



Letter from the Editor

Dear OA Friends.

With my Higher Power, the 12 Step program of Overeaters Anonymous and the fellowship of other recovering compulsive overeaters I begin this new year abstinent; healthier and happier than I have ever been in my life, and more appreciative of all the gifts God has given all of us to use on our journeys in life.

I have not yet attended the yearly Angel Card meeting so I do not know my 'word' for the year yet, but I have decided that my 'concept' for this year will be strength. I am going to work on strengthening my body, my mind, and my program in 2009. How I work to strengthen my body and my mind will be personal choices regarding exercise and continuing education. Strengthening my program will involve all of you.

We recover with the help of other compulsive overeaters. By helping fellow sufferers we strengthen our own recovery through this program. By going to meetings and working with other COE we strengthen the OA Recovery Program for future members who, like us, share this disease. We need to think about the next generation. We need to be here for our recovery and for theirs. We do not recover in isolation and we do not remain in physical, emotional and spiritual recovery without helping other compulsive eaters.

You can strengthen your recovery by taking a service position at a meeting, sponsoring, being the Intergroup rep for a meeting and above all—sharing your experience, strength and hope with another COE.

Get strong this year and help OA stay strong. Your life depends on it.

Jane C.

Your Trusted Servants for Central Florida Intergroup

Web Page – <http://www.oacfi.org>

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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 Editor, CFL Intergroup, P.O. Box 180293,
Casselberry, FL 32718-0293 OR 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**

**Remember that not getting what
you want is sometimes a
wonderful stroke of luck**

Thoughts to Digest

**Compulsive overeating is committing suicide
on the installment plan ♦ Misery is optional ♦
The task ahead of us is never as great as the
Power behind us ♦ abstinence requires eter-
nal vigilance ♦ ask for help ♦ the solution is
in the steps ♦ You must be present to win!**



A Letter from your Intergroup Treasurer

Intergroup basically functions on a budget each year. In December we set the budget for 2009. In reviewing our records I notice that some groups donate to IG monthly while others donate whenever they can. If you are planning on making a donation to IG this month, please make sure someone brings it to the IG meeting on or send to Treasurer, CFL Intergroup, P.O. Box 180293, Casselberry, FL 32718-0293.

This is not meant to beg your for money..... it will just help us in setting the budget. Just an FYI -- IG sends a monthly donation to Region 8 (which we are part of) and WSO both in the amount of \$150.00 each. This is set by our budgeted amount each year and no matter what our monthly contributions are, we always make that monthly donation. Normally groups donate to IG and in turn we then donate to Region 8 and WSO. If your group wishes to donate separately to each, that is okay also. IG is looking at doing some big Public Information things in the future which will hopefully spread the word of Overeater's Anonymous in our area and bring more people to your meetings. This is one thing that your group contributions help pay for. We also supply the newsletters at no cost to the individual OA member, pay for the hot-line, help support Region 8 and WSO to help carry the message of recovery, pay for website expenses, donate for IG meeting room, pay to have an IG storage room, and help send our IG reps to Region 8 Business Assembly (3 times a year) and delegates to World Service Business Conference (one time a year). We also do a monthly Lifeline drawing at each IG meeting which goes out to someone in the medical field. This all happens because your individual groups and members help support OA in your 7th tradition. Thank you very much for helping to carry the message of OA recovery.

Thanks for letting me share. Judy



SERVICE OPPORTUNITY

**VOLUNTEERS IN RECOVERY
ARE NEEDED TO WORK AT A
HEALTH FAIR**

**FEBRUARY 20, 2008
VALENCIA COMMUNITY COLLEGE
EAST CAMPUS**

**HOURLY TIME SLOTS
STARTING AT 8AM,
ENDING AT 4PM**

**ALL THAT IS REQUIRED IS THAT YOU BE
WILLING TO TALK TO EDUCATORS AND COLLEGE
STAFF ABOUT YOUR OA RECOVERY,
AND HAND OUT PAMPHLETS AND PENS**

**TO VOLUNTEER, OR FOR MORE INFORMATION
CALL DARA @ 407-446-7620
OR EMAIL AT PUBLIC-INFO@OACFI.ORG**

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!

Tradition 1: Our common welfare should come first. Personal recovery depends upon OA unity.

INTRODUCTION TO THE TWELVE TRADITIONS

When we first came to OA we were focused on our own recovery. Most of us took for granted the OA group we attended and the OA fellowship as a whole, not thinking much about how they operated and whether they would continue to be there for us in the future. Soon, however, as we left behind our dependence on food, we began to rely on OA. We felt it was our only safe haven, and we reacted with fear any time we thought this Fellowship might be threatened.

Yet we quickly found that we did not need to be afraid for the health of OA. We have 12 traditions which are designed to keep our meetings and service committees on track, functioning in such a way as to nurture the recovery of all COE who seek help in this Fellowship. This study of the traditions shows how these 12 suggestions have worked to help individuals, groups, and OA as a whole solve problems, thrive, and be effective instruments for carrying the message of recovery to those who still suffer.

We owe a large debt of gratitude to AA for breaking ground establishing these traditions and allowing OA to adapt them to our Fellowship. Developed through long and sometimes painful experience, the 12 traditions embody the same principles for living as do the 12 steps. Those who have studied them carefully have found that these traditions can be applied effectively to all human relationships, both inside and outside OA. With this in mind, we turn our attention to the traditions, trusting that as we come to understand them better, we will be better able to keep our OA lifeboat afloat and ourselves spiritually fit in the face of all the challenges.

Embracing Step One

“ We admitted we were powerless over food — that our lives had become unmanageable.”

The First Step of Overeaters Anonymous

“ When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle.”

Overeaters Anonymous, second edition, p. 238

I have found this to be true. When I totally accept Step 1, my compliance with the program and my abstinence are easy. The difficulty is that it is not easy to accept such total powerlessness. A corner of my mind will start to fear the utter helplessness and resist. Then there is a battle in my own mind. The battle opens up a breach through which the disease may enter.

I have found it useful to have a standard of total acceptance at an unconscious level and I compare my acceptance of Step 1 with this standard. I know I cannot walk through a brick wall and I've totally accepted this fact, so I don't try. I don't even resent the fact that I can't do it. When I accept Step 1 as completely as this, I am easily abstinent. I am free.

Voices of Recovery, p. 150

“ Extreme remedies are very appropriate for extreme diseases.”

Hippocrates as quoted in *For Today, p. 203*

Go to meetings. Read the Big Book. Get a sponsor. Go to any lengths.

All that? When will I have time for my life?

Make time. Compulsive overeating is a killing disease.

But I'm not that bad.

No, not yet. But this illness is progressive; it gets worse, never better. Abstinence is a new life, not in theory but in practice. It means following suggestions, listening to someone who knows more than I do about living abstinely. It means reading: “Rarely have we seen a person fail who has thoroughly followed our path.”

If I want abstinence, and a better life, I have come to the right place.

For today, I have taken the first step. God help me to stay on this new path toward physical, mental and spiritual recovery.

For Today, p. 150

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 convention registration postmarked by 1/24/09—
\$20.00**

Postmarked January 25-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