



## Letter from the Editor

Dear OA Friends,

When I first darkened the doors of my first OA meeting in 1989 it was before most people had home computers, before cell phones were carried by everyone from children to grandparents and before the Internet existed.

Now when a compulsive overeater reaches out there are phone meetings and on-line meetings and speaker podcasts, downloadable meetings and Intergroup websites around the country with speaker files for download with links to OA meetings and conventions and conferences and retreats and meeting marathons. In addition to the Big Book there is the OA 12&12 , Voices of Recovery and many other publications that help us on our journey.

All these forms of media give us 24 hour access to help in our recovery process. We need NEVER be alone. There has NEVER been a better time to recover than TODAY!

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**

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**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: January 9, 2010 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>**

## 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

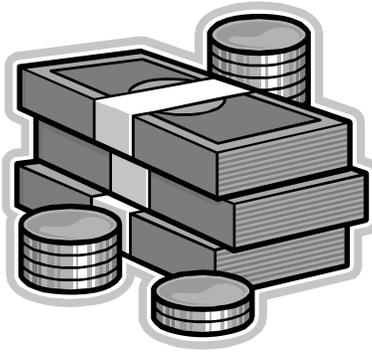
**Find Meetings.** Go down the list and click on the icon in the column "**Click to View**" next to the meeting you are interested in for all the details about the meeting. See your group's designated downloader for list copies.



**NEW TO OA?  
RETURNING TO OA?  
WELCOME HOME!  
YOU ARE NOT ALONE!**

### Thoughts to Digest

◆ Recovery is a serenity that tastes better than excess food ◆ We can do anything to recover if we only have to do it one day at a time ◆ The task ahead of us is never as great as the Power behind us ◆ The solution is in the steps ◆



# Treasurer's Report

## November 2009

<b>TREASURER'S REPORT FOR NOVEMBER 2009</b>		
<b>Group Contributions</b>		
<b>Sun</b>	<b>Alt Spgs St. Mary Magdalen (qtrly don.)</b>	<b>50.00</b>
<b>Mon</b>	<b>Deland, Florida Hospital (closed in Nov)</b>	<b>107.00</b>
<b>Mon</b>	<b>Leesburg Unity of Leesburg Church</b>	<b>25.00</b>
<b>Mon</b>	<b>Orange City FI Hospital</b>	<b>47.00</b>
<b>Mon</b>	<b>Orlando, Holy Family</b>	<b>15.00</b>
<b>Mon</b>	<b>Winter Park St. John's Luthern Church</b>	<b>65.27</b>
<b>Mon</b>	<b>Winter Springs, Grace Presbyterian</b>	<b>151.46</b>
<b>Tue</b>	<b>Maitland Asbury United Methodist Church</b>	<b>351.00</b>
<b>Wed</b>	<b>Lady Lake United Methodist Church</b>	<b>25.00</b>
<b>Wed</b>	<b>Longwood St. Stephen's Lutheran</b>	<b>50.00</b>
<b>Wed</b>	<b>Orlando FI Hosp E Lk Underhill</b>	<b>30.00</b>
<b>Wed</b>	<b>Dr. Phillips/Orlando Sand Lake Hospital</b>	<b>50.00</b>
<b>Wed</b>	<b>Winter Park St. John's Luthern Church</b>	<b>65.27</b>
<b>Thurs</b>	<b>Lady Lake, North Lake Presbyterian</b>	<b>25.00</b>
<b>Thurs</b>	<b>Ocoee -- Health Central</b>	<b>35.00</b>
<b>Fri</b>	<b>Lady Lake , Library</b>	<b>30.00</b>
<b>Fri</b>	<b>Orlando, St. Lukes United Methodist</b>	<b>15.00</b>
<b>Sat</b>	<b>Central Florida Intergroup Mtg</b>	<b>25.90</b>
	<b>Special collection Region 8 and WSO</b>	<b>44.75</b>
<b>Sat</b>	<b>Orlando – Steppers</b>	<b>25.00</b>
<b>Sat</b>	<b>Winter Park St. John's Lutheran</b>	<b>150.00</b>
	<b>Wintre Springs unlisted meeting</b>	<b>33.00</b>
	<b>Total Group Contributions</b>	<b>1,415.65</b>

*With Sadness our fellowship notes the passing of Marian M. For many years she was the voice of Overeater's Anonymous in the Orlando Area. We very much appreciate the service she gave and we will miss her. May she rest in peace.*

## 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.

# Embracing Step One

**“ We admitted we were powerless over food — that our lives had become unmanageable.”**

*The First Step of Overeaters Anonymous*

**“ When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle.”**

*Overeaters Anonymous, second edition, p. 238*

I have found this to be true. When I totally accept Step 1, my compliance with the program and my abstinence are easy. The difficulty is that it is not easy to accept such total powerlessness. A corner of my mind will start to fear the utter helplessness and resist. Then there is a battle in my own mind. The battle opens up a breach through which the disease may enter.

I have found it useful to have a standard of total acceptance at an unconscious level and I compare my acceptance of Step 1 with this standard. I know I cannot walk through a brick wall and I've totally accepted this fact, so I don't try. I don't even resent the fact that I can't do it. When I accept Step 1 as completely as this, I am easily abstinent. I am free.

*Voices of Recovery, p. 150*

**“ Extreme remedies are very appropriate for extreme diseases.”**

Hippocrates as quoted in *For Today, p. 203*

Go to meetings. Read the Big Book. Get a sponsor. Go to any lengths.

*All that? When will I have time for my life?*

Make time. Compulsive overeating is a killing disease.

*But I'm not that bad.*

No, not yet. But this illness is progressive; it gets worse, never better. Abstinence is a new life, not in theory but in practice. It means following suggestions, listening to someone who knows more than I do about living abstinely. It means reading: “Rarely have we seen a person fail who has thoroughly followed our path.”

If I want abstinence, and a better life, I have come to the right place.

For today, I have taken the first step. God help me to stay on this new path toward physical, mental and spiritual recovery.

*For Today, p. 150*

# Tools of Recovery!

Meetings, Telephone, Sponsorship, Anonymity, Service, Plan of Eating,  
Writing, Literature

We need your experience, strength and hope!

Please write an article to appear in New Beginnings during 2010. We are seeking articles describing how one or more of the tools of recovery has helped in your own recovery. Is sponsorship your strength? Do you find your greatest hope in outreach calls? Has adherence to a specific food plan helped you find greater serenity in your daily life? Your experience will give hope to other compulsive overeaters. Please email your article to:

[newsletter@oacfi.org](mailto:newsletter@oacfi.org)

Or, mail your article to

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



Come Fly towards life at the  
Annual OA Angel Card Meeting

**ST MARY MAGDALEN FELLOWSHIP HALL**

**JANUARY 2, 2010 -**

**9AM-12PM**

Speakers

Open Shares

Fellowship

**9AM-**



**SUGGESTED DONATION \$3.00**

# Lessons about powerlessness and acceptance from a furry teacher

One of our cats likes to sleep in our bed when it's cold outside. She lets us know when she is ready to go to bed with a loud, droning "mewl"; almost like she's saying "open the door!", "bedtime!" I have to admit, most nights I ignore her mewling (I'm sleepy) or I get annoyed/hurried and "shush" her (which never works). In either case, I take the time to do the things that need to be done to keep the house and its occupants safe: turn off the lights, lock the doors, make sure the stove is off, etc. I go upstairs and open the door only after I've done these things and only when I'm ready to do so. My cat cannot accept this interference with her bedtime schedule.

A few nights ago, way past bedtime, I began my ritual and the cat began hers. A bit annoyed, I paused to stare at her (as if to somehow *make* her understand the futility of her mewling)...and she kept right on mewling. Breathing deeply (it had been a long day), I opened the bedroom door and, no longer needing me, she jumped on the bed and began to groom herself. Dismissed, I went to brush my teeth and (not so) inwardly moaned that I had to live with this whiney and selfish creature (the cat, not me, I assured the mirror). I had resorted to taking my cat's inventory...I attempted to do a 10th step on my new found resentment, but ego interjected, "I don't need a 4th step, the cat does!; Nothing I say or do, matters to it!; Why do I have no control over that *bleeping* cat?!" The futility of the situation gave me pause and I remembered something I heard once in the rooms: that whenever I react strongly to anything in this life, it's usually because I identify with it in some significant way.

I definitely had a strong internal reaction to the mewling. Suddenly, a thought struck me, "Is that how I sound to HP when I pray? Focused solely on my immediate wants? Demanding HP do things in my time and in my way, even though my understanding of the Universe and its mysteries is closer to my cat's than it is to His?" The cat didn't care about the door needing to be locked or the stove being turned off; she had no comprehension of the things which had to be done in order to keep our home safe.

Returning to the bed, I got on my knees (\*sigh\*) the cat had left fur all over the comforter) and turned my thoughts to someone who needed help. I prayed for a sponsee who had called me earlier that day in an agitated state. He complained about a food

item not on his food plan that he really wanted to eat, stating that he really wasn't powerless over that food item, even though he had binged on it in the past. Further, he said he didn't understand why HP would make him that way in the first place. Biting my tongue, I referred him to the "Doctor's Opinion" chapter in the "Big Book" and suggested he pray it over and share with others OAs about it. Now hours later, I pondered whether that was the right suggestion to make and if I should have called him out for forgetting he was powerless over my cats, uh, I mean over food.

Remembering my powerlessness over my cat's refusal to stop mewling, I thought of the times I had to exert will over them, such as when I had to chase them around the house, place them in cages, and take them far away from home to get the medical care they need. They do not like this (nor do I) and they let me know it quite verbally. What they likely perceive as physical and psychological torture (alien surroundings, painful needles, threatening sounds/smells), in reality, turns out to be necessary for their happiness and health. Do you suppose my cats understand on some level that this is necessary or for their own good? I would guess no and further, I would guess that it is not possible for them to ever understand it, even though it's for their own good and not a punishment. (I'm glad they don't hold grudges!) While I can legally force my cats to go to the vet, I can't treat humans this way (thank HP!), nor should I want to since humans, unlike cats, have the gift of being able to discern right from wrong without my help and try to act accordingly. With my sponsees (I only sponsor humans), I can only share how it worked for me, offer support, and trust in HP to do the rest.

My sponsee may never know why he is unable to safely eat certain things and I may never be able to work this program perfectly or be the perfect sponsor, but as long as I'm abstinent and working the Steps the best I can, I have a chance to stay connected to the source of all my life's blessings, to recognize difficulties as potential growth opportunities rather than battles to be fought, and to live a sane, happy, and useful life. I no longer have to try to fix others and I don't have to rely on the pain and guilt from a binge to make me willing to accept them on their own terms, one day at a time. It seems HP provides endless ways for me to remember that I'm powerless over not only food, but most of life (cats included) as well.

As I drifted off to sleep, I thanked HP for the people and things I share this world with, and for the grace to be able to love and learn from a fellow creature of God, who also happens to like things her way.

- Anonymous

Florida State Convention Committee Proudly Presents

The 20th Annual Florida State Convention of

**OVEREATERS ANONYMOUS**

Together We can Surrender to Win in 2010

February 26-28, 2010

at the

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All hotel reservations must be made by 2/5/10 for special rate to apply

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Saturday bkfst, lunch, and banquet dinner**

**Saturday Banquet dinner only \$30.00.**

**No other a'la carte meals offered**

**Early bird convention registration postmarked by 1/30/10—  
\$20.00**

**Postmarked January 25-February 10—\$30.00**

**DO NOT MAIL AFTER February 10th!**

**Walk-ins Welcome! Day of registration—\$30.00**

**No one will be turned away for their inability to pay.**

For registration forms or more information, pick up a  
registration form at your OA meeting or please  
go to [www.oacfi.org](http://www.oacfi.org) to print out a registration form or register and pay on line.