



Letter from the Editor

Dear OA Friends.

This is the month of the annual OA Florida State convention. My experience with attending this convention has been very positive with strong recovery coming to me through the fellowship I have experienced each year. You will meet other people who share your disease from all over the state and sometimes from other states as well; people who are recovering from food addiction and compulsive eating and living life to the fullest. They are not a glum lot. To quote someone else: "being in recovery does not mean we walk around with faces looking like we are sucking lemons!" If we are in recovery we do not need to be miserable and we certainly do not live to make others miserable.

Do whatever you have to do to go. If you do not have the money to get a room on your own ask around for a roommate. (This is what I did last year) If you cannot afford the hotel go for the whole day on Saturday and return home at night. If you cannot afford the walk-in registration of \$30.00 then give what you can and volunteer to do service at the convention. There are many service opportunities. NO ONE who has a desire to stop eating compulsively will be turned away for lack of funds.

When you come back from the convention share the recovery at your meetings. Take some of the wonderful feeling of OA unity and recovery back home with you and Sparkle and Shine in 2009! Together we recover. Our lives depend on it.

Jane C.

Your Trusted Servants for Central Florida Intergroup

Web Page – <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 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: February 14 , 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

!!! Editor's Note:

I have been told by an OA member that the telephone meeting information above may need updating. If someone has more current information on the meetings, phone numbers, times or dates, please contact:

Jane 407-532-6560 OR email newsletter@oacfi.org

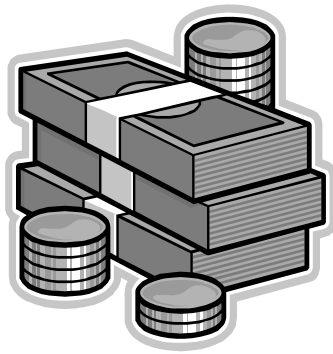
Is there an OA tool that you really do not like to use: try using it today!
Hate to make phone calls? Make 1 call today. You may be saving someone's life with that call.

Hate to read the literature? Read 1 page today. Just 1 page. Do it again tomorrow.

Don't like writing? Write just 1 sentence today. Just one sentence on gratitude for what your recovery gives you. See where the pen takes you.

Do not know what Service you can offer? Try taking the back page of this newsletter and posting it on a community info board at the library or at the supermarket.

What about a food plan? If you are not already abstinent try it for the rest of today. Just today. Be willing to be abstinent and follow a plan for the rest of today and take tomorrow when it comes. Make today your day.



Treasurer's Report

TREASURER'S REPORT DECEMBER 2008

Group Contributions		
Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Deland, Florida Hospital	25.00
Mon	Leesburg Unity of Leesburg Church	25.00
Mon	Orange City Fl Hospital	15.00
Mon	Orlando, Holy Family	20.00
Mon	Winter Park St. John's Luthern Church	93.10
Mon	Winter Springs, Grace Presbyterian	58.00
Tue	Maitland Asbury United Methodist Church	150.00
Tue	Winter Park St. John's Luthern	78.48
Tue	Lady Lake Medical Arts Bldg	40.00
Wed	Lady Lake United Methodist Church	73.00
Wed	Tavares First United Methodist Church	5.00
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Orlando Fl Hosp E Lk Underhill	20.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	86.00
Wed	Winter Park St. John's Luthern Church	93.11
Thurs	Ocoee -- Health Central	40.00
Thurs	Winter Park St. John's Luthern	47.46
Fri	Lady Lake , Library	33.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St Mary Magdalen	175.00
Sat	Altamonte Springs St. Mark's Men's Mtng	30.00
Sat	Central Florida Intergroup Mtg.	44.00
Sat	Orlando -- Steppers	40.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	60.00
Sat	Winter Park St. John's Lutheran	150.00
Total Group Contributions		1,541.15



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**

Service Opportunity

Submissions needed for New Beginnings! In the past 6 months a few OA members have submitted articles. We are grateful for their service and we want to hear from more of you. Please write an article for New Beginnings!

Share with other OA members the miracle of your recovery and how you stay in the sunlight of the spirit. Write your experience, strength and hope. Send articles to:

newsletter@oacfi.org

If you prefer to remain anonymous you can send your article in the mail to Newsletter at PO Box 1016, Windermere, FL 34786.



T r a d i t i o n o f t h e M o n t h

Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The second tradition of Overeaters Anonymous may seem thoroughly impractical, but it works. When faced with a problem or challenge, we ask God's guidance to show what is best for the group as a whole. Then we discuss the matter carefully, we vote on alternatives, and we trust that the decision we reach together is our Higher Power's will.

—OA 12 & 12 pp 119

Not all of our group decisions will be wise and practical. We do make mistakes sometimes and have to look for better answers to a problem. Another group conscience vote can be taken when something needs to be corrected. Like individuals, OA groups learn from their mistakes – and so does OA as a whole. We find that our Higher Power often leads us through our blunders

—OA 12 & 12 pp 122

All OA members share a responsibility for the operation of OA. Sometimes members who don't yet understand how our Fellowship works will be heard to say things like, "Why did they change my favorite pamphlet?" or "Why don't they have a meeting in my hometown?" We soon learn there is no "they" and "them" in OA, only *we* and *us*.

—OA 12 & 12 pp 123

Love & Recovery

“ What we do have to offer is . . .a Fellowship in which we find and share the healing power of love.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, *p. ix*

When I first entered the Twelve-Step program, I was broken, bleeding, discouraged, debauched, bloated , and hating myself. Then came my first ray of hope: We will love you until you can love yourself!” Yes (praise God), this miracle has come true. I love and respect myself today. I had been badly buffeted by life, including other compulsions and major illnesses. However, my health as a total person is much improved. Love from others in OA and from my higher power has healed me. I have learned to accept and love me. I, too, can now reach out in Overeaters Anonymous and let love pass through me to heal others. To every newcomer I say, “We will love you until you can love yourself.”

Voices of Recovery, p. 51

“ OA doesn’t tell us we have to believe in God—only that a power greater than ourselves could restore us to sanity.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, *p. 13*

My concept of a Higher Power has changed, just as I have changed. I am not the same person I once was. I had worshipped God in church so it was easy to return to that setting. However, after a few years I realized I no longer believed God was big enough to restore me to sanity. He worked in the lives of everyone else, but not in mine.

My sponsor said I was suffering from ‘tiny God syndrome.” She suggested that I borrow her Higher Power while I was trying to define my own. If that was not big enough, I could take all the Higher Powers from everyone at our big meeting. It reminded me of taking little pieces of clay from here and there until I had a big pile.

Every time I thought of something big, I came up with something bigger. Finally, I realized that when the sun shines, it doesn’t shine in just one spot, and that maybe God’s love could be that big.

Voices of Recovery, p. 53

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

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

**Action always generates inspiration. Inspiration
seldom generates action.**

Thoughts to Digest

Honor your body ♦ Keep your OA bank account in the black - bank meetings, contacts, etc. You never know when you will need to dig into your 'savings' ♦ O.A. never opened the gates of heaven to let me in, it opened the gates of hell to let me out. ♦ I do not have to go to meetings the rest of my life. I only have to go to meetings for as long as I want to remain free of compulsive overeating.

Removing the Obsession: Honesty is the Best Policy

For my recovery there was no sense in trying to 'eat healthy' and 'eat organically' or to follow any food plan until I had the willingness to remove the obsession. To remove the obsession I needed to find the foods that caused my allergy of the mind and body (the compulsion) and abstain from those foods - period. Beyond that, I needed to be rigorously honest with myself as to the list of those foods.

My abstinence changed over the past two years to where it is now and I can say that the obsession is lifted and I truly do not want to have the foods that would lead me back into the pit again. Before this, I have always wanted the foods back. Before I prayed for and received the willingness that came with this stage of my recovery I have always figured that somehow, someday, I could get my foods again. But by being completely honest with myself and surrendering my will, admitting that I was not willing to give up the foods I truly knew were still causing me problems, the obsession was lifted. I became willing.

For me, I had to honestly admit that it was milk-fat and combinations of foods with milk fat that I struggled with: cream and sugar, milk and flour, milk and any other food (such as using cheese with meat or chicken) - any of these always, always, ALWAYS brought me back to me knees but I was afraid to admit it even to myself because I could not imagine life without my food STUFFS. I couldn't imagine not having these foods again. Forget a lifetime—I did not think I could not get through a day. That is, until I admitted I was powerless and admitted that I was unwilling to give up the foods. That changed everything. I went to a meeting and when it came time to give out the chips I asked for and received a surrender chip. I was willing to pray for the willingness. And because my God is bigger than I am, that was all that was required.

Now I have a life so wonderfully free from the obsession I cannot imagine I ever thought that cheese was worth the pain. I share my daily life and home with people who consume foods made with these triggers and the foods do not call me. I continue to work the steps and read the big book and I use other tools but it is all with a more joyful heart because the obsession has been lifted.

OA Member, Orlando, FL

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

Overeater's Anonymous Can Help

No Dues

For More Information Phone: 1-888-294-4216
Web: <http://www.oacfi.org> Email: oacfi@oacfi.org

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