New Beginnings

OVEREATERS ANONYMOUS®
Central Florida Intergroup

January '11

We need your experience, strength and hope!

Articles needed on "Abstinence, step 2, tradition 2,

or whatever you would like to write about.

Please include your first name and last initial, or just write anonymous.

Email your articles and suggestions to **newsletter@oacfi.org**

Please submit all articles by January 1st, 2010 for the February newsletter.

OVEREATERS ANONYMOUS®

ALL PARTICIPATING FLORIDA INTERGROUPS
PROUDLY PRESENTS

THE FLORIDA STATE CONVENTION

TOGETHER WE CAN...
BE ABSTINENT 24/7 IN 2011

FEBRUARY 25-27 2011

Look inside for the State Convention Flyer!

Come and get your ANGEL CARD

OA NEW YEARS DAY MEETING
St. Mary Magdalene Catholic Church/Annex
861 Maitland Ave, Altamonte Springs
January 1, 2011
9:00am to 12:00pm

Look inside for the Angel Card Meeting Flyer!

Need to Order Literature?

- You can go directly to the OA website http://bookstore.oa.org/
- Or you can send an E mail to literature@oacfi.org and pick up and pay for your literature at the monthly intergroup meeting.

January is "OA Media Awareness Month!"

Start the New Year off by recommitting to carrying this message of recovery to those who suffer outside of these rooms:

- ✓ Update phone numbers and contact names in on the www.oa.org website, your local "New Beginnings" newsletter, and other public listings.
- ✓ Have your group celebrate OA's birthday on or around January 19th.
- ✓ Place a meeting notice for your home group in your local newspaper.
- ✓ Join your local OA Intergroup's Public Information/Public Outreach Committee ("PIPO"); email the PIPO Chair at b4oaiate@gmail.com.

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

– OA Responsibility Pledge

Step 1

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

Every journey starts with one step. For us this step is honesty and self awareness. At some point in my life I had to make a decision. Perhaps the most important choice I have ever had to make. This was the conclusion that I was powerless over food and it had made my life unmanageable. For me it wasmuch more than just the food that I was powerless over. It was my out of control emotions, how I felt about myself, how lonely I was, and how bad I was at dealing with life's situations. What this says to me is that I need to be brutally honest with myself; not only with myself but with other people. I am only as sick as the secrets I hold. I needed to recognize what I have power over and what I don't have power over. Ultimately I discovered the only thing I truly had power over was me. This means my choices, attitude, thoughts, feelings, actions and beliefs. I was powerless over my compulsive behavior, especially when it applied to food. For this I needed a power greater
than me to help me and bring me to a place where I could make that choice to change.

Step one is all about making that choice to start a new journey. Each step I took required more honesty. But this didn't mean I was beating myself over my head. Acknowledging that I have a problem, that there are alternatives and I can choose to change was actually all I needed to do. This required me to have a sense of self-empathy. I had to learn to believe in myself, that I wasn't perfect, that I was simply human on a long journey.

This step provided the foundation for all the steps. As I worked the twelve steps, I realized that this journey was an adventure in discovering who I was. It was a process of becoming real. Before I could go to any length to change I had to believe I could change. At the time I didn't know really what that meant. I knew it involved tackling how I behaved particularly with food. Soon it became obvious to me I had to tackle my ego, pride, negativity and low self-esteem. I had to learn to believe in myself. I no longer can look at myself and the world in generic terms. Finally, I recognized it was OK to have feelings; it was OK to make mistakes; and it was OK to be myself. I don't need to please anybody else but me and I don't need to get others to approve, appreciate, respect, like and love me.

In Step one I made the decision I was powerless and I needed to change. Then with my higher power, I took another step and then another. This is a step I need to come back to everyday. I had to remind myself of my desperation that brought me to this program in the first place. I had to do this one day at a time with a commitment and a plan to keep my abstinence. As I worked this step every day I got deeper and deeper into the levels and layers of who I am. I discovered I was looking at myself through distorted lenses and I really wasn't a failure after all. This made it easier over time to keep my abstinence, get in touch with my feelings and ultimately to continue along the journey of becoming real. *--Anonymous from the Palm Beach County OA Newsletter January*

Tradition 1

Our common welfare should come first. Personal recovery depends upon OA unity.

Introduction To The Twelve Traditions

When we first came to OA we were focused on our own recovery. Most of us took for granted the OA group we attended and the OA fellowship as a whole, not thinking much about how they operated and whether they would continue to be there for us in the future. Soon, however, as we left behind our dependence on food, we began to rely on OA. We felt it was our only safe haven, and we reacted with fear any time we thought this Fellowship might be threatened. Yet we quickly found that we did not need to be afraid for the health of OA. We have 12 traditions which are designed to keep our meetings and service committees on track, functioning in such as way as to nurture the recovery of all COE who seek help in this Fellowship. This study of the traditions shows how these 12 suggestions have worked to help individuals, groups, and OA as a whole solve problems, thrive, and be effective instruments for carrying the message of recovery to those who still suffer. We owe a large debt of gratitude to AA for breaking ground establishing these traditions and allowing OA to adapt them to our Fellowship. Developed through long and sometimes painful experience, the 12 traditions embody the same principles for living as do the 12 steps. Those who have studied them carefully have found that these traditions can be applied effectively to all human relationships, both inside and outside OA. With this in mind, we turn our attention to the traditions, trusting that as we come to understand them better, we will be better able to keep our OA lifeboat afloat and ourselves spiritually fit in the face of all the challenges. *—OA 12 & 12 pp. 107-108*

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.

Treasurer's Report
November 2010

Group Contributions

TREASURER'S REPORT NOVEMBER 2010

Mon	Flagler Beach 10:00 AM	100.00
Mon	Leesburg Unity of Leesburg Church	40.00
Mon	Orange City Fl Hospital	20.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	15.16
Mon	Winter Springs, Grace Presbyterian	20.00
Tue	Maitland Asbury United Methodist Church	113.00
Tue	Ocala 6:00 PM	20.00
Wed	Tavares First United Methodist Church	20.00
Wed	Orlando , Christ the King	30.00
Wed	Winter Park St. John's Luthern Church	15.15
Thurs	Flagler Beach 10:00 AM	65.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Ormond Beach In the Pines	40.00
Thurs	Winter Park St. John's Luthern 7:30 AM	25.00
Fri	Orlando, St. Lukes United Methodist	20.00
Sat	Altamonte Springs St Mary Magdalen	200.00
Sat	Central Florida Intergroup Mtg.	46.16
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	100.00
Sat	Winter Park St. John's Lutheran	100.00
	Total Group Contributions	**1064.47**

Download and post our flyer on local bulletin boards! Get it on our website at:

http://oacfi.org/new/wp-content/uploads/2009/08/bulletinboard.pdf

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, Dave C. at 407-716-4021

Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

PLEASE GIVE YOUR SERVICE

BOUTIQUE	☐	REGISTRATION	☐
HUGGER/GREETER	☐	HOSPITALITY	☐
SERVICE INFO DESK	☐	TIMER	☐
LITERATURE TABLE	☐	TICKET SELLER	☐
WORKSHOP LEADER	☐	<90 DAYS ABSTINENCE	
WHEREVER NEEDED	☐		

REGISTRATION
WWW.FLSC2011.EVENTBRITE.COM

NAME	>	
ADDRESS	>	
CITY/STATE/ZIP	>	
PHONE	>	
EMAIL ADDRESS	>	
NAME ON BADGE	>	
ROOM MATE	>	

MAKE CHECKS PAYABLE AND
MAIL TO: FLORIDA STATE CONVENTION 2011
c/o Burt Tucker
5441 Deleon LANE
Elkton FL 32033 #321-214-3446
showupoa@aol.com or
Linda Hartmann fdnymom@msn.com 727 647 8280

HOTEL RESERVATIONS
407-660-9000
(YOU MUST MAKE YOUR OWN RESERVATIONS)
FOR SPECIAL RATES OF: **$99.00** DBL
$104.00 triple **$109.00** quad **+ 11% tax**

Use the code as *FSCOA* for this rate
RATES GOOD 3 DAYS BEFORE AND AFTER EVENT
HOTEL CHECK-IN 3:00 P.M. FRIDAY
HOTEL CHECK-OUT 12:00 P.M. SUNDAY
Hotel requires a credit card to hold your reservation
****

CONVENTION INFORMATION
Registration **From Friday 3:00 P.M. till Sun. 12:00 Noon**
Early Workshops **start Friday 4:00 P.M.**
Opening Ceremony **Friday 7:30 P.M.**
Convention ends **noon Sunday**
NO REFUNDS **after 2/2/11 become 7th tradition**
****

ON-LINE REGISTRATION OR MAIL
WWW.FLSC2011.EVENTBRITE.COM

RATES

TYPE **EARLY BIRD CUT OFF 1/29/2011**	BY MAIL	ONLINE
EARLY REGISTRATION	$20.00	$23.00
LATE REGISTRATION	$30.00	$33.00
EARLY BIRD MEAL PACKAGE	$95.00	$99.00
LATE MEAL PACKAGE	$99.00	$103.00
EARLY BIRD REGISTRATION MEAL PACKAGE	$115.00	$122.00
LATE REGISTRATION MEAL PACKAGE	$120.00	$130.00
BANQUET ONLY	$35.00	$38.00

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ALL PARTICIPATING FLORIDA INTERGROUPS
PROUDLY PRESENTS

THE FLORIDA STATE CONVENTION

TOGETHER WE CAN...
BE ABSTINENT 24/7 IN 2011

FEBRUARY 25-27 2011
SHERATON ORLANDO NORTH
600 North Lake Destiny Drive
MAITLAND FL 32751 407 660 9000
Toll free 1-800-325-3535
MAPQUEST DIRECTIONS
FROM TAMPA mapquest.com/mq/3- CCCMAJPVXN6F
FROM JAX mapquest.com/mq/4-61OE75Y0lewB
FROM MIAMI mapquest.com/mq/3-AOdp78loxfHR

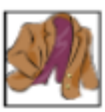
THIS IS OUR ONLY ANNUAL FUND RAISING EVENT BY
THE PARTICIPATING INTERGROUPS

WALK-INS WELCOME
No One will be Turned Away
DAY OF REGISTRATION $30.00
Weekend 4 Meal package includes:
Saturday & Sunday Breakfast Buffet
Saturday Lunch Buffet Saturday Banquet, Entertainment
Includes Tax and Gratuity
Saturday Only Banquet $35.00

PAYMENT AND MEAL SELECTION
SEE RATES PAGE

EARLY REGISTRATION	$_____
LATE REGISTRATION	$_____
REGISTRATION AND MEALS	$_____
LATE REGISTRATION AND MEALS	$_____
BANQUET ONLY	$_____
TOTAL SUBMITTED	$_____

Check choice of meal for whichever plan you choose.
BEEF _____ FISH_____ VEGETARIAN_____
Dinner includes sweet potato, green beans and salad.



LITERATURE AVAILABLE
Literature orders must be placed by 2/15/11
Contact Sharon trapps1@verizon.net
SUPER BOUTIQUE

FINDING THE RIGHT TOOL FOR ABSTINENCE

One of the tools for the 12-Step Program of OA is writing. Any professional would know the value of having the right tool for the job. I watched my mechanic work on the engine of my car one time. I thought that I was observing a doctor doing surgery. He seems to be able to pull just the right gadget to do specifically what he needed done at any given time. He expressed to me the value and expense it takes to invest in all the tools he needed to be a mechanic.

I am able to self-evaluate my character through writing. As I approach a year of ascendant, I become more sensitive and aware of all the emotions to why and when I eat. I came into the program delusional. I had no idea that my body would actually lie to me. I thought that when I felt hungry it meant that it was simply time for me to eat. It didn't matter if I just had a full course meal. As I dig deeper into my nature, I notice a lot of anger. I discovered myself wanting to eat for resentment, anxiety, stress, boredom and control. It simply was not just because I was hungry. I was raised to accept gluttony as a prosperity lifestyle; moreover, never question the morals to why I eat, nor the meaning of a balance meal. Today I am aware and I write to keep in touch to being aware. My wife tells me to write when I presently find myself wanting to binge in a snacking rage. She tells me to search out the meaning behind my hunger. I love my wife. Therefore, today, I think it is wise to listen to my wife.

~~Tony B.

A New Beginning…

"If you want to go fast, go alone. If you want to go far, go together."
- Old African proverb.

New Year's Days of the past were not a happy time for me. I would spend the day wallowing in regret, counting my many failures. My weight, lack of joy and love in my life, and a failed economic situation all combined to paint a dim, hopeless future. I never shared these fears or resentments with anyone directly, but they would come out in my New Year's "resolutions." I would brag to others about all the noble things I would plan to do this year. Hours later, I would end up passed out in front of the television, the coffee table littered with junk food wrappings. I just kept trying to power my way through life, alone with my food, never realizing that by doping myself with food, I squashed any chance I had for learning or growth.

All my life I was told I should be able to succeed based solely on my own efforts. Pop culture, news media, friends and relatives all reinforced this belief. When I found I could not control my food intake, when I felt alienated from everything and everybody, when my body began to betray me with pain and disease, I felt abandoned by this world of self-sufficient go-getters, able to succeed at the game of life. I had been one of the last to be picked for teams in school and it seemed I would likewise be left on the outside looking in as life passed me by. I had no one to talk to about these feeling, and even if someone had offered, I doubt I would have been willing to let them. I was truly alone in a prison of my own making.

It wasn't until the pain and shame of my unmanageable life brought me to the open doors of Overeaters Anonymous that I became willing to try a new way, to let someone else into my cell. OA's listened to me without judgment. OA's didn't try to force me to do or believe anything. OA's filled my ears with beautiful stories of freedom and hope. They inspired me to keep coming back no matter what. I attended several different meetings but picked one that I would attend weekly and gave service at that meeting, so I got to know people and began to make friends. After several months, I got the courage to ask someone at my home meeting to sponsor me. I accepted her suggestions on my food plan and my step work. I made my daily phone calls, went to 3-4 meetings a week, and read our OA literature. With the help of others, I found abstinence. Whenever the food called to me, or I wanted to quit trying to be so "good," I could share that with my sponsor and other OA's and they reminded me I was human and not alone. Newcomers and those who weren't able to "hold onto" abstinence would consistently remind me why I should keep using the steps and the tools rather than reach for the food.

Years later, OA is still transforming my life into something I never imagined it could be. I thought I'd get a magic diet. I was given something better – I got a new beginning, and a real life to live! Some of us spend so much of our brief time on earth just scraping by, but for today, I feel like I'm packing what I can into that great stream of life. It is never perfect or always pain free, but its real, and its good, and I wouldn't trade it for all the childish past New Year's resolutions I'd made, come true. Seriously! Every day in recovery can be New Year's Day, an opportunity to keep coming back. With the help of God and this beautiful fellowship, each moment can be a new beginning, brimming with hope and love. Open wide the jailhouse doors! Let the sunlight of the Spirit transform you! Give what you have received, and arise anew!

- a grateful OA

Volusia County Meetings That Recently Joined Our Central Florida Intergroup

Mon	10:00	V	Flagler Beach	Santa Maria del Mar Learning Center	805 N Central Ave Matthew Room	Dottie 386-439-2694
Tues	7:00 pm	Big Book Step Study	Daytona Beach	Florida Memorial Hospital	Williamson & Memorial Medical Parkway	Mary Y. 386-566-2833
Thu	10:00	V	Flagler Beach	Flagler Beach Police Station	204 South Flagler Ave.	Dottie 386-439-2694
Thurs	7:00 pm	How Step & BB	Ormond Beach	Ormond by the Pines	101 Clyde Morris Blvd (meet in café)	Lucille 386-673-7269
Sat	9:15 am	How Speaker	Daytona Beach	City Island Public Library	City Island Pkwy – 105 Magnolia Avenue	Sue 386-253-7411

Come and get your ANGEL CARD

OA NEW YEARS DAY MEETING
St. Mary Magdalene Catholic Church/Annex
861 Maitland Ave, Altamonte Springs
January 1, 2011
9:00am to 12:00pm

Contact:
Angie 407-721-7735
Janet 407-310-2284

New Newcomer's Meeting!

Meeting Day and Time:
Sunday, 4:30 PM (1/2 hour meeting)

Location:
Seventh Day Adventist Church
2800 N Orange Ave
Orlando, FL USA 32804

The Saturday 2PM Men's Meeting

Needs support from the OA Men of Central Florida.

New Time for the Thurs-day night Longwood meeting!

The Thursday night Longwood meeting is now **open** and has a time change to **6pm**.

OVEREATERS ANONYMOUS®
Central Florida Intergroup

407-284-1482 Overeaters Anonymous – Central Florida Meetings List 1-888-294-4216

September 20, 2010

***** Please call the Meeting Contact to get the latest information about the meeting time, location, etc. *****

Day	Time		Town/Zip	Venue	Address	Notes	Contact
Sun	**4:30PM**	**N**	**Orlando**	**Seventh Day Adventist Church**	**2800 North Orange Avenue**	**Across from Florida Hospital, Orlando**	**Joyce T 407-222-1290**
Sun	5PM	V	Orlando	Seventh Day Adventist Church	2800 North Orange Avenue	Across from Florida Hospital, Orlando	Clelia 407-389-0373 Judith 407 782 8738
Sun	7PM	V	Altamonte Springs	St. Mary Magdalene Catholic Church	861 Maitland Avenue	Annex RM12	Peggy R. 407 865-7411
Mon	10:00	V	Flagler Beach	Santa Maria del Mar Learning Center	805 N Central Ave	Matthew Room	Dottie 386-439-2694
Mon	12:00	SS	Winter Park	St. John's Lutheran Church	1600 S Orlando Avenue	Off 17-92 in rear of building	Kaye 407-415-8584
Mon	7PM	V	Orange City	Florida Hospital Fish Memorial	1055 Saxon Blvd.	Cafeteria Conference Room	Dick 386-532-5568
Mon	7PM	SS	Kissimmee 34744	Church for the Nations	1485 Mill Slough Rd		Terry C. 407-414-5298
Mon	7PM	V	Leesburg	Unity of Leesburg Church	826 E. Dixie Ave Rte. 44)		Barb R. 352-365-1125
Mon	7:30PM	SS	Winter Springs	Grace Presbyterian	1111 Tuskawilla Rd		Eva 321-332-5716
Mon	7:30PM	BB/ SS	Orlando	Holy Family Church	5125 S. Apopka Vineland Rd	Parish Life Center Rm #4	Jacqueline 407-423-4086
Tue	10AM		The Villages 32159	Chatham Recreation Center	7415 SE 172nd Legacy Lane	Non-Residents Welcome	Leslie 352-430-2383 Rita 352-753-0311
Tue	4:30PM		The Villages	Colony Cottage Rec Center	Morse Blvd & 466A	Tea Room	Jackie M 352-391-104
Tue	5:30PM	D	Winter Park	St. John Lutheran Church	1600 S. Orlando Ave		Kaye 407-415-8584 Robyn 407-227-2554
Tue	6PM	V	Maitland	Asbury United Methodist Church	220 Horatio Ave.	Room 16-17	Clelia 407-389-0373
Tue	**6PM**	**V**	**Ocala**	**St. Marks United Methodist**	**1839 NE 8th Road**	**Room 4**	**Joleen 352-425-2339**
Tue	7PM	BB	Daytona Beach	Florida Memorial Hospital	Williamson & Memorial Med. Pkwy		Mary Y. 386-566-2833
Wed	10AM	SS	Tavares	First United Methodist Church of Tavares	Corner Rte Old441 and Rte 19-near fountain	Church Library	Sue R. 352-742-3370
Wed	10AM	V	Lady Lake	Lady Lake United Methodist	Hwy 27/441 & McClendon St		Barb R. 352-365-1125
Wed	10:30a	V	Ocala	First United Methodist Church	1126 E. Silver Springs Blvd.		Dee 352-732-0474
Wed	Noon	BB	Winter Park	St. John's Lutheran Church	1600 S Orlando Avenue	Off 17-92 in rear of building	Kaye 407-415-8584
Wed	6PM	V	Orlando 32807	Christ the King Church	26 Willow Drive		Pilar 407-381-1859
Wed	7PM	SS	Orlando	Dr. P. Phillips Hospital "Joy of Recovery"	9400 Turkey Lake Road	Usually meet in Garden Room – double check at lobby desk	Leslie A. 407-666-0369
Wed	7PM	V	Longwood	St. Stephens Lutheran Church	2140 State Road 434	Learning Education Center	Shirley 407-774-0912
Thu	7:30AM	SF	Winter Park	St. John's Lutheran Church	1600 S Orlando Avenue	Off 17-92 in rear of building – RM 104	Al A. 407-415-1156
Thu	10AM	V	Lady Lake	North Lake Presbyterian Church	975 Rolling Acres Rd.		Barb R. 352-365-1125
Thu	10:00	V	Flagler Beach	Flagler Beach Police Station	204 South Flagler Ave.		Dottie 386-439-2694
Thu	5:30PM	V	Tavares	Florida Hospital Waterman	1000 Waterman Way	Conference Room E	Beth 352-223-9769 Michelle O 352-314-9131
Thu	5:30PM	V	Winter Park	St. John's Lutheran Church	1600 S Orlando Avenue	Off 17-92 in rear of building	Betty 407.491.4127 Jamie 407.754.6317
Thu	**6PM**	**V**	**Longwood**	**Wekiva Presbyterian Church**	**211 Wekiva Springs Ln.**	**Education Building**	**Beverly 407-688-4333**

Thu	7PM	BB	Ocoee	Health Central Hospital	10000 West Colonial Drive	Conference Room Bradford	Jacqueline 407-423-4086 Pearl 407-851-5828
Thu	7PM	V	Ormond Beach	Ormond in the Pines	101 Clyde Morris Blvd	Cafe	Lucille 386-673-7269
Fri	10AM	V	Lady Lake	Lady Lake Library	225 Guava St.		Barb R 352-365-1125
Fri	7:00PM	BB	Winter Park	Sts Peter and Paul Catholic	5300 Old Howell Branch Rd	St. Martin Room, Education Bldg	Janet T. 407-310-2284
Fri	7:30PM	D	Orlando	St. Luke United Methodist Church	4851 S. Apopka Vineland Rd	Bldg A, Room 102	Jacqueline 407-423-4086 Diane 407-855-3934
Sat	8AM	V	Orlando	Dr. P. Phillips Hospital	9400 Turkey Lake Road	Garden Room	Selena 407-616-7419
Sat	8:30	N	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Residents Welcome	Karen 352-430-2327
Sat	9AM	D	Winter Park	St. John Lutheran Church	1600 S. Orlando Ave	Last Saturday Speaker	Julia M. 407-538-9222
Sat	9:15AM	D	Daytona Beach	City Island Public Library	105 Magnolia Ave		Sue 386-253-7411
Sat	9:30AM	D	Altamonte Springs	St. Mary Magdalene Catholic Church	861 Maitland Avenue	Annex Rm. 7	Gloria 407-340-2008 Janet 407-310-2284
Sat	9AM	N	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Residents Welcome	Karen 352-430-2327
Sat	10AM	SS	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Residents Welcome	Linda R 352-643-0174
Sat	1:30PM	SS	Orlando	Downtown Library	101 E. Central Blvd	3rd Floor	Jacqueline 407-423-4086
Sat	2PM	SF	Altamonte Springs	St. Mark's Presbyterian Church	1021 Palm Springs Dr.	Men's Meeting, Activities Building	John 407-712-4765
Sat	6PM	V	St. Cloud	St. Cloud Warehouses	61 East 17th Street @ Eastern Ave	Bldg 61	Debbie 407-922-1942

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: Name	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: Tony B.	(407) 405-3192	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**

Next Intergroup Meeting: January 8, 2011 at 10:00am
St. Marks Presbyterian Church
1021 Palm Springs Drive
Altamonte Springs, FL 32701

World Service Web Site: **www.oa.org** Central Florida Intergroup: **www.oacfi.org** Region 8 Web Site: **www.oaregion8.org**