



Letter from the Co- Editor

Dear OA Friends.,

I caught myself hurrying to get ready to go back to school, rushing about with day to day tasks and fighting battles that took me away from daily prayers, meditation, reading OA literature, phone calls, writing and the use of other tools. As a result I felt exhausted, disjointed and like my days were becoming heavier and heavier burdens. The food began calling "the committee in my head", in my dreams, from the TV, magazines, newspapers, web sites and the temptations of "friends"? It was time for a change!

I accept myself as basically a spiritual being. That's not to say I seek the same Higher Power as you, practice the same religion or profess the same faith, you do, but I know that I have serious problems with my eating disorder, just as the rest of you and I am powerless without HP to do anything about it. Without Him I am no good to myself or others who need me.

Just about every article that was submitted for this issue pointed to the healing power of HP and the strength that comes from turning toward Him or Her. Maybe it's time to "let go of old ideas about food and COE absolutely" as one member said at a meeting. I know my Higher Power has a better way. It was time to start believing and acting as if I and my program deserved success. I realized that I desperately required quiet time to meditate, pray and use the tools. It was time to allow structure, discipline and serenity back into my life. It was time to reach for peace.

We are all gifts to one another and to carry the message the best way we can, I must keep my recovery strong. That takes strength from a source outside myself who loves me. It means giving myself every chance to heal and stay abstinent. My HP loves me enough to grant me that and so much more.

Marge M.

Your Trusted Servants for Central Florida Intergroup

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To order literature send an E mail to **literature@oacfi.org**

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: June 13, 2009, at 10:00am

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

World Service Web Site <http://www.oa.org> Region 8 Web Site <http://oaregion8.org>

Hello Orlando!!!!!!!!!!!!!! From Miles Away....

*I can work this program
anywhere I go!!!!!!!!!!!!!!*

I just need to talk about recovery today. I'm so grateful that I'm four years abstinent, thanks god. It is a one day at a time deal. Getting abstinent helped me so much and it is helping me to live my life and not having to eat over feelings every minute or every second, since I was an emotional eater before finding this program.

I usually don't know how to deal with changes. In the past, every time something changed in my life, I used to solve it with binging. Have you ever heard that God has a sense of humor? My Higher Power, in which I call God, is putting a lot of changes in my life lately. I had three major changes happening in my life at the same time. The good thing is: I didn't eat over them, just because of the fact that food is not an option anymore.

I used to miss a lot my home meetings, I still do, but now I'm going to O.A meetings down here to help other compulsive eaters like myself, and give them hope that it is possible to live a life without excess eating.

The O.A meetings and service work are helping me so much to keep up my abstinence in this difficult time of my life. Actually, the tools of this program is helping me so much also. I love the tools! I'm grateful to have O.A meetings in so many countries, besides the States. The same book, the same pamphlets, books, but just in another language.

I'm also grateful that O.A is a portable program, so I can go anywhere in the world and be abstinent as long as I'm using the tools and working the steps in a regular basis.

Sent with Love from Brazil

OA ON LINE AND TELEPHONE MEETINGS



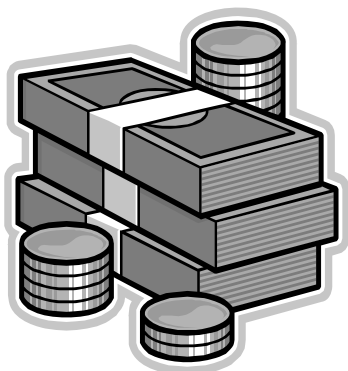
For a current list of telephone and online meetings go to OA.org. Put your cursor over **Meetings** on the tool bar. Click on Find an Online/Telephone Meeting. On the page you are taken to go toward the bottom and **select your meeting type**. **Select the day** you would like to participate or none 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 - FLOR-
IDA -
GEORGIA - LOUISIANA - MISSISSIPPI - NORTH CAROLINA –
SOUTH AMERICA – SOUTH CAROLINA - TENNESSEE-
CENTRAL AMERICA-SOUTH AMERICA)
Business and Recovery Assembly
Sponsored by Suncoast Intergroup
November 6-8, 2009
Tampa, Florida**

Heard at the recent SOAR 8 Business Assembly and Recovery Convention

“ If someone is in OA a while and claims to be abstinent and working the program but is not losing weight or near a healthy body size we must stop loving them to death. We need to put in front of them what is true. They are not experiencing all they can in this program and they do not have an abstinence that works for them— they have a good plan that they work to make it comfortable for them—they are not shaming the message of recovery.”



Treasurer's Report

Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Deland, Florida Hospital	10.00
Mon	Leesburg Unity of Leesburg Church	20.00
Mon	Orange City Fl Hospital	15.00
Mon	Orlando, Holy Family	20.00
Mon	Winter Park St. John's Luthern Church	116.69
Mon	Winter Springs, Grace Presbyterian	43.30
Tue	Maitland Asbury United Methodist Church	250.00
Wed	Lady Lake United Methodist Church	33.00
Wed	Tavares First United Methodist Church	40.00
Wed	Longwood St. Stephen's Lutheran	30.00
Wed	Ocala First United Methodist .	50.00
Wed	Orlando Fl Hosp E Lk Underhill	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	40.00
Wed	Winter Park St. John's Luthern Church	116.69
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	30.00
Fri	Lady Lake , Library	80.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Altamonte Springs St Mary Magdalen	300.00
Sat	Altamonte Springs St. Mark's Men's Mtng	28.00
Sat	Central Florida Intergroup Mtg.	37.00
Sat	Orlando -- Steppers	20.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	Winter Park St. John's Lutheran	100.00
	Total Group Contributions	1589.68

Service Opportunity

Our next two issues are going to focus on **Sponsorship**.



We are seeking articles on the reasons you sponsor, the recovery that comes from sponsoring and the role of a sponsor in your recovery. In addition to articles we are also looking for the occasional amusing story, quips and quotes: things that have helped your recovery and may be of help to others. ! Please 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.

World Service Corner

Your Central Florida Intergroup World Service reps are at the 2009 World Service Business Conference as this issue is going to press! Next month you will be able to read excerpts from their reports on what went on at the WSO Business Conference.

News from Region 8

Plans continue for the SOAR8 Business conference in Atlanta July 17-19. All OA members are invited to attend. Check the newsletter for more information.

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

Tradition 6

An OA group ought never endorse, finance , or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

This Tradition prohibits outside non OA intrusion into the safe haven of meetings. No speakers from special interest groups, no sales solicitations, no sale or display of non-OA approved literature, making sure rent is paid so that no outside enterprises is permitted control over a meeting, no programs other than OA are referred to at meetings, etc. We simply keep it simple. OA says no to all outside endeavors to keep groups from focusing on their primary functions to “carry the message of twelve-step recovery to compulsive overeaters who still suffer”

OA 12 & 12 p 154

S t e p o f t h e M o n t h

Step 6

Were entirely ready to have God remove all these defects of character.

Trying to stay comfy with your character defects? I used to. Me, change? Too scary. But then I became willing to think about the possibilities of letting all those nasty little buggers go and I realized what a nice, helpful and easy to live with person I could become. Who could you be without yours? Are you still cozying up with traits that scream “stay away from me!?” And the big secret about letting them go is *...you don't have to do it alone....*that 's right. You only have to be willing . HP takes care of the rest. Come on....yes you....you can do it.

A Close Personal Relationship With My Higher Power

My HP is all powerful and I choose to call him God. He's stronger than my food addiction and will give me everything I need so I don't pick up that first compulsive bite. His attributes are loving, forgiving, powerful, strong yet gentle. He's able to call all the troubles and burdens that I can't deal with.

God can't change the pain I'm in, but he can give me the strength to ride it out without going to the food. He can help me be open to other alternatives. He can help me remember that this too shall pass. He helps me be gentle with myself and to care for myself in a loving and nurturing manner . Going to the food is not a loving thing for me. He gives me courage to face my fears and walk through them so I can live without fear and emotional retardation. Fears are crippling and can be replaced with faith. I am not alone! I am not the center of the universe.

God helps me be the best person I can be – loving, tolerant, and non-judgmental as well as happy, joyous and free. God is my friend, someone who's available to me 24/7. He'll never let me down. But he needs to hear from me so he can better help me live my life. He's always watching over me, but for him to take an "active part" in my life, the responsibility is mine.

So I need to spend quality time with God. Talking to him and listening to him. Talking means communicating with my voice, writing, and sharing with others. Listening means quiet time, solitary walks, being open to others who share. Time with Him needs to be done on a daily basis – in good times to show gratitude and in tough times so I know I'm not alone. Doing assignments, reading literature, being of service all bring me closer to God and that's what it's all about.

God is going to get me through each day of abstinence and recovery. He will help me deal with whatever life dishes out, including the pain. He's stronger than anything life brings my way and that's a relief for me to know.

Lesley R.

WHAT AM I WILLING TO DO TO KEEP MY RECOVERY?

“Half measures availed us nothing....”(Alcoholics Anonymous page 59).

What am I willing to do today to keep the precious gift of recovery from food addiction.? Or to get abstinence for today? I have to turn to a Higher Power every day. I pray the first three Steps, the Third Step Prayer, and the Serenity Prayer every morning on my knees! I repeat them by saying, “I can’t, God can, I think I’ll let Him”. I have to admit that I cannot remain abstinent alone.

I use the tool of telephoning, asking “What is happening in your life today?” “and close by saying “I wish you an abstinent day.”

Every day I make it a point to tell myself how much I need another abstinent day. I acknowledge the ability of food addiction to kill me. If I don’t I will have no incentive to seek a cure . I thank God for the “cure” of OA....one day at a time.

Recovery from food addiction requires action. I have to “act as if” OA works, until I believe it works. Five minutes of prayer and three telephone calls a day can do a lot of damage to the hold food addiction has on me.. After I get “Good Orderly Directions” down pat I know where to find recovery....action, action and more action. In other words, just do it!

Anonymous

Thoughts to Digest

Here is another way to look at SERENITY

- S—Safety in program allows me to heal.
- E—Empathy for others makes me more accepting of them.
- R—Respite from compulsive overeating is a breath of fresh air!
- E—Easier is what life becomes when I cease fighting all things & people.
- N—New life is a gift of the program.
- I—Insight into myself and others comes from abstinent clarity.
- T—Truth is something I am no longer afraid of.
- Y—Yearning for recovery for myself and other is the message of the program.

CENTRAL FLORIDA INTERGROUP
PRESENTS
OUR ANNUAL FALL RETREAT
GRATITUDE 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 Lifeline Datebook section so we could have participants from all over the world. Only 75 places will be available so start saving for yours now and register early.