

New



Beginnings

November '10

A journal of experience strength, and hope

We need your experience, strength and hope!

Articles needed on "How do you survive the holidays?"

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

Please email your article to: newsletter@oacfi.org

Or, mail your article to
Newsletter Editor, CFL Intergroup,

11th Step Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen
—AA Twelve Steps and Twelve Traditions, p. 99



Soar 8 Convention

Registration form and information is inside the newsletter.
Take a look!!

Your Trusted Servants for 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

Position: Name	Phone	Position: Name2	Phone
Chair: Barb R.	(352) 365-1125	Vice-Chair: Gertie W.	(407) 694-3962
Secretary: Cheryl S.	(407) 221-5928	Treasurer: Judy P.	(407) 339-7164
WSO Delegate : Gloria L	(407) 340-2008.	Web Master: Dara S	(407) 446-7620
Telephone & Tech: John P	(407) 712-4765	WSO Delegate:	Vacant
New Beginnings Editor: Al A	(407) 415-1156	Parliamentarian: Rita S	(407) 234-0808
New Beginnings Co-Editor:	Vacant	WSO Delegate: Jane C	(407) 595-5947
Literature: Janet T.	(407) 310-2284	Region Rep:	Vacant
12th Step Within: Deede D	(407) 697-0563	PR/PI: Dave C.	(407) 716-4021
Publications:	Vacant	Young People: Sara	(407) 615-1998

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: email - newsletter@oacfi.org OR mail 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 NEWS-LETTER in the subject heading.**

Next Intergroup Meeting: November 13 , 2010 at 10:00am in Lady Lake

Northbound:

27/441 to Lady Lake, first road

past Home Depot, turn right.

Take 2nd road to the right into

the Church parking lot. Go to

fountain. Signs will show

For questions or directions call or Rosemarie K. at 352-751-1879 or Karen K. at 352-365-2854

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!

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. We will be happy to assist you in getting started.

Contact newsletter@oacfi.org if interested.

NEW

**BEGINNERS MEETING AT THE
VILLAGES!**

9am

Newcomers Meeting

Hibiscus Village

Recreation Center

1740 Bailey Trail

(within the village of Sunset Pointe)

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.

Step 11

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

There was a time in my life that when something came up, no matter how big or how small, I could not cope without using food. My body got bigger and bigger, and I didn't know how to stop eating. I justified it by thinking it was my destiny to be large like my ancestors. These memories are vivid to me, the time I spent in the grocery store cookie aisle trying to decide on the healthiest cookie. Eating until I blacked out. Never having enough to fill that empty void in my soul. True insanity.

But those old ideas (and behaviors) went out the window with OA recovery. I was told that there was a better way to live and that I did not have to use food as a drug anymore. Upon receiving my first Big Book, I was instructed to read pages 86 through 88 everyday for those were the directions that held the key to God. And they were right.

The 11th step puts my Step 2 to good use and connects me to my higher power on a daily basis. The directions are simple and work in every situation. *When I face indecision I ask God for inspiration, an intuitive thought or a decision. When I am agitated or doubtful, I ask God for the right thought or action.* I use these prayers all day long because it doesn't take much to get my mind spinning. *We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.* These are some of the greatest promises the Big Book offers. To be free of those things, worry, anger, fear, etc., defines my abstinence.

Continued practice of Step 11 on a daily basis, all day, assures me I will never have to reach for food again to cope with life. And for that I am eternally grateful.

Thanks for letting me share.

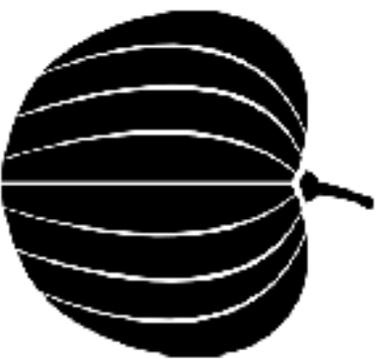
~Cindy B.

Tradition 11

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.

"Attraction rather than promotion" is good for us and essential for the OA fellowship. Our individual recovery, as well as group unity and effectiveness, depends upon this unusual brand of public relations. The 11th tradition is based on faith in our program and in that Power greater than ourselves which guides compulsive overeaters to our doors. All we have to do is let the facts about OA and its principles be known. We can depend upon our Higher Power and this miraculous program to attract those who can benefit by what OA has to offer. When we maintain our tradition of anonymity, we ensure that OA will remain a spiritual fellowship, supporting all of us in our recovery.

-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 197-198



We absolutely insist on enjoying life.

—The Big Book p. 132

The Triple Crown of holidays is coming!



Come and join us!

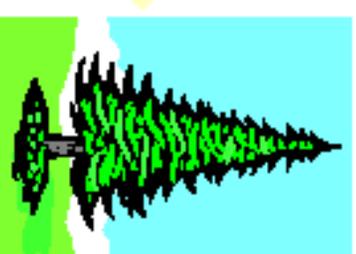
Saturday, October 30, 2010

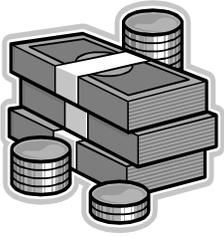
St. Mary Magdalene Annex

9:00-12:00

**Let's prepare for the holidays together and help
keep one another abstinent!**

Suggested donation \$3.





Treasurer's Report

September 2010

Group Contributions

September 2010

Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Kissimmee FI Hospital	161.21
Mon	Leesburg Unity of Leesburg Church	25.00
Mon	Orange City FI Hospital	20.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	60.68
Mon	Winter Springs, Grace Presbyterian	28.85
Tue	Maitland Asbury United Methodist Church	100.00
Tue	Winter Park St. John's Luthern	63.00
Wed	Lady Lake United Methodist Church	20.00
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Orlando , Christ the King	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	25.00
Wed	Winter Park St. John's Luthern Church	60.67
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Winter Park St. John's Luthern 7:30 AM	30.00
Fri	Lady Lake , Library	50.00
Fri	Orlando, St. Lukes United Methodist	30.00
Fri	Winter Park St. Peter and Paul	30.00
Sat	Altamonte Springs St Mary Magdalen	300.00
Sat	Altamonte Springs St. Mark's Men's Mtng	30.50
Sat	Central Florida Intergroup Mtg.	51.00
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	40.00
Sat	The Villages, Hibiscus Village Rec. Ctr 10:00	75.00
Sat	Winter Park St. John's Lutheran	100.00
Sat	St. Cloud Warehouses	15.00
Total Group Contributions		1570.91

"...The problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."

—*Big Book, 4th ed. Pg. 85.*

I was blessed to be able to attend the World Service Convention in Los Angeles that celebrated 50 years of OA Recovery from August 26-29, 2010.

I went with one of my best OA buds. We traveled together, roomed together, brought and shopped for food together. We also laughed at ourselves and with each other. But the most important thing we did together was pray. We both asked God to direct our thinking, divorcing it from wrong motives. When we were resentful, selfish, dishonest or afraid, we turned to God for forgiveness and cleaned it up with each other.

I saw Rozanne who is still thanking her Higher Power for leading and guiding her 50 years ago to follow in AA's and GA's footsteps to bring the 12 Steps process to those who use food as their drug of choice. Although she did not have the invaluable support that Bill Wilson had in Dr Bob Smith, the Power greater than herself has been leading, guiding, guarding and protecting OA just as He does for AA and all the other anonymous fellowships.

I saw there many of the people I have met in OA over the years at conventions in Chicago, Baltimore, San Francisco, New Orleans, Dallas, Minneapolis, Philadelphia, New York, Albuquerque as well as other meetings, retreats and marathons held in Florida. Words cannot express my joy at seeing them, still recovering and still giving evidence that there is a solution to this disease that involves neither diets, will power, money, prestige nor any of the myriad fixes I had tried before program.

There were many missing, of course. Some could not make it because of other commitments, concerns and circumstances. We had a moment of silence for our beloved Janet C. who was such a blessing to OA in Florida. I learned of the passing of Rudy from Guatemala. Our hearts go out to his widow Jeanmarie, his daughter Natasha, and to all who knew and loved him. Above all, our prayers are for the ones in whom the disease has re-activated and who did not come for that reason. May God help and bless them into recovery once more!

The trip has renewed my determination to work the program. I have found new joy in Step work. While it has been my practice for years to write down everything I eat, I have renewed the practice of calling in my food every day to my sponsor and calling in any change before eating it.

I thank God that I was able to attend this celebration. I thank God for all of you.

Have an abstinent day!

— *Anonymous*

Service Opportunities

Please mark the area(s) where you are willing to give service during the Convention /Conference

- | | |
|---|---|
| <input type="checkbox"/> Hospitality | <input type="checkbox"/> Workshop Timer |
| <input type="checkbox"/> Registration | <input type="checkbox"/> Assembly Page/Runner |
| <input type="checkbox"/> Boutique | <input type="checkbox"/> Meditation Leader |
| <input type="checkbox"/> Decorations | <input type="checkbox"/> Set Up |
| <input type="checkbox"/> Hugger-Greeter | <input type="checkbox"/> Guest Pick-up |
| <input type="checkbox"/> Speaker | <input type="checkbox"/> Greeters |
| <input type="checkbox"/> PI/HIPM Table | <input type="checkbox"/> Gopher |
| <input type="checkbox"/> Attending Assembly/Willing to leave to speak at recovery meeting | |

The OA Preamble

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. 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 eating and to carry the message of recovery to those who still suffer.



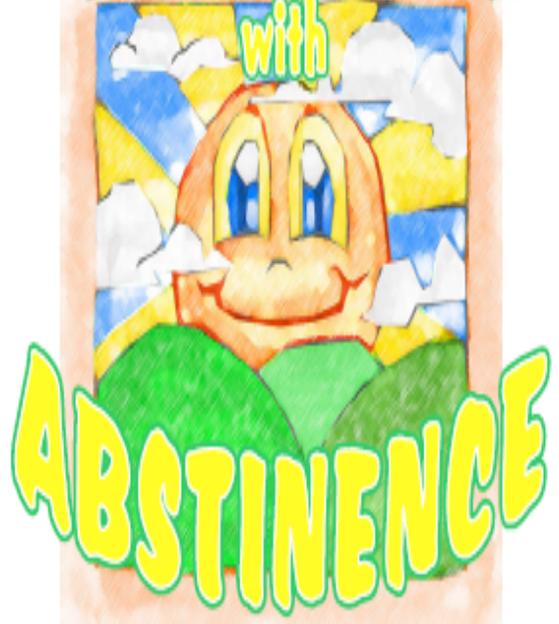
Please make copies and distribute to your groups. If you are reading a paper copy of this flyer, it is also available at:

www.oaregion8.org
&
www.oacfi.org

Region Eight



Fun in the Sun



SOAR 8 Recovery Convention and Business Assembly

**November 5-7, 2010
Orlando, Florida
Westgate Lakes Resort & Spa**

**Hosted by
Central Florida Intergroup (OACFI)**

HOTEL INFORMATION

Westgate Lakes Resort & Spa

10,000 Turkey Lake Rd, Orlando, FL 32819

Room Rates (if reserved by October 5th)

\$69.00 a night Studio (2 Dbl Bed Studio) 1-4 people

\$89.00 a night Studio (King Bed & sleep sofa) 1-4 people

All Studio rooms have mini fridge, coffee maker, toaster and microwave. Studio rooms w/King bed also have whirlpool tub.

Price does not include tax (currently 12.5%). This room rate is available for three days prior and three days after the conference but MUST be made by October 5th for this rate to apply. For reservations call the hotel directly at

1-888-808-7410 and mention group code 14-386

Reservations made after October 5th will not be eligible for this rate. Other accommodations will be available for a higher rate.

- ◆ Hotel reservations must be made directly with Westgate Resorts by 10/5/2010 for special rate.
- ◆ Attendees looking for a roommate please email Joyce at shadesfan@aol.com.
- ◆ Check-in is 4pm / Check out 12 noon.
- ◆ Full service restaurant open for breakfast & dinner
- ◆ 1 mile to mega retail/food store, 2 miles to natural food store and various restaurants
- ◆ Most rental car companies available at Orlando Int'l Airport. Taxi from airport is per vehicle, not person and average \$40+ each way.

For more hotel information call Beth @ 352-223-9769

For other information please email
Gertie @ wgertie2010@gmail.com

OR
call Jane at 407-445-2457

Directions to Hotel from airport: 528 West to 1-4 East. Take I-4 to Sand Lake Road. Left on Sand Lake road, staying left for 2 lights to Turkey Lake Blvd. Left on Turkey Lake Blvd. Drive two miles. Hotel will be on the right, directly after Dr Phillips Hospital.

REGISTRATION FORM (One form per person)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: () _____ Email: _____

If you are attending the Business Assembly Please select all that are applicable:

Region Rep from: _____ (specify NAME of Intergroup)

1st time Rep (Green Dot) _____ (specify name of Intergroup)

I am also Chair of _____ Intergroup

Board Member Funded Chair Trustee Parliamentarian

PAYMENT & Meal Selection

Early Bird Registration (received by Oct 8) \$35.00 \$ _____

Late Registration (received after Oct 8) \$50.00 \$ _____

Saturday Buffet Luncheon \$25.00 \$ _____

Saturday Banquet Dinner \$30.00 \$ _____

(Select one) Fish Beef Vegetarian

Optional donation for scholarship fund \$ _____

(No one will be turned away due to inability to pay)

TOTAL ENCLOSED \$ _____

MAILING INFO

Make check payable to OACFI
and mail check & registration to

Phyllis Dwyer, SOAR8 Convention

270 Adelaide Street ♦ DeBary, FL 32713

Cut off date for registration cancellation refund is October 15th. After the 15th the registration will be considered a 7th tradition donation.

OA ON LINE AND TELEPHONE MEETINGS

For a current list of telephone and online meetings go to OA.org. Put your cursor
Meetings on the tool bar. Click on Find an
Online/Telephone Meeting. On the page you are



over
tak-
to

en to go toward the bottom and **select your**
meeting type. Select the day you would like
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 desig-

nated downloader for list copies.

Northbound:
27/441 to Lady Lake, first road
past Home Depot, turn right.
Take 2nd road to the right into
the Church parking lot. Go to
fountain. Signs will show

Where: No.Lake Presbyterian Church
975 Rolling Acres Road (by Home
Depot) Lady Lake, Fl. 32159
Lunch may be purchased at a local
restaurant. List available at
registration table or brown bag it.
Coffee and water provided. A \$3.00
"Love Donation" is suggested. The
drawing will benefit Central Florida
Intergroup. "If you can't pay, don't
stay away."
For questions or directions call or
Rosemarie K. at 352-751-1879 or
Karen K. at 352-365-2854

“ ‘FALLING’ INTO RECOVERY”

November 13, 2010

Intergroup 10-11AM
Lunch 11:15-12:45
Marathon 12:50-3:00
Drawings 2:45

Sponsored by
Overeaters Anonymous of Central Fl.