



## Letter from the Editor

Dear OA Friends,

It is the 11th month and I am thinking about the OA 11th Tradition. It reads "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication." This tradition makes sense to members of our fellowship but what about to the outsider?

If you are someone who picked up this newsletter and has never before heard of Overeater's Anonymous you may be wondering 'where are the before and after photos? 'where are the testimonials for the diet? Where are the endorsements from celebrities and doctors?' You will not find any of these in Overeaters Anonymous.

What you will find is a fellowship of individuals who will share with you their experience, strength and hope. We are people recovering from the disease of compulsive eating one day at a time. For many of us this was the last stop on the bus. Because of this program our bus now runs on a 12 step engine and follows a new road.

If you have a problem with food we welcome you. If you have a problem with food there is a meeting list inside this newsletter. There are phone numbers you can call for information. You are not alone.

**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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To order literature send an E mail to **[literature@oacfi.org](mailto: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](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: November 14th, at 10:00am**

**Lady Lake Community Bldg next to Library  
225 W Guava Street  
Lady Lake, FL 32159**

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

## OA ON LINE AND TELEPHONE MEETINGS



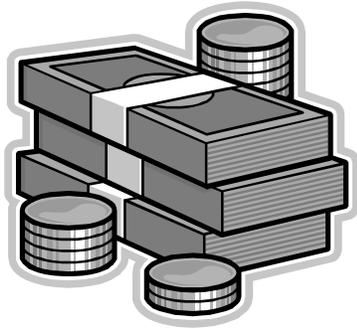
For a current list of telephone and online meetings go to OA.org. Put your cursor over **Meetings** on the tool bar. Click on Find an Online/Telephone Meeting. On the page you are taken to go toward the bottom and **select your meeting type**. **Select the day** you would like to participate or none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



When your attitude exceeds your gratitude it is time to pause and consider what step or tradition you need to work

## Thoughts to Digest

◆ Going to a meeting does not mean you are working the steps anymore than standing in your garage makes you a car. ◆ Get out of the driver's seat and let God steer ◆ There are NO special eating days - Thanksgiving is just a Thursday ◆ We cannot take a holiday from our disease or our recovery.



# Treasurer's Report

## September '09

### TREASURER'S REPORT FOR SEPTEMBER 2009

Group Contributions		
Sun	Alt Spgs St. Mary Magdalen (qtrly don.)	35.00
Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Deland, Florida Hospital	10.00
Mon	Leesburg Unity of Leesburg Church	25.00
Mon	Orange City FI Hospital	10.00
Mon	Orlando, Holy Family	20.00
Mon	Winter Park St. John's Luthern Church	87.19
Tue	Winter Park St. John's Luthern	20.00
Wed	Lady Lake United Methodist Church	25.00
Wed	Longwood St. Stephen's Lutheran	30.00
Wed	Orlando FI Hosp E Lk Underhill	30.00
Wed	Winter Park St. John's Luthern Church	87.20
Thurs	Lady Lake, North Lake Presbyterian	50.00
Thurs	Longwood Wekiva Presbyterian	100.00
Thurs	Ocoee -- Health Central	50.00
Fri	Lady Lake , Library	50.00
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	84.85
Sat	Central Florida Intergroup Mtg.	49.00
	Special collection Region 8 and WSO	38.16
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	50.00
Sat	The Villages, Hibiscus Village Rec. Ctr	70.00
Sat	Winter Park St. John's Lutheran	150.00
Mon	BB Step Study meeting -- unlisted	20.00
<b>Total Group Contributions</b>		<b>1,531.40</b>

# SERVICE OPPORTUNITIES

**Do you have one year (or more) of abstinence and are willing to help out with the OACFI Hotline?**



What do Hotline volunteers do? Hotline calls would be forwarded to your home or cell phone; if you're available to take the call, you answer it and help the caller find a meeting; sometimes they also have a few questions about the OA program. It's a great opportunity to do service and share experience, strength, and hope with a newcomer.

If you meet the abstinence requirement and would like to volunteer - please send a quick email with your phone number to [jpittle@fastmail.fm](mailto:jpittle@fastmail.fm). If you would like more information by phone, contact John P. @ 407-712-4765.

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](mailto:public-info@oacfi.org)

## **Step 11**

**Sought through prayer and meditation to improve our conscience contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.**

“...there is no one right way to do Step Eleven. ‘Keep it simple’ is a good slogan to apply here. Remembering that our goal is to develop a closer conscious contact with God, prayer is simply what we do when we talk with our Higher Power...”

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, P. 93*

When I first got abstinent, my sponsor shared with me that she writes out her problems and concerns at the end of the day and puts them in her God box so that she can get a good night’s sleep. The idea, she said, is to let God do the worrying.

I made a big God box and started putting my Tenth Step in it at bedtime. Then I found myself writing “God notes” throughout the day, shoving them in my pocket until I got home to put them in the box. These notes often take the form of appreciation; gratitude; desires to improve myself; and requests for a different view when worry, anger, resentment, confusion or disappointment take over my thinking. My prayers bring me closer to God, and my trust in Him grows. God continues to transform my life and my relationships as I continue, one day at the time, to stuff little pieces of paper into my oatmeal carton.

- *Voices of Recovery P. 21*

### **Tradition 11**

In keeping the eleventh tradition, those of us who write books or are interviewed for a newspaper story or a radio or TV broadcast have two options. We can avoid calling ourselves OA members ( even if we say we ’re compulsive eaters ). Then we are few to use our full names or have our faces appear. Here the emphasis is on the individual, and we are not connected publicly with the OA program. Our other option is to go ahead and identify ourselves as OA members. When we do this we make sure our faces are not shown and our last names are not used. When we are careful to respect the eleventh tradition this way, the emphasis remains on OA, rather than on ourselves.

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, P. 194-195*

*Anonymous COE in Orlando*

# Gratitude and Commitment

November 14, 2009

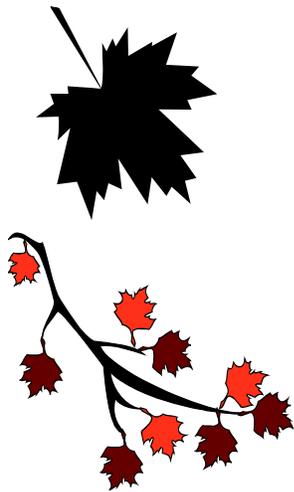
Lady Lake Community bldg, next to the  
Library @ 237 W Guava Street, Lady Lake, FL

Intergroup meeting 10am-11am

Lunch break 11:15-12:45

Marathon 12:50-3:00pm

Prize Drawing 2:45



\$3.00 love donation is suggested

The drawing will benefit

OA of Central Florida Intergroup

"if you can't pay—don't stay  
away!"

For questions or directions call  
Jeanne at 352-750-9850 or Rosemarie @ 352-751-1879



## A Plan of Eating: One of My Favorite Tools

When I was in relapse, I summed up this tool saying, “Don’t tell me what to eat and I don’t want to talk about it!” Needless to say, that belligerent attitude kept me at the mercy of my disease.

In meetings I have heard that recovery is in the 12 steps of OA and the tools are what we use to work and live those steps. Amazingly, the more tools I use in a day, the better I feel! Today I enjoy the foods I eat.

Here are a few excerpts taken from *The Tools of Recovery* pamphlet, page 3.

“As a tool, a plan of eating helps us to abstain from eating compulsively. Having a personal plan of eating guides us in our dietary decisions, as well as defines what, when, how, where and why we eat.”

“There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See *Dignity of Choice* and *A Plan of Eating* for more information.)\*

“For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional, such as a physician or dietician.”

In my recovery I have found that these simple statements have given me both direction and freedom to design a plan of eating tailor made for me. When I came back to OA four years ago, I consulted a registered dietician who suggested a plan of eating that took into account, my age, health history and other factors unique to me.

When I hear OA members telling others what they should be eating, I feel concerned. This potentially dangerous practice is NOT suggested by OA. Each of us has a set of circumstances that are most likely not the same as anyone else’s. Even with my bachelor’s degree in biology and a lifelong obsession with food facts, I am far from qualified to tell anyone what to eat including myself.

After I honestly made a list of foods that triggered my binge eating, it was easy to define the plan of eating part of my abstinence. I’m a low bottom food drunk. Certain foods affect my mind, body and soul. Either I am drunk or I am sober. It’s really that easy. My “food sobriety” is just like a recovering alcoholic’s sobriety. Either a food is on my plan of eating or it isn’t. There are no gray areas for me today. That’s how I keep it simple.

My plan of eating is not the whole of my recovery. It is the foundation or platform upon which I am building my recovery. I can accomplish so much today because I am abstinent.

Keep comin’ back! It works if ya work it!

Beth G.

## **WERE YOU THERE TO SOAK UP ALL THE FUN AND LOVE AT THE OA MERRYTHON?**

I hope you were!!! Central Florida's OA Merrython on July 25<sup>th</sup>, 2009 at St. Mary Magdalen Catholic church was an overwhelming success and made a lasting impression on all who participated! The fun began with the set up crew and never stopped until the last evidence of our presence was whisked away by the clean up crew. To get us all energized, Eva and Dedi had us all standing on our feet and warming ourselves up to their creative rendition and choreography of "CFOA" sung to the popular tune "YMCA" by the Village People. We had a blast doing it!! And of course who could feel blue after that wearing the especially bright yellow T-shirts with the Serenity Prayer encircling a jolly sun bearing the well known quote "We Are Not A Glum Lot"?!!! (Just a side note: you can still get yours by asking your OA intergroup representative to purchase one for you or by contacting Beth.) We were also surrounded by colorful, abundantly full, beautiful baskets, sure to make you smile, created by many different OA groups, just waiting to be raffled off during the afternoon.

We had 3 inspiring speakers with strong long-term abstinence and recovery sharing the humor of their stories. Kicking off the morning was John P. with 18 years abstinence, who then passed the baton to Rita S. with 19 plus years abstinence, and we finished strong as Jane C. spoke with almost 3 years abstinence. Several participants shared their gratitude for OA between speakers. There was a feeling of joy in the room, of being so grateful and happy to be among friends and to be abstinent. Central Florida OA is Going Strong so Grab Your Seat and Hold On!!!!

Everyone got the opportunity to divide into small groups to participate in a "mini-art workshop" to acknowledge the important role of humor and creativity in our recovery life. Each group created a unique collage representing how important humor is in their lives. We also used the recovery tools of writing and sharing by answering this question and sharing our answer within the small group, "How would my life be enriched by more humor and laughter as I grow healthier in my treatment of my disease, with the help of my Higher Power?" (If you have a minute, read January 16 and December 8 in *For Today*, these were printed up as a handout.)

We broke for a brown bag lunch, bought raffle tickets, browsed through all the baskets looking for our favorites, tried on great bargains from the clothing boutique, bought sunny yellow T-shirts, sipped ice-chilled refreshing water, renewed friendships and began new ones.

Suspense filled the room again when the basket raffle began. It was so exciting to see people winning and some won more than once!! Everyone was applauding for the winners.

The best was definitely saved for last with the hilarious skit, 'You're a Compulsive Overeater, Charlie Brown!', complete with set design, scenery, costumes, and music, performed by the talented troupe players (OA members) who brought down the house receiving cheers and a standing ovation.. Hopefully, this skit will make a comeback soon by popular demand!!!

Everyone who took part in the Merrython brought joy with them and took away more than they brought. The feeling remains with me today and hopefully remains in all of us present that day.

Bonnie F.

# DO YOU HAVE A PROBLEM WITH FOOD?

- 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](mailto:oacfi@oacfi.org)

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