



Letter from the Editor

Dear OA Friends,

In a 12 Traditions study our group was reminded that ‘all OA members share a responsibility for the operation of OA.’ and ‘...there is no “they” and “them” in OA, only *we* and *us*.’ Whether you are a seasoned old timer or a newcomer you are not only welcome to any OA meeting you are also welcome to participate in your local Intergroup, your OA region and even take part in OA at the World Service level. “Our leaders are but trusted servants, they do not govern.”

In keeping with that theme, this month’s *New Beginnings* will introduce a new feature entitled The WSO Corner. This feature will report monthly on the activities of OA’s World Service Office. This feature will help remind all of us that WSO is always in motion and always working for our continued recovery from compulsive eating. I encourage you to learn more about the WSO.

In future months we will also introduce a monthly column from the perspective of the Region 8 service level (SOAR 8). We are all members of Region 8 simply by being members of OA in central Florida. If you did not know that, please read more on this important service body each month and even better: come to one of the trice yearly SOAR 8 Recovery Convention and Business Assemblies. July’s is in Atlanta and November will be in Tampa!

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** **.PLEASE**, when emailing anything to **newsletter@oacfi.org**, type OA NEWSLETTER in the subject heading.

You can read *monthly editions of New Beginnings on line* at www.oacfi.org

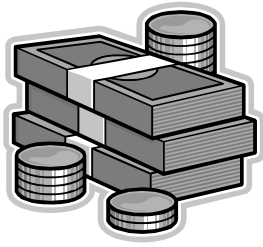
SEND OACFIG CORRESPONDENCE to:

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

Next Intergroup Meeting: May 9, 2009, at 10:00am

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

**World Service Web Site www.oa.org Region 8 Web Site
www.oaregion8.org**



Treasurer's Report

TREASURER'S REPORT for MARCH

Group Contributions		
Sun	Winter Park 7th Day Adventist Church	50.00
Mon	Deland, Florida Hospital	10.00
Mon	Kissimmee Fl Hospital	23.00
Mon	Orange City Fl Hospital	10.00
Mon	Orlando, Holy Family	30.00
Mon	Winter Springs, Grace Presbyterian	26.00
Tue	Winter Park St. John's Lutheran	52.20
Tue	Lady Lake Medical Arts Bldg	104.00
Tue	Orlando, St. Lukes United Methodist	54.00
Wed	Lady Lake United Methodist Church	18.00
Wed	Longwood St. Stephen's Lutheran	30.00
Wed	Orlando Fl Hosp E Lk Underhill	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	40.00
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Longwood Wekiva Presbyterian	100.00
Thurs	Ocoee -- Health Central	30.00
Fri	Lady Lake , Library	73.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St. Mark's Men's Mtng	21.00
Sat	Central Florida Intergroup Mtg.	49.42
Sat	Orlando -- Steppers	35.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	50.00
Sat	Winter Park St. John's Lutheran	150.00
	Winter Springs unlisted meeting	30.00
Total Group Contributions		1055.62

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.

Overeaters Anonymous Southeastern Region 8

**(ALABAMA - ARKANSAS - BERMUDA – CARIBBEAN -
FLORIDA - GEORGIA - LOUISIANA - MISSISSIPPI -
NORTH CAROLINA – SOUTH AMERICA –
SOUTH CAROLINA - TENNESSEE-
CENTRAL AMERICA)**

**Business and Recovery Assembly
Sponsored by Suncoast Intergroup
November 6-8, 2009
Tampa, Florida**

**MORE INFORMATION ABOUT THIS EXCITING EVENT
IN NEXT MONTH'S NEWSLETTER**

SOAR 8 Recovery Convention & Business Assembly

it works **(it really does!)**

Hosted by Central Atlanta OA Intergroup
www.atlantaoa.org & www.oaregion8.org

July 17-19, 2009

Crowne Plaza Atlanta Hotel

1-888-444-0401

\$92 a night, up to 4 per room

Use code SOAR 8 for this rate

Registration before 6/20

\$35.00

Registration after 6/20

\$50.00

For more information contact

Jackie H: 770-472-9819

or

Erica W: 678-768-2566

Activities include recovery speakers with decades of abstinence, workshops, boutique featuring gently used clothing and literature, prize drawings and fellowship with people from all over the region!

Rep report from SOAR 8 March 2009 Business Conference in Little Rock Arkansas

First I wish to thank you for the opportunity to serve as a rep for Central Florida at the SOAR 8 business conference in Little Rock, Arkansas. It was a wonderful experience from start to finish. I want to say that working the steps has led me to be a more serene person while in flight. Through the miracles that come to us from this program I landed abstinent, sober, and medication free.

The first meeting of the business conference was that evening. The meeting was terrific and informative. Along other things we discussed motivation, follow through, deadlines, improving commitments between conferences, and attendance. It is important to note that in the past few years the number of committees in SOAR 8 has gone up but attendance at the SOAR 8 business conferences has actually gone down. I believe our Intergroup had the largest representation of any intergroup in SOAR 8.

55 Intergroups are now a part of SOAR 8. The Intergroups represent 699 meetings and 112 meetings that are not linked to an Intergroup. Less than half of the Intergroups had a representative present. A representative from Columbia was at the conference for the first time. A newcomer from another Intergroup was generous with her time and talent all weekend and translated for this rep.

The SOAR 8 treasurer requested that groups who send their Region 8 donations to her PLEASE write the number of your meeting on the check. Please do not submit checks without the group number. OA.org website has group numbers listed for every registered group.

There was a presentation on Comedores Compulsivos Columbia. This is the website that Ligia, the rep from Columbia created and maintained to connect Spanish speaking people around the world who are seeking recovery with OA members who also speak Spanish. The web address is: <http://www.ccacolombia.com/>

After the presentation there was time for some questions and then the business end of the conference was ended. That night the banquet speaker was SOAR8's trustee to the World Service Office – Charles. Charles spoke strongly about his recovery through abstinence and the 12 steps. After the dinner there was incredible entertainment. It was hilarious and thought provoking. I was able to meet two Little Rock OA members who were able to attend the convention because of the contributions of OA members who contributed to the Leaping to Little Rock campaign these past few months. Way to go Central Florida!

Sunday's recovery meetings were well attended and full of good strong program. Everything about this conference and convention was exceptional from the service of the hotel staff to the amazing service from the Little Rock OA members. The message I came away with is this: We absolutely will love you until you can love yourself but we should not love you to death – meaning that if you know someone in OA who has been in a long time and still carries excessive weight love them enough to talk to them about it. Are they taking the steps or are they waiting for an escalator. Are they working a food plan that works or only a plan they are comfortable with. Our goal is to carry the message. We cannot carry the message if we still carry the weight year after year.

Humbly Submitted by one of your Intergroup representatives to the SOAR 8 Business Assembly

My Higher Power

A daily reflection recently reminded me of the following: I am from God. I am made in the image and likeness of God. I have read and heard this many times but this time it seemed to have a special meaning.

God created me to be like Him!!!! He has a special place for me. Not only did he create me, He continues to be with me all of the time. He is with me to guide me, to lead me, to comfort me, to love me, to show me the way.

He has not abandoned me when I was not in tune with His plan for me. He has not given up on me when I have given up on Him. He has been there when I chose not to recognize Him or acknowledge Him. He has been there when I have made the choice to defy Him. He has been there when I have defiled this bodily creation with enormous quantities of food. He has been there when I reacted in anger, when I carried resentments, when I lived with dishonesty. He was there even though I chose to turn my back on Him.

He is with me today. I feel His presence. I welcome Him into my very being. In recovery, I am able to ask Him to be my guide. I am able to get down on my knees and humbly ask Him to remove my shortcomings. By making a conscious decision to turn my life and my will over to His care, I am experiencing a new sense of freedom. For today I don't have to be a slave to food. I don't have to be dragged down by feelings of anger and resentment. I don't have to be a people pleaser. I don't have to feed into or be affected by the moods of others. Through living the OA Twelve Step Program of Recovery, I am , One Day at a Time, taking care of God's creation, me.

Submitted by Karen

If your meeting is in need of OA approved literature you can order it directly from oa.org or you can order it through your Intergroup Literature Chair, Judith, at literature@oacfi.org

WSO CORNER

What is the WSO and what does it do for us?

WSO stands for *World Service Office*. It is OA 's business office, located in Rio Rancho, New Mexico. There are several paid employees. (Tradition 8) . The WSO maintains the OA.org website, maintains the worldwide meeting list, organizes the yearly WSO business convention and answers questions about OA all over the world. It publishes OA literature, including Lifeline magazine, works with the OA trustees to carry out changes in OA voted on by delegates to the business convention. (Tradition 9)and publishes a monthly newsletter. WSO expenses are paid by literature sales and member contributions.

How can I learn more about the WSO?

You can learn more about WSO by downloading the monthly newsletter from from OA.org. Share it with your group!

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.



The Promises of Overeaters Anonymous

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.

The Promises; Alcoholic Anonymous ('The Big Book') pps 83 – 84

The Hidden Promises

And we have ceased fighting anything or anyone—even food. For by this time sanity will have returned. We will seldom be interested in food. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward food has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

The Hidden Promises; Alcoholic Anonymous pps 84 – 85 adapted w/permission for OA

Need a job? [Find employment help in your area.](#)

Thoughts to Digest

A sliver, a slice, a slob n I don't have relationships, I take hostages n It doesn't matter how much recovery I have, service I give, how much I sponsor or how many sponsors I have: if I pick up the food I will relapse n I will guard my abstinence with my life n G.O.D. : Good Orderly Direction n H.O.P.E.: Happy Our Program Exists n P.R.O.G.R.A.M.: People Relying On God Relaying A Message n Forgiveness is about acceptance. Acceptance is about letting go.

CENTRAL FLORIDA INTERGROUP
PRESENTS
OUR ANNUAL FALL RETREAT
GRATTITUDE IN ACTION
OCTOBER 16-18, 2009

LAKE YALE CONFERENCE CENTER

39034 County Road 452
Leesburg, Florida 34788



REGISTRATION

Pay by Check \$150.00 On-line \$157.00
<http://retreat2009.eventbrite.com>



Mail to Central Florida Intergroup,
C/O Burt Tucker,
4505 Willa-Creek Dr,
Winter Springs FL 32708
Watch for registration brochures at your meeting.

Gratitude Essay Writing Contest

***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.***

**For Directions go to <http://www.lybcc.com/>
<http://retreat2009.eventbrite.com>**

This event will be published in the OA Magazine Lifeline Datebook section
so we could have participants from all over the world. Only 75 places are