

New



April 2011

Beginnings

We need your experience, strength and hope!

Articles needed on "The Action Tool, step 5, or tradition 5."

Feel free to write about 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 April 1st, 2011 for the April newsletter.

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

¿Habla usted español?

We would like to begin a Spanish OA meeting in East Orlando and need to find people interested in becoming a part of it. If you or someone you know wish to attend meetings in Spanish, please call Linda at 407-590-2834 and help us establish this meeting. Muchas gracias.

Queremos empezar una reunión en español en el este de Orlando y necesitamos personas interesandas en formar parte de este grupo. Si usted o alguien que usted conoce desea asistir a reuniones en español, favor de llamar a Linda al 407-590-2834 y ayúdenos a establecer esta reunión. Esperamos su llamada.

Need To Order Literature?

You can go directly to the OA

Website: <http://bookstore.oa.org/>

Or

You can send an email to:

literature@oacfi.org and pickup and pay for your order at the monthly intergroup meeting.



Treasurer's Report

February 2011

Group Contributions

Sun	Winter Park 7th Day Adventist Church	100.00
Mon	Flagler Beach 10:00 AM	20.00
Mon	Leesburg Unity of Leesburg Church	20.00
Mon	Orange City FI Hospital	25.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	42.00
Mon	Winter Springs, Grace Presbyterian	45.00
Tue	Daytona Beach Memorial Hosp	66.00
Tue	Winter Park St. John's Luthern	50.00
Tue	Ocala 6:00 PM	20.00
Tue	The Villages, Chatham Rec Ctr.	30.00
Wed	Lady Lake United Methodist Church	30.00
Wed	Tavares First United Methodist Church	20.00
Wed	Longwood St. Stephen's Lutheran	50.00
Wed	Orlando , Christ the King	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	60.00
Wed	Winter Park St. John's Luthern Church	42.00
Thurs	Lady Lake, North Lake Presbyterian	15.00
Thurs	Flagler Beach 10:00 AM	20.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Ormond Beach In the Pines	40.00
Thurs	Winter Park St. John's Luthern 7:30 AM	30.00
Thurs	Winter Park St. John's Luthern 5:30 PM	40.00
Fri	Lady Lake , Library	25.00
Fri	Orlando, St. Lukes United Methodist	15.00
Fri	Winter Park St. Peter and Paul	15.00
Sat	Central Florida Intergroup Mtg.	54.10
Sat	Orlando -- Steppers	50.00
Sat	Daytona Beach	40.00
Total Group Contributions		1044.10

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



**Sadly, the Sunday night
Altamonte Springs meeting
has closed!**

**Check the meeting list for a meeting
close by.**

**Sadly, the Thursday night
Longwood meeting has
closed!**

**Check the meeting list for a meeting
close by.**

Step Four

Made a searching and fearless moral inventory of ourselves.

I understand how to do a fourth step. I just have to do it. I pray for the willingness. I write down my resentments and fears. What did they affect? What was my part in the problem? What is the solution? Am I living in the solution? The answers to all of these questions requires some action--sitting, thinking, spending time with myself and Higher Power, writing. I must take action or I will start eating again. Eating means death to my spirit and my body.

I face life rather than react to life. This life is a good life. I feel the love of Higher Power; I can love others with the love HP gives me.

- Anonymous

Tradition Four

"Each group should remain autonomous except in matters affecting other groups or OA as a whole."

"The Trouble With Bunnies"

Bobby Bunny won the election by a landslide (13-0) and was the new leader of the "West Pine Tree Garden Club." Newly-elected, Bobby decided some changes were now in order: no more asking for carrots to share with the other garden clubs (some of which didn't have as many carrots to use); and no more boring emphasis on the steps taken to grow and nurture a garden or the traditions of gardening life. All the bunnies knew the steps of traditional garden growing already, and it took too long to read them all at every single meeting. Bobby stressed the changes would leave lots more time for discussion. The others agreed.

With the new changes in place, the West Pine Tree bunnies enjoyed the extra time they had at meetings to share their problems and feelings with each other. It made them feel more safe and intimate. Their lives were hard after all and it was more important to talk about feelings, theories, and other bunnies who were less enlightened. They enjoyed this so much that they eventually stopped talking about the practice of gardening altogether, though there was often brisk discussion when the subject of shiny gardening tools came up.

When bunnies from other garden clubs came to visit and share about gardening and how they grew their gardens from scratch with help from other bunnies, they were politely accommodated by the West Pine Bunnies, but not made to feel welcome or included. One such visitor noted, "It seems you bunnies have gone about and changed what Garden Club is all about." "West Pine does not send very many carrots to help support struggling clubs, though you each have more than you need." "You don't send bunnies to help do the hard work needed to keep all the Pine Tree Gardens free of weasels and mice." "You don't share the traditions of gardening so that we can remember how to treat each other and the soil with respect and love." "You do not even talk about how to grow and nurture a garden anymore." "Can West Pine even call itself a garden club anymore?"

To which Bobby Bunny replied, "We can do as we please." "We happen to enjoy talking about gardening tools and the stresses of bunny life." "We are a garden club because we say we are a garden club; You are just a being a rule-thumper!"

Visitors from other garden clubs stopped coming to West Pine, which suited the West Pine bunnies fine, since that left more time for them to talk to each other. Eventually, one by one, West Pine bunnies forgot how to garden. They became hungry. Advice on gardening tools alone did not seem to help much. They were just repeating the same stories about how tough bunny life had become, over and over again with different names and places. New bunnies never stayed very long. Visitors would come once, but would not return. Finally, one by the one, West Pine Tree Garden Club lapsed into a memory of relevance.

- Anonymous

TRANSITION TO A POINT OF HONESTY

The transition from Step 4 to Step 5 is internally visible. The state of awareness is vulnerability. When you grow within to accept all aspects of your character, good and bad (Step 4), you open a window of spirituality which gives a clear vision to your soul. As the eyes are an opening to light, the emotion in the state of mind while experiencing Step 4 illuming to your personality. The true word for this spiritual principle is honesty. If you are willing to be in this honest state it will give you freedom and peace which is breathe taking as flying through mid-air. Most people are not able to be this honest within their natural state.

My wife told me the other day that I had commitment- phobia. I was shocked. I never imagined my personality with such a character. If anything I was a man of conviction, integrity and loyalty (If I say so myself...). Nevertheless, when I got honest and in a clean state on conscious away from my natural arrogant posture, I knew she was right. When I saw that now I dealt with emotions which I use to dishonestly eat, binge and obsessive compulsively over I knew that I was entering a new area of inner self. It is true that I conflicted with situations that I use to masquerade. Becoming free emotionally to not eat but deal with emotions is a feeling of vulnerability. In order to remain this free and open is to remain in a mentality of honesty. Most people are not fortunate enough to find this program to reach this point of psychological beauty. I can only hope that my fight to continue my abstinence keeps me driven to stay vital.

- Tony B.

“Self trust is the essence of heroism.” Ralph Waldo Emerson, quoted in FOR TODAY

“I treat myself with kindness and consideration, and my word to myself is as good as the commitments I make to others.

For Today: I trust myself to be abstinent.” FOR TODAY, page 28

The dictionary defines “trust” as “assured reliance on the character, ability, strength or truth of someone or something”.

All my life before OA I was suspicious because that is how I was brought up. Trust only your family, my Dad always said. That did not work, but placing my trust in food did. Food was my friend and my answer to everything. It was my drug of choice because I was too afraid to drink or take drugs and food was what was available to me.

I could never trust myself to do the one thing I desperately wanted to do-stop eating! I had no integrity—I either said “yes” to whatever you wanted me to do or I looked for ways to avoid commitments because they got in the way of the food. If I made a commitment to myself, it was the first thing to go if you needed something. I didn’t count because I was worthless-I believed I was worthless because I was obese-terribly terribly sad.

When I came into OA the first thing I discovered was that I could trust my sponsor. She didn’t know me but she had my best interest at heart and just wanted to help me succeed in my recovery.

Then we read the Dr. Opinion and I learned that I could absolutely trust whatever those early recovered AA’s had to say about themselves in the Book. I wanted to be the kind of person in OA that others could trust so I worked the steps. I wanted so desperately to get well that I was willing to be rigorously honest. I wanted to have character and a backbone like my sponsor.

So I admitted I was powerless and saw that my life was unmanageable. As I kept coming to meetings and seeing others in recovery I came to believe a power-some power beyond me-could restore me to some sense of sanity. I decided to trust in that power, do the footwork and pray. I did an inventory; I shared it and discovered someone loved me anyway. I faced what I was getting from my defects and when ready asked God to remove them. I listed people I had harmed and made amends. I did and still do a daily inventory, work to be close to my higher power and carry the message as best I can and try to live the principles of the steps in my life.

I trusted myself to do all that and I trust myself to continue.

Now if I make a commitment to myself---which is usually a commitment, either to God or my sponsor as well--- I do my best to keep it because I am a human being worthy of trust.

And along the way I began to trust myself to be abstinent. It’s what I want; it’s the only way, one day at a time.

Do you trust yourself to be abstinent? If you don’t, why not? You too are worth it!

Trust God, Clean House, Help Others,

Love, Gloria L.

THE PLEASURES OF JOURNALING

Sometimes I can't hear my voice because of the obsession screaming in my head. Some days I can't hear my Higher Powers voice also because of the screaming in my head. It is in these moments that I need to reach serene thoughts, a quiet pause; somewhat like a pond in a forest, or an open meadow abroad the bright days of Spring. A good tool to reach this peace is writing. An exceptional style of writing is personal journaling. Now, this use of tool comes easier for some member than others. It is not a familiar skill for everyone to write. Some people find it more difficult. They lack the discipline to work the time in their schedule or they just can't seem to reach their inner self (writer's block). Nevertheless, the reward is sagacious for the effort to work this tool. It is a great form of being honest with your heart. Writing letters to a friend and love one seems out of date, not so much e-mails, just the same daily, weekly or routine journaling can help members reach outer limits to their program. It is a good form of communication through the emotions which use to cause us to eat compulsively.

We (my wife and I) attended the OA Convention, here in Orlando last month; a reviving experience. At one point we attended different workshops. I went to one called "Writing a Dialogue to God", beautiful. This opens a new doorway to how to connect with my Higher Power. I actually had the wrong idea of this workshop at first. I thought to myself, why do I simply need to put a prayer on paper? However, after opening my mind and listening I heard that the leader actually wanted us to write a conversation, a dialogue (somewhat like what you would read in a novel) with ourselves and God. This gave me new inspiration to a new genre in my journal writing.

There are nine tools to recovery in OA; writing is just one of them. You may grow utilizing the other tools or simply focusing on another (such as meeting and literature). But, for those who walk this pathway of personal journaling, the venture gives sound to one's inner being. You can find your focus once again. It can help you hear the silence between the spaces in your head. While all other areas of life appear as distractions, one can be guided successfully, through personal journaling, to seek the quest of abstinence.

-Tony B.

Watch out for H.A.L.T.

If you get too hungry, angry, lonely or tired
Reach out/make a call/come to a meeting!

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.

HELPFUL OA SLOGANS

- One day at a time.
- First things first.
- But for the Grace of God.
- Easy does it.
- Live and let live.
- Let go and let God.
- Abstinence is the most important thing in my life, without exception.
- Fake it till you make it.
- We'll love you until you learn to love yourself.
- You can't do it alone, but only you can do it.
- One is too many, a thousand not enough.
- It's not what you're eating, it's what's eating you.
- If you do what you've always done, you'll get what you've always gotten.
- If you fail to plan, you plan to fail.
- Keep it simple.
- This too shall pass.
- Yesterday is history, tomorrow is mystery -- stay in today.
- I won't starve to death between meals.
- The two ways to learn are the hard way and the harder way.
- If I have a problem and eat over it, then I have two problems.
- Worry prevents recovery.
- The way to ask for help is to say, "I need help."
- Easy does it -- but Do it!
- Expectations are premeditated resentments.
- Food thoughts are just thoughts. You don't have to act.
- Forgiveness is letting go of a better past.
- HALT (Don't get Hungry, Angry, Lonely, or Tired).
- Help is only a phone call away.
- Honesty, openness, willingness
- I can't. God can. I think I'll let God.
- Keep your recovery first to make it last.
- Listen and learn.
- Meeting makers make it.
- Nothing tastes as good as abstinence feels!
- OA is not for those who need it, only for those who want it.
- Progress not perfection
- Sponsors carry the message -- not the person.
- Take what you need and leave the rest.
- The 12 Steps: Trust God, clean house, help others, pray.
- The disease is physical. The cause is emotional. The cure is spiritual.
- The elevator is broken. Use the steps.
- There is no situation so bad that a compulsive bite can't make it worse.
- This, too shall pass!
- What other people think of me is none of my business.
- It is none of my business what someone else thinks of me.
- One is too many one thousand is not enough.
- It's about the food until it's not about the food.
- Sweep my side of the street.
- Bring the body and the mind will follow.

OA ON LINE AND TELEPHONE MEETINGS

For a current list of telephone and online meetings go to www.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.



March 6, 2011

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

Please send changes / updates via email to newsletter@oacfi.org

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 172 nd 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 352-391-1074
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 8 th 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 – 1 st Wed is Speaker Meeting	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 Teri P 352-669-3260
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	Se	Winter Park	Sts Peter and Paul Catholic	5300 Old Howell Branch Rd	St. Martin Room, Education Bldg	Gertie 407-694-3962

Fri	7:30PM	D	Orlando	St. Luke United Methodist Church	4851 S. Apopka Vineland Rd	Bldg B, Room 212	Jacqueline 407-423-4086
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

Legend: SS – Step Study, S – Speaker, V – Varied, BB – Big Book, SF – Special Focus, D – Discussion, R – Recovery from Relapse, N – Newcomers, Se-Serenity

Entries with a strikethrough indicate recently removed; **Bold** font indicates a recent change of meeting information details

Your Trusted Servants for Central Florida Intergroup

Web Page – <http://www.oacfi.org>

Hotline: 1-888-294-4216

Local (407) 284-1482

7th Tradition can be sent to: Central Florida Intergroup, P.O. Box 180293, Casselberry, FL 32718-0293

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

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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 You can read monthly editions of New Beginnings on line at www.oacfi.org

Next Intergroup Meeting: April 9, 2011 at 10:00am

St. Marks Presbyterian Church
1021 Palm Springs Drive
Altamonte Springs, FL 32701