



Letter from the Editor

Dear OA Friends,

The temperature is starting to stay warm. The lawn is greening up. The clocks have been adjusted and daylight is lasting longer. Spring is here and it is time for a little spring cleaning.

At my home Spring cleaning means we clean out the garage, the closets, the cabinets and tidy up the landscaping. It is slow work , sometimes, to get it all done before the season turns again but we keep trying. We stay willing to find a way to get done what needs to be done.

This year I am thinking ‘What kind of spring cleaning will help my recovery? I am working on my 8th and 9th steps so cleaning is being done to be sure but I am also thinking that this may be a good time to do a little more tidying at meetings. Maybe one of my meetings needs the meeting bag freshened up at bit. Does a meeting need to have its format re-typed or the sign in book redone. Does our meeting still have tea bags from 2 years ago that just get taken out and put back unused each week? There is always a service that can be done. We just have to be willing to find it. Recovery includes keeping our OA meetings healthy and clean.

How can you tidy up your recovery this season?

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

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: May 16, 2009, at 10:00am

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

OA ON LINE AND TELEPHONE MEETINGS

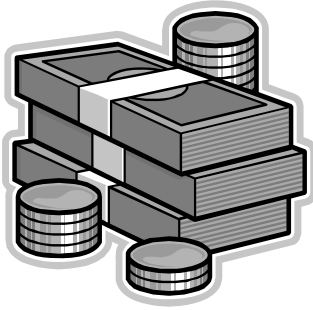
For a current list of telephone and online meetings go to OA.org. Put your cursor over **Meetings** on the tool bar. Click on Find an Online/Telephone Meeting. On the page you are taken to go toward the bottom and **select your meeting type**. **Select the day** you would like to participate or none 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 Southeastern Region 8

**(ALABAMA - ARKANSAS - BERMUDA – CARIBBEAN –
CENTRAL AMERICA - FLORIDA - GEORGIA - LOU-
ISIANA -
MISSISSIPPI - NORTH CAROLINA – SOUTH AMER-
ICA –
SOUTH CAROLINA - TENNESSEE)**

**Business and Recovery Assembly
Sponsored by Suncoast Intergroup
An exciting program is being planned!
November 6-8, 2009
Tampa, Florida**

**MORE INFORMATION WILL BE COMING SOON!
WATCH FOR IT!**



Treasurer's Report

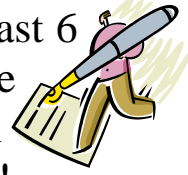
Treasurer's Report February 2009

Group Contributions

Sun	Alt Spgs St. Mary Magdalen (qtrly don.)	60.00
Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Deland, Florida Hospital	20.00
Mon	Kissimmee Fl Hospital	30.00
Mon	Orlando, Holy Family	20.00
Wed	Lady Lake United Methodist Church	30.00
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Orlando Fl Hosp E Lk Underhill	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	30.00
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	30.00
Thurs	Winter Park St. John's Luthern	46.54
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St Mary Magdalen	450.00
Sat	Altamonte Springs St. Mark's Men's Mtng	22.00
Sat	Central Florida Intergroup Mtg.	38.00
Sat	Orlando -- Steppers	30.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	45.00
Sat	Winter Park St. John's Lutheran	150.00
Total Group Contributions		1196.54

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.

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

OAREGION8.ORG

12th Step Within Calendar for April

Topic: Self knowledge and knowing the consequences were not enough to prevent my compulsive overeating.

Do: Start and end each day with prayer and meditation!

Don't: Don't hesitate to ask for help!

Tradition of the Month

Tradition 4—Each group should be autonomous except in matters affecting other groups or OA as a whole.

“Group autonomy (Tradition Four) does allow for a wide variety of OA meeting formats and practices.” p.1. OA Handbook for Members, Groups and Intergroups: Recovery Opportunities. We have discussion meetings, speaker meetings, step study meetings, newcomer meetings, men’s meetings, a recovery from relapse meeting, literature meetings, HOW meetings, newcomer meetings and meetings that use all of these meeting formats in some form or another and are known as varied or rotating meetings. Each meets the specific needs of the group conducting them as guided by the groups’ conscience. Isn’t it great that we have such a selection? What other life makeover programs have such variety and provide for weight loss too! If you don’t feel you are getting enough out of your home meeting, try another on for size. Take what you need and leave the rest.

STEP OF THE MONTH

Step 4—Made a searching and fearless moral inventory of ourselves.

We have all heard of the hesitancy and fear that may go along with starting Step Four, but it’s one of the most productive of the 12 Steps. Once we have acknowledged our lack of power over food and a lot of other things in our lives, realize that a Power greater than ourselves can restore us to sanity and turn everything over to that Power, it’s time to clean house emotionally and spiritually. The same loving HP that has lifted us to sanity then stands ready to open our eyes to what is hurting us and others most and what in our past needs to be reckoned with. Just as we are encouraged to use the tool of writing to clarify quandaries in our lives, when we write our inventory we are able to stand back and take a look at what is keeping us in bondage to pain and sadness, two of many reasons we numb out with food. Clarity starts coming and “we see what has been robbing us of joy and keeping us from fulfilling our dreams...fear, worry and anxiety.” p. 37 OA 12 & 12 Sitting down and getting an inventory done timely can be thoroughly accomplished by using the questions in the OA 12 Steps and 12 Traditions and the OA 12 & 12 Workbook. We are all worth healing and loving. We can face our pasts and not regret them nor wish to close the doors on them. We are loved just for who we are and this Step brings us to that realization more than any of the others as it leads into Step Five.

Dear CFI OA members,

I would like to take this time to personally thank you for your personal and group contributions to our Leaping to Little Rock campaign. I sent a check last week to our Region 8 treasurer in the amount of \$726.04 which was the amount collected from you donations to this worthy cause. It will be added to the monies collected and hopefully help get other OA members to the convention to be held in Little Rock on March 27 -- 29, 2009.

It always amazes me, even after all of these years, how the groups are willing to help even though most of you have never had the wonderful experience of attending a Region 8 Assembly/Convention. You just hear that we have a need and willingly support it. May I encourage you to attend our local Intergroup meetings and get involved. You too could become a representative and attend a region assembly. Try it! You might actually like it!

Again thank you for your support.
Judy P., CFI Treasurer



FROM OUR INTERGROUP LITERATURE CHAIR:

Our Intergroup Webmaster kindly created an email account for me, the literature chair, so that I might receive literature requests.

The email is literature@oacfi.org. If your meeting is in need of approved OA Literature please send requests for literature to me any time during the month, and then I will put it together to give your group representative at intergroup, or we could find another time to get the literature to you. My other request would be to not write a check out ahead of time, as sometimes I don't have everything that you need right on hand and then the total will not match. I would like to stay away from owing literature to people. It becomes too difficult to keep track of. Thanks for all your understanding, and I look forward to seeing everyone at intergroup!!

Yours in service, Judith.

Cold and Flu Season

I was standing in my kitchen making myself a cup of coffee when the awareness hit me.

I was catching a cold....a spiritual cold. The signs of my spiritual cold were as evident as the telltale tickle at the back of our throats when we catch a physical cold. I was surprised that I had missed the signs.

I sat down and thought about the last few weeks. There had been an impatience that I could observe in my driving -- my approach to driving being a metaphor for how I interact with the rest of my world (other people). I had been impatient, selfish, tending to leave my house barely in time to get to the next appointment to such an extent that I would feel rushed and drive aggressively. Another sign of my sickness...I noticed that I had begun to zip out of conversations with people. I found myself talking to people, sitting in meetings (at work and 12 step), interacting with my family and zoning out. My mind moving into fantasy -- sometimes about food, sometimes about revenge, sometimes about my own fantasy (pain free) life -- a place that I know does not really exist. I noticed that I was having difficulty staying present and actively seeking ways to numb out.

A gnawing set of resentments about certain people, events, and institutions had begun to grow inside my heart. Looking back I had not been sharing this with my sponsor, my support group, or at meetings. I preferred to manage these myself...and we all know what happens when an addict tries to manage life and painful feelings on our own, don't we? I believe I had heard that (carrying) resentments is one of the number one offenders of our program and a precursor to relapse. Had I myself not even said as much time and time again to persons that I have sponsored?

My recovery from compulsive overeating has not followed a straight line. I have drifted off the balance beam and God again and again. The difference is that today -- I know the signs and I can pick them up much quicker. If I had a physical cold I would not push myself so very hard. I might stay home from work, and take it easy for a few days. My addict self (my old self) would not have done this. I would have tried to muscle/self-will/deny my physical cold. Today I know better.

When we have a spiritual cold we can take it easy, too. We do this by upping our outbound phone calls, literature, attend more meetings and move non-necessary tasks to another day. We can ask our families for more hugs. We can pet our dogs. We can take a walk at lunchtime and notice that the dogwoods are in bloom and the colors of nature are a sure sign that God is right beside us -- every step of the journey.

Susan R

OA Member

FALL RETREAT 2009

“ GRATITUDE IN ACTION ”

Lake Yale Conference Center

Leesburg, Florida

(Same place as previous two years)

October 16, 17 and 18, 2009

THIS YEAR'S RETREAT COMMITTEE IS SPONSORING A GRATITUDE ESSAY WRITING CONTEST. THE WINNER WILL RECEIVE FIRST PICK OF BASKETS TO BE RAFFLED AT THE RETREAT.

Committees are now forming so offer service and
see how slimming it can be!

This event will be published in the Lifeline Datebook section so we could have participants from all over the world. 75 places will be available so start saving now for yours and register early.

Thoughts to Digest

I came. I came to. Then I came to believe.- It's not what I've lost in this program, it's what I've gained. n The grace of this program is the love. n Give the gift of life...bring a friend to OA. n People are lonely because they have built walls instead of bridges. n Don't focus on the 100 reasons why you can't do something, focus on the one reason why you can. n I will fully be able to love when I have finished the steps. It's an exciting realization!

DO YOU HAVE A PROBLEM WITH

- 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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