN: 79822# (Share on 'For Today')	
Tuesday	8:00 pm- 9:00 pm	PIN: 59002#	
Thursday	8:00 pm – 9:00 pm	PIN: 135103#	

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

**The 12 Steps teach me how not to kill myself;
The 12 Traditions teach me how not to kill you**

Thoughts to Digest

Ulcers are what you get from mountain climbing on molehills ♦ God teach us to laugh again, but please don't let us forget that we once cried ♦ When a COE tries to control their overeating they have already lost control ♦ Seven days without an OA meeting makes 1 weak ♦ Wait 10 seconds, pause, make a call, repeat



Relapse Revelations

This article was found in the OA book
A New Beginning: Stories of recovery from Relapse,
Pages 108-109.

- I can no longer allow myself the luxury of a ‘one-day’ binge. My illness has progressed far beyond that point.
- When I am in relapse there’s never enough food. I run frantically from sweet to salty, from cold to hot, and start the cycle all over again—never finding that one elusive “magic” food that will sedate me at last. I’m like a wild person, cramming down food well past the point of feeling sick and stiffed—yet already planning what to eat next.
- The food I binged on didn’t do one thing to make me feel better. All it did was steal time from my life.
- When I’m in relapse, I become so obsessed that I can think of nothing else. Each evening is spent planning my binges for the next day, wrestling with the compulsion monster far into the night, wondering: “Will I binge tomorrow? What will I binge on? How will I sneak the food? Where will I hide the wrappers?” Even in sleep the obsession controls me.
- When I give in to food, my disease rapidly reactivates. I find myself behaving as destructively as I did in my pre-OA days—waking up each morning thinking: “This is it! I’m going to be okay today” - only to find myself diving desperately for the food a few hours later.

- I haven't forgotten how to be sneaky. I caught myself secretly eating large amounts of food when no one was around, then hiding the trash. What I had forgotten was the tremendous amount of guilt and self-hatred that go along with that behavior. When I'm sneak-eating, I feel like a phony while my true self gets lost under mounds of food and negative behavior.

But perhaps the most important realization that has come out of this is that I do know how to surrender after all. I always questioned the concept of surrendering to a Higher Power. But now I see that while I have been in relapse I have totally surrendered to Food! I'd given food complete control and power over me. I was no longer in charge of my life or how I spent my time; the obsession decided that for me.

Since I already know what it means to give something complete power over me, why not surrender to what will truly care for me and love me as food never can: a loving Higher Power that I choose to call God?

As I have heard said so many times and now truly believe: "It's much harder to get abstinent than to stay abstinent" and "Nothing tastes as good as abstinence feels."

Florida, USA

**Nothing tastes as good
As Abstinence feels
Nothing!**

Tradition of the Month

Tradition 12:

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

“It is essential that all of us understand and respect anonymity if OA is to survive and we are to find recovery here.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, P. 199.

It's not often you see the words "it is essential." This tells me how important anonymity is. OA's survival and my recovery depends on it. What does this mean? For me it means that I always hold in confidence what I hear at a meeting or from another OA member. It means that no matter what, I maintain my anonymity at the level of press, radio, films, and television. For me, it also means that I let people in OA know my last name so that if I am needed, I can be found. It means that I don't place myself above or below anyone else. It reminds me that we are all equal. It tells me that my job is of no importance. What counts is that we are both compulsive overeaters trying to recover through the Twelve steps and Twelve traditions of Overeaters Anonymous.

Living in Step Twelve

“ Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs .”

The Twelfth Step of Overeaters Anonymous

The twelfth step suggests that we continue to practice our new way of action upon life ‘in all our affairs,’ and that the vast experience of recovering compulsive overeaters confirms the importance of this suggestion. As we’ve worked the first eleven steps, the principles embodied in them have begun to replace our old way of life, which centered on self and compulsive eating. In step twelve we confirm that we have turned our backs on the old ways forever. We are moving in a new direction of spiritual growth.

What are some of the principles inherent in each step that we are encouraged to practice in all our affairs? In step one we learned the principle of HONESTY . . . In step two we learned HOPE . . . In Step three we learned FAITH . . . In steps four and five we learned COURAGE and INTEGRITY In step six we learned more about the necessity of WILLINGNESS . . . In step seven we began to understand the meaning of HUMILITY In steps eight and nine we looked at the damage we had done others and set about repairing it. Now we apply the same principles of SELF-DISCIPLINE and LOVE for others to all our actions. . . . In step 10 we discovered the value of PERSEVERANCEin step eleven we learned the principle of SPIRITUAL AWARENESS The principle of SERVICE which underlies OA’s twelfth step can now guide our actions both inside and outside the program. Here we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength. . . .

The Twelve Steps and Twelve Traditions of Overeater’s Anonymous, Pg. 103-106

GREAT MEETING NEWS!

The Monday Night 7:30 PM meeting at Holy Family Catholic Church in Orlando has a lovely new meeting room, speaker CDs on the Steps and Big Books to follow along with the audio presentations. The only element missing is YOU! Come join us and boost your recovery!

Florida State Convention Committee Proudly Presents
The 19th Annual Florida State Convention of

OVEREATERS ANONYMOUS

Together we can Sparkle and Shine in 2009

February 20-22, 2009

at the

Cocoa Beach Hilton Oceanfront Hotel
1550 N. Atlantic Avenue, Cocoa Beach FL 32931

**Special rate of \$130.00 a night if you use the group
code name for the convention: FSCOA**

All hotel reservations must be made by 1/29/09 for special rate to apply

**Meal Package available for \$90.00 and includes Friday dinner,
Saturday bkfst, lunch, and banquet dinner and Sunday bkfst**

Saturday Banquet dinner only \$30.00.

No other a'la carte meals offered

Early bird registration postmarked by 1/24/09— \$20.00

Postmarked January 25 to February 10—\$30.00

DO NOT MAIL AFTER February 10th!

Walk-ins Welcome! Day of registration—\$30.00

No one will be turned away for their inability to pay.

For registration forms or more information, pick up a
registration form at your OA meeting or please
go to www.oacfi.org

TREASURER'S REPORT

OCTOBER 2008

Group Contributions		
Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Leesburg Unity of Leesburg Church	20.00
Mon	Orange City Fl Hospital	15.00
Mon	Orlando, Holy Family	11.00
Wed	Tavares First United Methodist Church	20.00
Wed	Orlando Fl Hosp E Lk Underhill	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	40.00
Thurs	Lady Lake, North Lake Presbyterian	75.00
Thurs	Ocoee -- Health Central	50.00
Thurs	Tavares Fla Hospital Waterman	18.00
Fri	Lady Lake , Library	60.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St. Mark's Men's Mtng	27.05
Sat	Central Florida Intergroup Mtg.	39.00
Sat	Orlando -- Steppers	20.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	28.00
Sat	Winter Park St. John's Lutheran	150.00
	Total Group Contributions	718.05