



Letter from the editor

Dear OA Friends,

Have you ever felt tired of the whole process of recovery. Have you ever had a day when you thought 'I do not want to sponsor, be sponsored, go to a meeting, read the steps, weigh my food or stick to a plan of eating.' Ever want to go off in a cave and have all your needs met—including never gaining an ounce while eating foods not currently a part of your recovery? These are the thoughts that proceed a relapse. These are the ideas that start to seem rational; that make taking the first bite okay. What did you do to stay abstinent that day? What kept you in recovery?

This is how I felt for three hours Friday night and 2 hours Saturday morning. If I was not working this program these thoughts would have lead me back into the food and away from sanity. I thank my higher power that I reached out to call my sponsor with these thoughts and shared my feelings. I went to my home meeting early Saturday morning and I shared these thoughts and I committed to not picking up. I weighed and measured my food. I wrote it down. I wrote, I read. I ended that day still abstinent. The despairing feelings were removed and I am grateful to still be abstinent and in recovery today. Where would I have been if I was not already calling my sponsor daily, attending regular meetings, making calls and committed to a way of life that starts with rigorous honesty?

This is where being connected with the people in this program really makes the difference between being in recovery and falling out of sanity and back into the hell of compulsive eating. Have a home meeting to go to each week. Make that call to your sponsor whether you want to or not. If we keep doing the next right thing we keep getting better!

Your friend in Recovery,

Jane C.

Your Trusted Servants for Central Florida Intergroup

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

NEW BEGINNINGS

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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@oacfi.org

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

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: August 14, 2010 at 10:00am

St. Marks Presbyterian Church

1021 Palm Springs Drive

Altamonte Springs, FL 32701

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 MEETING!

Atonement Lutheran Church
29717 State Road 54
Wesley Chapel, FL 33543

Come join the
"Serenity Seekers" as
we start our journey
in Wesley Chapel!

NEW MEETING!

Thursday's 07:30AM

**St. John's
Lutheran Church**

**1600 S Orlando Ave
Winter Park, FL 32789**

**It is never too early in the morning
to embrace recovery!**

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!

The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Ninth Step Prayer

God give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindness, and Love and help me live the spiritual life.
AMEN

SUPPORT YOUR OA MEETINGS!

What if you needed a meeting and the meeting and no one was there. Meetings can only be there for you if you are there for the meeting. Miracles happen to those who show up!

Monday 7:30PM
Holy Family Catholic Church
New Life Center Bldg.
5125 S. Apopka-Vineland Rd

Friday 7:30PM
St Luke's United Methodist
Bldg A Room 102

Help us spread the word that the Wednesday 6PM Florida Hospital East Meeting has **MOVED**. The new location is Christ the King Church on 26 Willow Drive, Orlando, FL 32807, in the Parlor Room.



OA's New Tool: "Action Plan"

I heard that we have a new addition to our recovery toolbox; and while Overeaters Anonymous hasn't defined what this new "action plan" is yet, my disease was saying, "great, *another* tool I have to deal with!" Prior to OA, my life was far from action-packed. Rather, it was dominated by a fantasy world of desires and regrets. I would eat to numb myself from the pain. I usually felt too lazy to take much action on anything, but when my willpower managed to push through the inertia, I usually found obstacles, so I'd eventually give up. It was far safer for this food addict to eat a pint of this or a bag of that than to actually do anything. Trouble was, I couldn't stop eating. After years of failed attempts to "do it my way," one day I finally gave up hope.

That is, until I found OA. In these rooms, I found out I didn't have to live like that. I learned I had a mental and physical problem and that OA had a solution (a spiritual one). OA gave me hope again. I quickly learned, however, that while my new-found intentions were all well and good, they would accomplish little unless accompanied by action and more action - "faith without works is dead."

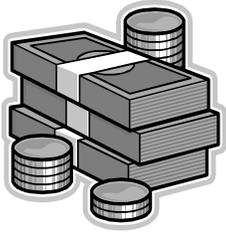
The insanity of this disease is that even though I know can only remain abstinent by working the steps and using the tools, I sometimes find myself not wanting to. Even after years of recovery, unshakeable abstinence, and over a hundred pounds of weight loss, I sometimes get distracted by work, by people or by sales at the mall. I think I need this new tool.

I was recently troubled by a lack of motivation to exercise; I stopped jogging last year. While not one of my OA tools, I find regular exercise to be helpful for all three areas of my recovery: physical, mental and spiritual. I would try to start up again, even taking it slowly, but I couldn't find the willpower to keep it up consistently. Sound familiar? Eventually, I prayed about it. I talked about it with my sponsor and with others.

Then I went to a meeting and heard about this new "action plan." No formal definition yet, but we were free to come up with one for ourselves until WSO (the group conscious of OA) comes to a consensus. So now I have an "action plan" to address my lack of motivation to get my body moving. I walk for 30 minutes, 3 times a week. I can always do more, but that's my bottom line. I tell people about my plan so that I have accountability, just like I learned to do with the food. I use this tool and it's been working for me for several months now. God is doing for me what I wasn't able to do for myself. I feel healthier, I get to clear my mind, and it gives me yet another chance to work step 11 in the morning.

From talking and sharing with others, I learned that the only "incorrect" way to come up with an action plan was to not do it at all. Even a food-addict like me can try that! Your action plan may involve a completely different issue than mine, and why not? OA isn't some diet and calories club, it's a plan for living that works...it works if I work it, that is. Sounds like a good plan to me!

- *Anonymous*



Treasurer's Report

Group Contributions		JULY
Sun	Winter Park 7th Day Adventist Church	200.00
Mon	Leesburg Unity of Leesburg Church	20.00
Mon	Orange City FI Hospital	35.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	71.50
Mon	Winter Springs, Grace Presbyterian	64.71
Tue	Maitland Asbury United Methodist Church	200.00
Tue	Winter Park St. John's Luthern	40.00
Wed	Tavares First United Methodist Church	20.00
Wed	Longwood St. Stephen's Lutheran	75.00
Wed	Ocala First United Methodist .	136.39
Wed	Dr. Phillips/Orlando Sand Lake Hospital	25.00
Wed	Winter Park St. John's Luthern Church	71.50
Thurs	Lady Lake, North Lake Presbyterian	20.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Winter Park St. John's Luthern 7:30 AM	20.00
Thurs	Winter Park St. John's Luthern 5:30 PM	10.00
Fri	Lady Lake , Library	50.00
Fri	Orlando, St. Lukes United Methodist	15.00
Fri	Winter Park St. Peter and Paul	15.00
Sat	Altamonte Springs St Mary Magdalen	100.00
Sat	Altamonte Springs St. Mark's Men's Mtng	129.00
Sat	Central Florida Intergroup Mtg.	58.48
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	The Villages, Hibiscus Village Rec. Ctr	75.00
Sat	Winter Park St. John's Lutheran	100.00
Mon	BB Step Study meeting -- unlisted	25.00
Total Group Contributions		1691.58

SERVICE OPPORTUNITIES

In OA we practice rotation of service!

Service Wanted!

Looking for an assistant Webservant to help with the oacfi.org website. The main service you would be doing would be converting the newsletter from Microsoft Publisher into .pdf format and then uploading it to the website. It isn't just hitting a button, it would also be doing some design of the newsletter to make it read correctly on the web. Not really hard work, just time consuming. You would also be turning flyers into .pdf's and uploading them to the website. The main requirements are that you have Microsoft Publisher on your computer and that you know how to turn a file into a .pdf and upload it on to the oacfi.org website. Please be someone with a commitment to abstinence and to practicing the principles of the 12 steps and traditions of Overeaters Anonymous. This kind of service really DOES help you stay in recovery. Please contact Dara at webmaster@oacfi.org.

Additional

Service

Wanted!

The editor of New Beginnings is now Al A. and we are now seeking someone to give service and assist as co-editor for New Beginnings as soon as possible. Some knowledge of Microsoft Publisher is helpful but you can learn as you go. I will be happy to assist you in getting started. There is already a edi-

We need your experience, strength and hope!

Articles needed on the 10th step, 10th Tradition, or your own ideas

Please include your first name and last initial, or just write anonymous. Please submit all articles by September 1st, 2010 for the October issue.

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

Today I Take This First Step

No matter if I have been in the fellow-
ship for
One minute, one day, one year or forev-
er
Each day when I arise I must take this
step again

Taking this first step in the moment, in
the hour, every day

Redefines that I am powerless

Listen to the fact that powerlessness can
cause you to dig deeper into the feelings
that define you

Show up give up, grow up admit to the
powerlessness

Commit --- Wow; listen to those words,
feel them, taste them

But theses are just the words

Until you take the real action to commit
to a real action plan

And not just to admit, but commit and
act on it

Now give up and work a real program

- Anonymous



PRESENTS

Our Annual Fall Retreat

LIVING WELL TODAY:
A Plan of Action



October 15-17, 2010
Lake Yale Conference Center

39034 County Rd 452
Leesburg, Florida 34788

See back page for more information on
the Fall Retreat!

Step Nine

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

The Ninth Step Promises

These Promises begin to occur once we start working our Step Nine Amends

(page 83-84 from the Book, Alcoholics Anonymous)

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Tradition Nine

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

In life, businesses and other groups are organized. They keep order so productivity will continue and income will increase. There is a level of authority established so that management has the authority to "direct" the actions of others. But in 12 step rooms, no one has this kind of authority. There is no management; the groups are a fellowship of equals. No one governs the group. Decisions are made by the group as a whole and not by one member or a managing group of members.

By creating a fellowship 12 step groups protect that even the newest members can quickly gain a sense of belonging to the fellowship.

Our fellowship creates service boards and committees. This is important to understand because in the course of things it may seem to us that our service creates the Fellowship. It is one way and not the other. This keeps our committees and boards service oriented. It helps us to remember our commitment to the fellowship and never to govern.

In the end we can trust OA service boards and committees are guided by a loving God in their choices.

- Anonymous

YOUR PROGRAM

**GREAT SPEAKERS
WORKSHOPS - FELLOWSHIP**

SPEAKERS WHO ARE LIVING WELL TODAY:

We need your voices. We need your love. Please sign up to lead program or workshop. Minimum six months of abstinence required to lead but all can share their hearts.

Workshop leaders needed: Share your experience strength and hope with your fellow OA's.



SCHEDULE FOR RETREAT

Full weekend - No Day Trippers

FRIDAY OCTOBER 15, 2010

Registration 2:00 PM till

Opening 7:00 PM

SUNDAY OCTOBER 17, 2010

Closing 11:00 AM

LIVING WELL TODAY A PLAN OF ACTION

Our annual retreat works only with your help. Remember "It works if you Work it."

Please volunteer. Indicate willingness on registration form or see contact info below... We Need You!

Last year was a fantastic success. A beautiful setting, peace, the serenity, the love.

We will be speakers, workshops, a Bouique, fellowship and just plain fun.

Comfortable rooms, abstinent meals and a beautiful lake setting.

If you were not with us last year ask your friends who were.

Don't miss it!

Register today to save your spot. Space fills up quickly.



CONTACTS

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Entertainment Talent From Within

Bring your voice - instruments - poetry, etc, and entertain all of us at the retreat. Whatever your talent, please share it with us. From song and dance to story telling. Your special gifts will be enjoyed by all.

