

New



June 2011

Beginnings

We need your experience, strength and hope!

Articles needed on "Abstinence on Vacations, step 7, or tradition 7."

Feel free to write about whatever you would like.

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 June 1st, 2011 for the July 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

OA LAKE YALE RETREAT

"A VISION FOR YOU"

CHAPTER 11 FROM THE BIG BOOK

OCTOBER 21-23, 2011

SUPPORT YOUR OA MEETINGS!

What if you needed a meeting and at the meeting no one was there.

Meetings can only be there for you if you are there for the meeting. Miracles happen to those of us who show up!

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 will-power. 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.

Treasurer's Report

April 2011



Group Contributions

Sun	Winter Park 7th Day Adventist Church	83.00
Mon	Kissimmee FI Hospital	165.00
Mon	Leesburg Unity of Leesburg Church	20.00
Mon	Orange City FI Hospital	20.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	44.00
Mon	Winter Springs, Grace Presbyterian	62.00
Tue	Maitland Asbury United Methodist Church	173.00
Tue	Winter Park St. John's Luthern	6.95
Tue	Ocala 6:00 PM	20.00
Wed	Lady Lake United Methodist Church	41.00
Wed	Longwood St. Stephen's Lutheran	50.00
Wed	Ocala First United Methodist .	70.25
Wed	Orlando , Christ the King	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	15.00
Wed	Winter Park St. John's Luthern Church	44.00
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Ormond Beach In the Pines	35.00
Thurs	Tavares Fla Hospital Waterman	33.00
Thurs	Winter Park St. John's Luthern 7:30 AM	31.00
Thurs	Winter Park St. John's Luthern 5:30 PM	25.00
Fri	Lady Lake , Library	20.00
Fri	Orlando, St. Lukes United Methodist	15.00
Fri	Winter Park St. Peter and Paul	50.00
Sat	Altamonte Springs St Mary Magdalen	90.00
Sat	Altamonte Springs St. Mark's Men's Mtng	30.00
Sat	Central Florida Intergroup Mtg.	62.50
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	256.12
Sat	The Villages, Hibiscus Village Rec. Ctr 10:00	57.00
Sat	St. Cloud Warehouses	30.00
Sat	Daytona Beach	30.00
	Total Group Contributions	1708.82

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



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.

Step 6

Were entirely ready to have God remove all these defects of character.

Almost a year ago I started my recovery once again. But this time i worked the steps in a deeper way than i ever did before, with a wonderful sponsor, who is my safety net. Step 6 is the key for me being entirely ready. Never before was i so willing to take an honest look at myself. The self -pity over my family and grandchildren living so far away was one of the character defects that clothed me in a suit of fat. I wore it well letting all know how sad it was and that that my family did not live close by. All the amount of visiting i did to see them did not fill that void in me. I filled it with my comfort foods. Today and every day i try to be honest, open, and willing to be entirely ready to keep removing my defects of character. Now my suit of fat is finally getting lighter and lighter.

—Vera F. The Villages FL 32162

In a Minute God

Honestly, when I think of this step (Step 6) through a prayer, I somehow remember an attitude like, “I’m not quite ready to give this defect up.” A more specific emotion is, “I want to do the right thing, but I don’t want to work, grow through the pain, or develop a head-ace for this decision”. God already knows our hearts. We would not be addicts if we were not a little neurotic, controlling, and obsessive. We literally want our cakes and to eat it too. We want to feel better, yet we were a little unsure about actually changing to get results. Turning our will over completely, with the outcome equaling a gain for our good nature, which is quite an exertion in our character.

Try to remember why we had an eating disorder in the first place. We knew what was wrong with our lifestyles; nevertheless, we were not totally aware of a proper solution. Being able to let go of “the norm” within our thinking was just a little scary. It is more of a mentality as, “Yes, God...but be gentle.” Don’t worry. He will. He knows better than we do why we kept nurturing that specific character defect in the first place. Once, we are reading the proper dialogue to see that the compulsive food disorder was not truly giving us proper nutrition for our personality; we are able to see a beautiful morality. We are ready to grow, and we are desperate to heal. We really do not need to wait any longer. The reasons are already here.

--Tony B.

Tradition Six

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

THE GIFT OF THIS TRADITION

If there ever was a boundary which protected the integrity of this program; it is revealed in Tradition Six. We are part of this society. We are members of a culture whose membership interacts with every type of province. There is literally no separation from a compulsive eater and an actor, celebrity, political figure, politician, preacher, athlete, rock star, school teacher, police person, community server, nor private financial advisor, We have to be very careful of who we are as an entity, so we don’t resemble whom one may be as an individual. We all have rights and freedom to express and live through these rights. However, the voice of Overeater Anonymous as a collective mindset needs to be segregated, and kept private to speak what the members need to hear. Tradition Six keep that concept protected.

There are people who influence masses. We cannot look for them as idols to lead the primary purpose of our groups. How would such a mentality like this keep our mission hollowed? Do we understand the value of our cause being supported solely through the purpose of the cause? Well, yes, if we practice the principle behind the sixth tradition. It is not that the wrong people may lead the wrong information about our message. It is simply one message that bonds together a collective mindset of people, which causes our purpose to be preserved. We cannot lend nor lead our name through endorsement or finances, for the meaning of our purpose may lose its integrity and purity. Thus, the gift of the program is found in Tradition Six.

--Tony B.

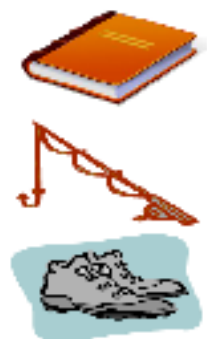


OA LAKE YALE RETREAT

"A VISION FOR YOU"

CHAPTER 11 FROM THE BIG BOOK

OCTOBER 21 - 23, 2011



SPEAKERS, WORKSHOPS, FELLOWSHIP, NATURE

Cost of \$140 each for double occupancy room includes all meals thru Sunday breakfast, Single room \$195

Beautiful Lake Yale Baptist Conference Center sits adjacent to Lake Yale. You can bike, walk, fish, sit and read, or just relax! One hour northwest of Orlando

Two hours northeast of Tampa; & two hours south of Jacksonville.

Lake Yale Baptist Conference Center
39034 County Road 452
Leesburg, FL 34788
352-483-9800
www.lybcc.com

BRING A FRIEND BRING YOUR BIKE BRING A CHAIR

SCHEDULE

Friday 2 pm	Registration/room assignments
Friday 5:30 pm	Dinner
Friday 7 pm	Opening and speaker meeting
Saturday 9 am	Workshops
Saturday 3 pm - 5:30 pm	Free time
Saturday 7 pm	Speaker meeting
Saturday 9 pm	OA's got talent & Drawings
Sunday 9 am	Speaker and closing

OA'S GOT TALENT!

BOUTIQUE!

Send registration form and checks to:
Central Florida Intergroup
c/o Janet Thrane
1184 Springview Run
Winter Park, FL 32792
jthrane@cfl.rr.com

Credit card registration (fees charged):
2011LakeYaleFallRetreat.eventbrite.com

Contacts:

Joyce T. 407-222-1290

Janet T. 407-310-2284

Mary Y. 386-566-2833

Registration form

Name _____

Address _____

Contact number _____

Email address _____

Double occupancy \$140 each

Single occupancy \$ 195

Please select:

- I will room with (2 per room \$140 each):
- I would like a single room (\$195)
- I need a wheelchair accessible room
- I need a first floor room (based on availability)
- I am willing to speak or lead a workshop
- I will do service of any kind
- I will donate a basket
- I will participate in the talent show
- I will bring clothes for the boutique



New Spanish Speaking Phone Meeting

New Spanish Telephone Meeting – Tuesday, 9:00 pm Eastern time

The dial-in number is (1) (712) 432-3900 and the participant code is 629561#.

El número telefónico para conectarse a la reunión es (1) (712) 432-3900. Una vez que la llamada está conectada, hay que ingresar el código para participar: 629561#.

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!

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.



Green Dot Report by Mary Y. - Region Representative

"I'M LOVIN' IT!" - Despite being nervous and unsure about what a Region Rep does, my recent experience at the Baton Rouge Assembly, "Serenity on the Bayou," completely squashed any nervousness and uncertainty that I had in this area. My green dot mentor did such a great job explaining and answering my questions.

The business assembly promptly started at 7:00 pm Friday, March 11, 2011 with the introduction of the Region 8 Board, roll call and adoption of the amended agenda. To encourage Region Reps to read the Assembly packet, OA slogans were placed throughout the reading material. Each rep was encouraged to make a list of the slogans and the person with the most received a Life Line subscription. I personally had fun translating the Spanish slogans ~ the Region 8 Board is getting us ready for Medellin Colombia in November.

The Baton Rouge Intergroup did an outstanding job of presenting a skit entitled "Carnivore's Anonymous!" ~ the theme of the weekend was acted out in the form of native Bayou critters delivering messages of diversity within our organization. You had to be there to see it, I was completely engaged by their creativity.

Betty's (OACFI) presentation on "How do I know if a fellow OA member is in relapse and what do I do about it?" addressed a common problem within OA. Her presentation was thorough and informative. I will be taking her message back to my local groups.

What did it look like/feel like? Saturday morning we started at 7:30 am with a New Rep Orientation - very informative and prepared me for the days events.

There was so much happening - the morning passed quickly with roll call, adoption of standing rules, approval of minutes, a short parliamentary lesson, board reports, and trustee reports. The creative use of power point added interest to the financial reports. The board is exercising financial prudence by going paper less.

Following a break, the board took us right into the motions and voting process. The first motion - proposed Amendment to the Standing Rules Section of the Policy and Procedure Manual. The motion was first reviewed as presented and sent back to be presented as two separate motions. A lively pro and con session followed prior to the vote. This process was fascinating and a good example of the working process.

After lunch we went into our committee meetings and prepared our reports. I was on the IGOR (intergroup outreach) committee. We voted in a new committee chair (Betty from OACFI) and quickly got to work. The purpose of IGOR is to reach out to intergroups in our region in an effort to keep them connected to each other and to Region 8. I learned that one way this is accomplished is by providing sponsors to intergroups. A intergroup sponsor is much like a program sponsor. They provide a supportive ear, experience, strength and hope to IG members. IGOR hosted the breakfast meeting on Sunday morning at every assembly. They also facilitate a conference call or email loop mid-way between assemblies. IGOR also provides funding assistance for IG reps to come to a SOAR 8 business assembly. I signed up to help contact unaffiliated OA meetings to encourage their participation in meetings and activities of their closest IG.

I was also asked to present the report from the Orlando November 2010 Assembly/convention. I served on the decorating committee. I represented the Final Report and financial summary. A short question and answer session followed.

During the green dot ceremony I was officially welcomed and thereby thrust into the OA world of reps!

The personal highlight for me was the entertainment provided by the Baton Rouge OA members - I'm calling it the hungry alligator and her back up singers! CRAZY AND AWESOME!

I am so grateful for the opportunity to have been chosen as a trusted servant and look forward to continued service on your behalf.

Action is the Magic Word.

I am Dorothy, a recovering, compulsive overeater. I've been in the rooms since 1972 or 1973. I came in at 253 pounds. My current weight is 176. When I celebrated my first OA birthday my weight was 153. We used to say, "Action is the magic word." I was always looking for the magic sponsor, the magic statement, or something that would trigger my brain to make me stop eating the way I did. I told someone once that I was possessed. Action is the magic word. Take the action and put the food down. God helps those who help themselves. For some reason I always had to hold on, always, "Getting in God's way," as I like to say. I would do this not only with the food, but everything in life.

Almost a year ago I had a radical mastectomy. The anger, fear, and resentment got to me one day until after a good cry I said, "It is what it is." Let go and let God. Recently, I was told that I am cancer free. Right away, I had my doubts. I said, "Are you sure?" I walked away in fear again. Is this crazy? I know if it comes back again, I have to and God will take care of the rest. Action is the magic word.

Without the program and all my friends in OA, I could have never made it, abstinent or not. You are all a blessing to me and my family. My children love me and I know this because of the change in me since I came to OA. You all saved my family and me.

So, take the action and put down the food that is killing you, take the steps, and you will be happy you did. Action is the magic word.

Dorothy P.

April 24, 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
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	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 United Methodist	Hwy 27/441 & McClendon St		Barb R. 352-365-1125
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 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	9AM	N	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Residents Welcome	Karen 352-430-2327
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	9:30AM	D	St. Cloud	St. Cloud Warehouses	61 East 17th Street @ Eastern Ave	Bldg 61	Debbie 407-922-1942
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

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

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	Region Rep: Rita S.	(407) 234-0808
WSO Delegate: Barb R.	(352) 365-1125	Region Rep: Dave C.	(407) 716-4021
WSO Delegate: Dave C.	(407) 716-4021	Region Rep: Mary Y.	(386) 566-2833
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12th Step Within: Joyce T.	(407) 222-1290	Publications:	Vacant

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: June 11, 2011 at 10:00am

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