



## Letter from the Editor

Dear OA Friends,

Remember the old saying “March comes in like a lion and goes out like a lamb”? In trying to think of a way to tie it into our recovery in OA I remembered how wild and ferocious my life was before I began a program of recovery and compared it to the gentle and peaceful life I am experiencing now.

Has recovery from compulsive overeating changed your life in this way? Do you work a program that enables the strong winds of recovery bring you up the 12 steps to a place where you are experiencing the calm (but exciting) pinnacle that is serenity?

If you are not enjoying all the wonderful things that come from fully working this program keep trudging the road, taking the steps and doing the work. Do not settle for anything less. You deserve to be relieved of the obsession and restored to sanity. Let this powerful program take you to the place your Higher Power wants you to go.

If you are struggling do not stay in isolation Go to meetings. Use the phone. Share with another compulsive overeater. Together we can weather the storms until the lion turns into the lamb.

Your friend in recovery,  
Jane C.



**Your Trusted Servants for Central Florida Intergroup**

**Web Page – <http://www.oacfi.org>**

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

**Local (407) 284-1482**

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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](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 Editor, CFL Intergroup, P.O. Box 180293,  
Casselberry, FL 32718-0293 OR [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: March 14 , 2009, at 10:00am  
to be followed by a Traditions workshop presented by  
a member of the OA Region 8 Board. All OA members are welcome!**

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

## **OA ONLINE AND TELEPHONE MEETINGS**

For a current list of telephone and online meetings go to OA.org. Put your cursor over **Meetings** on the tool bar. Click on Find an Online/ Telephone Meeting. On the page you are taken to go toward the bottom and **select your meeting type. Select the day** you would like to participate or none to get the full list. Then click on **Find Meetings**. Go down the list and click on the icon in the column "**Click to View**" next to the meeting you are interested in for all the details about the meeting. See your group's designated downloader for list copies.



### *Overeaters Anonymous Traditions Workshop*

*Sponsored by Region 8*

**Conducted by Gerri H., Region 8 Chairperson**

*Saturday, March 14, 2009, 11:30 AM to 1:45 PM*

**St. Mark's Presbyterian Church,**

**1021 Palm Springs Drive,**

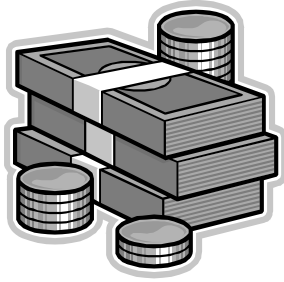
**Altamonte Springs, FL 32701-7814**

Location of Intergroup Meetings.

This brown bag lunch event will include a question & answer period following the presentation.

**For more information contact:**

**Beth, Intergroup Vice Chair (352) 223-9769**



# Treasurer's Report

## Group Contributions January 2009

Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Kissimmee Fl Hospital	110.20
Mon	Leesburg Unity of Leesburg Church	40.00
Mon	Orlando, Holy Family	20.00
Mon	Winter Park St. John's Luthern Church	19.30
Mon	Winter Springs, Grace Presbyterian	16.00
Tue	Maitland Asbury United Methodist Church	100.00
Tue	Winter Park St. John's Luthern	48.94
Tue	Lady Lake Medical Arts Bldg	23.00
Wed	Lady Lake United Methodist Church	25.00
Wed	Tavares First United Methodist Church	40.00
Wed	Ocala First United Methodist .	135.53
Wed	Orlando Fl Hosp E Lk Underhill	20.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	54.00
Wed	Winter Park St. John's Luthern Church	19.29
Thurs	Lady Lake, North Lake Presbyterian	50.00
Thurs	Ocoee -- Health Central	25.00
Fri	Lady Lake , Library	50.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St. Mark's Men's Mtng	19.00
Sat	Central Florida Intergroup Mtg.	45.00
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	Winter Park St. John's Lutheran	150.00

**Total Group Contributions**

**1190.26**

## 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](mailto: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.

### **STAYING IN RECOVERY, WITH THE HELP OF 12TH STEP WITHIN**

OAREGION8.ORG/Region8Documents/Staying In Recovery Calendar.htm

HELPFUL CALENDAR

(Topics for discussion and/or writing)

#### **MARCH**

Topic: “My problem is in my mind and spirit, not just in my body”

Do: Focus on the miracle of physical, emotional and spiritual recovery.

Don't: Don't judge another's recovery or relapse!

**Tradition 3: The only requirement for OA membership  
is a desire to stop eating compulsively.**

In this day and age when being slim, trim can take people to ridiculous extremes with their time, money and energy in seeking the dreams promised by the next diet or exercise program, isn't it nice to know that you can have all that without spending your last dime? Because OA is not a diet and calories club, all you need to become a member is a desire; the desire to stop eating compulsively. Membership in this program can take your soul to new heights and make your contributions to your fellow man/woman more sustaining than any food one could or could not consume or any exercise could carry you to.

In the end you will most likely find yourself several pounds thinner, quite a lot healthier, more clear-headed, and darn nice to boot. Don't give up the exercise and don't give up that new food plan, just come and share your progress with us for free. We will always love you, never judge you and will look beyond the "surface you" without asking for anymore than your desire to stop eating compulsively.

*Anonymous*

**Step 3: Made a decision to turn our will and our lives  
over to the care of God *as we understood Him.***

"When faced with choices, we earnestly seek guidance from our Higher Power, and when that guidance comes we act on it." p. 20 OA 12&12.

It can seem like a whirlwind out in the world. So often while in relapse, I would jump out of bed and rush headlong into the day. When the day didn't go as I expected, I would grow upset and frustrated. Both emotions led me to the food. Now I drop to my knees out of bed and ask God to show me what he would have of me for the day, I commit my food plan to Him as well as my will.

*Anonymous*

## New Beginning's Readers Sharing Their Recovery

As part of my commitment to service in recovery, I promised to pen an article for the March edition of New Beginnings. But what can I say? My life has become serene, simple and free from drama. The slogans "Keep It Simple" and "Easy Does It" have become my mantras. A daily Tenth Step helps me keep my side of the street clean. Living the principles of the 12 Steps and 12 Traditions of OA is keeping me out of trouble at work.

An OA friend emailed the following questions and encouraged me to share them with all who might benefit. He used them as part of a Fourth Step Inventory.

When faced with a decision I will write with the following questions in mind:

1. Will this choice bring me inner peace or shame, guilt, regret, anger or fear?
2. Is this an act of self-love or self-sabotage?
3. Will this choice bring me long-term fulfillment or short-term gratification?
4. Will this propel me toward an inspiring future or keep me stuck in the past?
5. Is this choice about doing the right thing or trying to please another person?
6. Does this choice empower me or does it keep me in bondage?
7. Will this choice hurt someone or bring healing?
8. Will this choice add to my life or rob me of energy?
9. Will I use this situation as a catalyst to grow or use it to beat myself up?
10. Is this an act of faith or an act of fear?

The answers to these questions would be great to share with an OA friend or sponsor. If you use this writing tool, please share how it works for you.

Signed,  
Grateful to be abstinent another 24 hours

## IT'S GREAT "TO BE BACK!"

The road trip is over spiritually, physically and emotionally. Nine months of overeating, and regaining the nearly 80 pounds I lost have resulted in diagnoses of high cholesterol, diabetes and higher blood pressure. My "excursion" into self reliance was taking me on a one way trip to insanity and death. I was isolating to the Nth degree and taking comfort in food, TV, lying in bed and hiding. But the pain and diseases never went away no matter how much I ate or how numb I got. The good news? I don't ever have to experience that again. And I surely don't have to go it alone, thanks to this program.

The Big Book warns of signs of impending slips and relapses. Spiritually I compromise. I turn away from the nurturing flow of healing love from my Higher Power, who I choose to call God. I get too busy for prayer. I don't want to humble myself by getting down on my knees while talking to God. I begin to doubt He is really concerned about me. I wonder if I am worthy of His time and attention.

Well, this is what OA has taught me....we are all wonderfully and uniquely created. O.A. members show us this over and over again. Loving us just as we are, accepting us over and over again. Whether we are a newcomer, road tripper, chronic slipper or relapser, emotionally, spiritually or physically wounded, it doesn't matter. The meeting room doors are open, phone calls are accepted any time of the day or night, e-mails are answered and hands are held just when needed.

I have heard many stories of OA's healing powers during 15 years in program. Friendships never thought possible bloom. Loneliness is hugged away. Sponsors give guidance toward new life paths that turn years of suffering around. Self discovery takes giant leaps forward. Life takes on meaning and becomes really worth living. As I write, I complete my 20<sup>th</sup> day of abstinence. My blood sugar levels are returning to normal. I could never have done it without God, my sponsor, this program and all of you. Thank you!!!

*Anonymous*

## Thoughts to Digest

**If God is your co-pilot, switch seats ♦ My recovery is of the highest priority. I cannot give away what I don't have ♦ I can't tell you what to do, but I can tell you what I did ♦ I don't always know what God's will is for me, but I know what it's not. ♦ Nothing tastes as good as abstinence feels.**



## What does God want us to know?

*This article was submitted by an OA member with 6 months in program as an assignment from their sponsor. The author asked her Higher Power what the readers needed to know or hear through this assignment. The article has been edited for space and content.*

“My dear child, they need to know that their greatest fears, their greatest fearful thoughts about themselves are without truth. They need to know that love will trump all their greatest fears about themselves. They need to know that all their troubles, all their fears, all their ways of being can be changed, not by works, not by living differently, but by my grace. All is possible with me, by trusting in me.

What they need to hear is this: My wish for all is that they know that what is possible is upon us. That all wishes for good are holy longings. That most can be realized. That what we really want is to be loved. That all are indeed loved.

Know that is a part of my design, my plan for mankind. My wish for your part in this is that you might listen for me, love me, worship me, and trust me to provide all. Know this in your heart at all times. Know that I am in charge. Do not gossip, or plan, for this will subvert *my* authority, *my* will. It gets in the way. Allow. Know. Trust. Be. Listen. Love. Choose love. Choose kindness. Choose benevolence, choose compassion.

*Anonymous, Central Flor-*

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[www.OA.org](http://www.OA.org)

OA has a newly redesigned website!