



Letter from the Editor

Dear OA Friends,

I attended the Region 8 Business Conference in Atlanta this summer as a rep for Central Florida Intergroup. The opportunity to serve as a rep for our local Intergroup and meetings continues to be a blessing in my life. I enjoy learning more about how Overeaters Anonymous conducts the business of carrying the message throughout the region and around the world. Nothing is more important to our abstinence than carrying the message to another suffering compulsive overeater. If we do not share what we have we cannot keep it.

My life in the food was nowhere near as good and my life is in recovery today. No food or quantity of food ever satisfied me the way I feel after sharing my recovery (experience, strength and hope) with a newcomer or other member of OA.

OA has taught me how to be truly happy without needing the foods that once ruled my life. The 12 steps of this program have given me the ability to put down the food and pick up my life. Thank you OA!

Your friend in recovery,
Jane C.

Central Florida Intergroup
Web Page – <http://www.oacfi.org>
Hotline: 1-888-294-4216
Local (407) 284-1482

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
Email: 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: September 12, 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>

Letting Go of Ego and Letting God in

Dear Family,

Page 28 of the Big Book -- A new life has been given us or, if you prefer, "a design for living" that really works. Step One is the step that we get our ego out of the way and admit our powerlessness over food. In Step Two we come to believe that there is a power that can restore us to sanity. Step Three is where we make our decision to turn our will and lives over to that power -- whatever that is for each one of us. I sometimes think of that as jumping off the cliff knowing that my higher power will be there to catch me. It is a leap of faith. It's the process of deciding that I want to live and I am willing to take my recovery further. I am willing to clean house (inventory). I then share my inventory with someone else and I immediately feel a freedom. All of those things that have been blocking me have been listed and are no longer a deep secret buried within me. I have shared them with someone else.

In Step 6 I become willing to have my higher power remove those defects of character and in Step 7, I ask Him to remove my shortcomings. Steps 8 and 9 are the steps where I make a list and become willing to make my amends to those that I have harmed and start that process. I love Step 10 as this is the step that I take daily and helps me keep my side of the street clean. I take a daily inventory and learn where I am at and anything that I may need to take action on immediately.

Step 11 is where I get to know my HP better so I need to set aside time each day to get to know His will for me. I was shown these rooms by this power, came to have faith and trust through the process of working these steps, and now I want to experience a relationship with this power and do His will. I pray each day to know this and the power to carry it out.

Step 12 gives me a chance to carry this message of recovery to others and to practice it in all of my affairs. This is the one that will help me to stay in recovery. In helping others, I am taking out a little more insurance against a possible slip. The reading today also talks about "Get busy living, or get busy dying." We choose. That is true freedom. Before OA, I had lost my choice. The food was killing me slowly but surely. Today I am living. As long as I don't pick up today, I have am free -- free from the grips of my food addiction and free to live, one day at a time. One of my sponsees reminded me this week that we are not trudging the Road 'to' Happy Destinywe are trudging the Road 'of' Happy Destiny. May we each hold hands and make this journey together. Thanks for letting me share.

Love,
Judy, Central Florida

Intergroup News

1. The committee for the Nov. 2010 SOAR8 Convention/ Business Assembly has narrowed the possible hotels to 12. Your input and help planning this event will be much appreciated.
2. A Strategic Planning Committee has formed to help guide growth of OA in Central Florida.
3. If you know any young people 25 and under who have 6 months of current abstinence, please ask them if they would be willing to give their contact information for a young people speaker list to Beth G. at (352) 223-9769.
4. Please register for the Central Florida Fall Retreat at Lake Yale Oct. 16-18. On-line registration - re-treat2009.eventbrite.com. Spaces are limited.

OA World Service News

1. 12th Step Within Day - December 12 each year has been named "12th Step Within Day" by the 2009 World Service Business Conference.
2. OA World Service Office is looking for teens to write brief accounts of their stories to update the "To The Teen" pamphlet. Please urge our young people to get involved.

If you know any young people 25 and under who have 6 months of current abstinence, please ask them if they would be willing to give their contact information for a young people speaker list to Beth G. at (352) 223-9769.

Step 9

**Made direct amends to such people wherever possible,
except when to do so would injure them or others.**

How funny it is that I am working on this step at the same time as I am asked to write on it. For a long time I thought this step would be impossible. No way I was going to go up to some of the people I had harmed and admit what I had done. I could not imagine doing that. Then I learned I did not have to have a good imagination. I just had to be willing to surrender and let my higher power lead me to do the rest. I met with my sponsor to go over my list. He had me write letters to people where I did not think I could talk to them in person. Once I read the letters to him I found I was willing to take it to the next level and meet with these people face to face to make my amends.

I know that saying I am sorry for my wrongs is not enough and that I needed to make restitution or in some way follow the amends with a positive action. I could not imagine what the amends would be for some people. Then I learned I did not have to imagine. My sponsor had some answers. In some cases the person to whom I made the amends made the suggestion of what action would be healing to them. In all other cases God provided the answers.

Anonymous OA Member

The Twelve Steps & Twelve Traditions of Overeater 's Anonymous, pp. 174-175.

Tradition 9

OA, as such ought never be organized; but we may create service boards and committees directly responsible to those they serve.

Though our OA meetings may seem chaotic at times, chaos isn 't the goal of tradition nine. What this tradition encourages us to do is remain free as possible from the bureaucracy which tends to form around organizations, taking on a life of its own and obscuring the real purpose of the group. Everything we do in OA is geared to our primary purpose of carrying our message of recovery based on spiritual principles. Taking care of group business is very important. Still, as little meeting time as possible is spent electing leaders, voting on issues, organizing events, or making reports. Instead, we concentrate on sharing our experience, strength, and hope with each other, and on studying the steps and traditions.

OA 12 & 12, p. 177

Anonymous COE in Orlando

**Suncoast Intergroup, Tampa FL invites you
to**

**SOAR 8 Recovery Convention
& Business Assembly**

**"Rockin' and Rollin' In Recovery"
DON'T MISS IT!**

HOTEL INFORMATION

**Clarion Hotel & Conference Center,
2701 E. Fowler Avenue, Tampa, Florida 33612**

Special rate of \$99.99 + tax

(1-4 people per room)

Special rate available 3 days before and 3 days after convention

HOTEL FACILITIES

405 newly renovated spacious sleeping rooms. Every room has a refrigerator, microwave, in-room safe, iron & ironing board, hairdryer, complimentary on-site parking.

Complimentary breakfast for over-night guests.

RECOVERY CONVENTION

- Workshops, speakers, entertainment
- Great bargains at re-sale boutique
- Lots of experience, strength, and hope!

ESTIMATED COSTS

Registration \$35.00

(No one will be turned away for lack of funds.)



***For more information of meals, program, etc,
visit visit www.oaregion8.org***

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.

New Beginnings is seeking articles for upcoming issues on the following topics:

Steps: 10, 11, 12. Tools:

Tools: Food plan & Telephone

T h o u g h t s t o D i g e s t

You can look forward to what is next as long as you do not long for what you want next n Be gentle with yourself but you can never be gentle with your disease n The think before the drink. The mood before the food. n Compulsive overeating is the only disease that tells you you're all right. n I weigh and measure my food because my eyes will always be broken.

SOAR 8 Business Assembly July 17-19, 2009 Atlanta, Georgia

The purpose of this assembly is to find new ways to carry the OA message. During this session motions were adopted to simplify and clarify the wording in the SOAR 8 Policy & Procedures Manual. An ad hoc committee was formed to sponsor a contest to design a new SOAR 8 logo. A prize will be awarded. Details soon to follow.

Nominations for board officers were accepted for the positions of chairperson and treasurer. The Young Peoples' Committee distributed teen-related OA literature and a letter to the 26 intergroups present. The other 33 will receive the information in the mail. Our goal is to encourage meetings to download the format for teen friendly meetings from the oa.org website and to form a Young Peoples' Committee.

Packets of teen related and OA literature focusing on health care professionals will be taken to health care providers. The goal is to provide feedback to IG reps and to encourage IG to distribute teen related literature to local agencies that deal with teens. Due to the concern for the safety of young people in OA, the committee decided to drop the goal of pursuing on-line OA meetings for teens.

Forming a speaker list of abstinent OAers 25 years old and younger is a goal. Developing a suggested procedure for IG for approaching agencies that deal with young people such as schools will be done at the next business assembly. The next SOAR 8 Business Assembly and Recovery Convention will be held November 6-8 in Tampa. oaregion8.org has registration details. Enjoyed sharing my story Saturday night. Thank you for this opportunity.

Beth G.

Don't forget to download and post our flyer on local bulletin boards! Get it on the Call to Action page on our website at "<http://www.oacfi.org/action.html>" Think globally, and act locally--Choose a homegroup and concentrate your service work there-- makes service easier and more effective! Do you need PI materials to inform others about OA? Write to Dara at public-info@oacfi.org

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 appeared in the Lifeline Datebook section so we may
have participants from all over the world!
SPACES ARE FILLING FAST SO DO NOT DELAY!