

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 goal?

Overeater's Anonymous Can Help

No Dues

No Fees

Daily Meetings in Central Florida

For More Information Phone: 1-888-294-4216

Web: <http://www.oacfi.org> Email: oacfi@oacfi.org

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HAPPY 50th BIRTHDAY OA

This past month I was blessed to participate in OA's 50th Birthday Weekend in LA. I was prompted to go because I heard so much experience, strength and hope on the podcasts generated from LA. There were over 600 fellow members in Los Angeles for three days of workshops, panel discussions, workshops and sharing.

I didn't know any Florida OAs going but I figured I would meet some new OA West Coast friends. I did make new friends and met some of the people who spoke on the LA podcasts (very cool). I even met Rozanne S. herself. I know there are no gurus or leaders in OA BUT it was hard not to revere this woman who helped to start OA 50 years ago. The whole experience was "beyond my wildest dreams."

Friday night there was a hour long play based on the Sound of Music produced, and performed by OAs who are professional actors and singers. It was amazing and so creative. These fellows had put so much time and love into the show. "These are a Few of My Favorite Things" became "These are a Few of My Favorite Tools." I think they rewrote every single song from the Sound of Music and set it around a story of a woman named Maria who finds OA. Unbelievable!

In LA there are so many people with long term abstinence, 10, 20, 30+ years. I felt so lucky to spend the weekend tucked in the bosom of OA. I met many people continuously willing to go to any lengths for their recovery, witnessed some courageous tales and heard heartfelt recovery stories.

If you ever get the chance to go to a birthday party in LA they are held every February. Also, OA's World Service Convention will be held in Los Angeles August 26-29, 2010, Hilton Los Angeles Airport Hotel, Los Angeles, California USA and will be celebrating OA's 50th birthday again! You can register today or just check it out at www.oa50.org. Happy 50th Birthday OA! Thank you for a half century of helping to combat the disease of compulsive eating.

Deede D.

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: March 13, 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>

Online Resources – An Addition to Meetings

We have all heard the phrase, “Meeting makers make it.” What happens when life happens and we cannot get to a meeting due to work, scheduling conflict, family matters, etc? There are many different mediums of online resources to help us get through the day and sometimes the night. I personally do not believe there is a substitute to face to face meetings, but we can definitely enhance our recovery with the resources available to us. Below are many different types of websites dedicated to the online recovery of Overeaters Anonymous.

Online meetings tend to be a bit slower, but can be good replacements for meetings. Phone meetings are more like a face to face meeting, but most times are long distance calls. Email Loops are a great writing tool, a good resource for feedback, and you can write at whatever time you feel like it. Podcasts are files you can download to listen to on your computer or MP3 player. They can be listens to at your convenience and are like being at a speaker meeting.

Online Meetings:

www.oa.org/pdfs/onlinemeetingslist.pdf

Meetings are available from 03:00AM to Midnight everyday.

Phone Meetings:

[www.oa.org/pdfs/phone mtgs.pdf](http://www.oa.org/pdfs/phone_mtgs.pdf)

Email Loops:

www.oa12step4coes.org/loops.html

Podcasts:

www.oa.org/podcast/author/overeaters-anonymous-podcast/

www.oalaig.org/html/speakers.php

www.oalaig.org/html/speakers2.php

www.sacvalleyoa.org/audio/by/speaker

www.metrowestoa.org/audio.html

www.oa-centraljersey.org/AudioLibrary.htm

Tradition Three: "The only requirement for OA membership is a desire to stop eating compulsively."

Before Overeaters Anonymous, I seldom felt as if I belonged. Even before the isolation often associated with gross obesity, the dishonesty I exhibited towards food rapidly infected all areas of my life. Everywhere I looked, I saw enemies in the shadows, gossipers, nay-sayers, hypocrites and thieves. It was hard to make any true friends with such phantoms haunting my head. My self-centered, childish nature never matured into adult manners and coping skills. It was just easier to isolate and eat.

By the time I reached OA, I had faced so many rejections in my life, I half-expected to add another one to the list, but that's not what I found at all. I found recovery and relapse. I experienced laughter and tears. There were people of all shapes and sizes telling my story as if reading straight from diaries I had written. All were welcome and none turned away, even if they didn't want a sponsor or believe in God. I was told that no matter what my circumstance, I would be welcome if I simply wanted to stop overeating. I certainly qualified for this group!

After a few years "trudging the road to happy destiny", it is sometimes tempting to want to associate more often with those people I feel have "strong recovery" to the exclusion of others. I find this to be the result of my fears. It strongly reminds me of the cliques of "cool people" I so longed to be a part of so that I could be "cool" too. The beautiful thing about working the steps is that such fears can be identified in my daily tenth step, help asked for, and amends made, if appropriate. I no longer have to be a slave to my insecurities and I don't have to alienate a fellow OA, as I was alienated by so many while growing up. Further, I get to keep my recovery by giving it away to a fellow sufferer, help keep the doors of recovery wide open, and maybe make a new friend in the process – sounds like a pretty good deal to me!
- Anonymous.

Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him"

...The first three steps of the OA program are simply, "I can't; God can; I think I'll let God."

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 19.

If we want to live free of the killing disease of compulsively overeating, we accept help without a reservation from a power greater than ourselves. We now say yes to this power, deciding from here on in to follow spiritual guidance in making every decision.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 19.

In order to continue being abstinent, we will have to have a power greater than ourselves operating daily in our lives. This is always available to us as long as we continue working the twelve steps and living out our decision to trust God's guidance in everything we do.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 23

What it takes to work step three is a real willingness to live by God's will, one day at a time. Having this willingness, we do not let any doubt or confusion we may still have keep us from acting.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 26

Once we compulsive overeaters truly take the third step, we cannot fail to recover... We can confidently face any situation life brings, because we no longer have to face it alone. We have what we need any time we are willing to let go of self will and humbly ask for help.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 27

Each meal began with the Third-Step prayer. I became abstinent with God's help.

A New Beginning (p. 101)

If I want to know whether I'm doing God's will, all I have to do is observe what I'm eating. No matter what my head tells me about what I am or am not doing, if my food is clean, I'm on the right track!

Seeking the Spiritual Path (p. 28)

Keeping Spreading the Love all Year Round

from Deede D.

In 1985 OA's World Service Business Conference established the Twelfth-Step-Within (TSW) Committee to reach those within the fellowship who still suffer. TSW exists to strengthen OA by sharing information and ideas that generate recovery within the fellowship. Here are some ideas to try this month:

- Write a letter of love to a fellow OA fellow who has relapsed. Tell him/her all the things she has done to help you in your own recovery.
- Look at old meeting lists and call someone you have not seen in a few months. Tell them that you care and ask how they are doing.
- Write an article for Lifeline, or New Beginnings sharing YOUR experience, strength and hope.
- Take your favorite piece of literature and give it to a newcomer.
- Hug someone who is struggling in recovery and say "I love you just the way you are."

CALLING ON ALL CENTRAL FLORIDA INTEGROUPEE MEETINGS

Currently, OA in Central Florida has no newcomer meetings. We can all appreciate the importance of newcomers. Discuss with your group whether your meeting may be interested in starting a newcomer meeting. One suggestion is to have the newcomer meeting 30 minutes before the regular meeting, with a rotating schedule of 4 people who would volunteer to lead the meeting if a newcomer came. That way, each of the 4 people would possibly only have to be there 30 minutes early once a month.

What a great way to be of service!

Are You a Compulsive Overeater?*

Welcome to Overeaters Anonymous. This series of questions may help you determine if you are a compulsive overeater.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

*"The 15 Questions" OA World Service, copyright Overeaters Anonymous, Inc.

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive overeating problem. We have found that the way to arrest this progressive disease is to practice the 12-Step program of recovery of Overeaters Anonymous. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Is OA for You?

Only you can decide that question. No one else can make this decision for you. We who are now in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive overeating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

OA Central Florida Intergroup Proudly Presents

A 12th Step Within Workshop on Sponsoring

“Sponsors & Sponsees: Partners on the Road to Recovery”

Learn how this powerful partnership strengthens recovery
Sponsors/Sponsees come share your experience, strength and hope
Please come if you are looking for a sponsor

March 13, 2010 • 12 to 1:50 PM
1021 Palm Springs Drive, Altamonte Springs, FL

OA ON LINE AND TELEPHONE MEETINGS



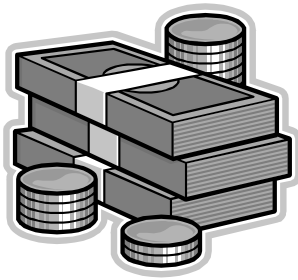
For a current list of telephone and online meetings go to OA.org. Put your cursor over **Meetings** on the tool bar. Click on Find an Online/Telephone Meeting. On the page you are taken to go toward the bottom and **select your meeting type. Select the day** you would like to participate or none to get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



OA Rooms=Miracles!

Thoughts to Digest

Do not, do not, do not, do not pick up the first compulsive bite. ♦ Do not pick up the first bite and your Higher Power will take care of all the rest. ♦ If you put limitations on God you are giving power to the disease ♦ How blessed are we to have a disease that can be arrested on a daily basis as long as we are willing to not pick up the first compulsive bite. ♦



Treasurer's Report

January 2010

Group Contributions		
Sun	Winter Park 7th Day Adventist Church	130.00
Mon	Leesburg Unity of Leesburg Church	35.00
Mon	Orange City FI Hospital	10.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	34.44
Mon	Winter Springs, Grace Presbyterian	25.00
Tue	Lady Lake Medical Arts Bldg	36.00
Wed	Lady Lake United Methodist Church	25.00
Wed	Longwood St. Stephen's Lutheran	50.00
Wed	Ocala First United Methodist .	44.00
Wed	Orlando FI Hosp E Lk Underhill	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	25.00
Wed	Winter Park St. John's Luthern Church	34.43
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	25.00
Fri	Lady Lake , Library	30.00
Fri	Orlando, St. Lukes United Methodist	15.00
Sat	Central Florida Intergroup Mtg.	46.07
	Special collection Region 8 and WSO	26.31
Sat	Orlando -- Steppers	20.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	Winter Park St. John's Lutheran	150.00
Mon	BB Step Study meeting -- unlisted	25.00
	Wintre Springs unlisted meeting	20.00
	Total Group Contributions	926.25

SERVICE OPPORTUNITIES

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 for April, May, June or July. 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 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

Or, mail your article to

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

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 home group and concentrate your service work there-- makes service easier and more effective! Do you need PI materials to inform others about OA? Contact your public information rep, Dara, at public-info@oacfi.org.

The Third Step Prayer

God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!