New Beginnings

OVEREATERS ANONYMOUS®
Central Florida Intergroup

July 2011

We need your experience, strength and hope!

Articles needed on "The New Definition of Abstinence, step 8, or tradition 8."

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 July 1st, 2011 for the August 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!

Next Intergroup Meeting:
July 16, 2011 at 10:00am

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

Medellin Business Assembly and Recovery Convention,

November 4 – 6, 2011.

Flyers and registration in the newsletter on pages 5 and 6.

Treasurer's Report
May 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	$65.00
Mon	Orlando, Holy Family	$40.00
Mon	Winter Park St. John's Luthern Church	$21.50
Mon	Winter Springs, Grace Presbyterian	$31.00
Tue	Winter Park St. John's Luthern	$50.00
Tue	Ocala 6:00 PM	$10.00
Tue	Colony Cottage Rec Ctr, The Villages	$100.00
Wed	Lady Lake United Methodist Church	$10.00
Wed	Tavares First United Methodist Church	$40.00
Wed	Longwood St. Stephen's Lutheran	$50.00
Wed	Orlando , Christ the King	$30.00
Wed	Winter Park St. John's Luthern Church	$21.50
Thurs	Lady Lake, North Lake Presbyterian	$40.00
Thurs	Flagler Beach 10:00 AM	$40.00
Thurs	Ocoee -- Health Central	$25.00
Thurs	Winter Park St. John's Luthern 7:30 AM	$25.00
Fri	Lady Lake , Library	$40.00
Fri	Orlando, St. Lukes United Methodist	$15.00
Fri	Winter Park St. Peter and Paul	$50.00
Sat	Altamonte Springs St Mary Magdalen	$118.72
Sat	Altamonte Springs St. Mark's Men's Mtng	$30.00
Sat	Central Florida Intergroup Mtg.	$64.00
Sat	Orlando -- Steppers	$30.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	$25.00
Sat	The Villages, Hibiscus Village Rec. Ctr 10:00	$108.00
	Total Group Contributions	1199.72

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 Web-site: 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 7

Humbly asked Him to remove our shortcomings.

"If we had earnestly worked the fist six steps of this program, we have already come a long way toward this new attitude of humility.

-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 60

As we take step seven…it is simply to draw closer to being the people God intends us to be.

-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 61

Real humility about our character defect carries with it acceptance. We accept that each defect as painful be to us as it may be, is a part of who we are. With humble acceptance we can quietly say to our Higher Power, "I am this way and only with your help can I change." *-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 61*

Our approach to step seven, then, might begin with a prayer for genuine humility.

-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 62

We acknowledge our powerlessness to remove the defect ourselves and humbly ask God to remove it from us…knowing that God will indeed remove the shortcoming.

-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 63 & 64.

Repeated practice of step seven enables us to form a working partnership with our Higher Power through which we are relieved of the defects which have blocked our effectiveness in the world.

-The Twelve Steps and -Twelve Traditions of Overeaters Anonymous pg. 65 & 66

Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

Definition of Abstinence Expanded:

The Statement on Abstinence and Recovery (WSBC Policy 1988b, Amended 2002, 2009 and 2011) has been revised to include the italicized words at the end of the first sentence: "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors *while working towards or maintaining a healthy body weight.* Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

A BALANCE OF SERENITY AND ABSTINENCE

What does it mean to know a normal size portion meal? How does it feel to be satisfied with proper portion during meal time? This new level of serenity gives a sense of awareness that feels good. In the past an appetite of gluttony reached peaks of sickness, bulging stomach, and gaseous cramps. This level of eating behavior was part of an average dinner, mid-night snack or dine-out festive which needed no particular reason to celebrate. Gluttony was considered true needed portion in meal sizes. Today, I am able to treat my abstinence with sacred respect.

I heard an analogy in a 12step meeting which gives a reasoning of my fears towards my addiction. A brother in the meeting said, "I don't fear Mike Tyson. I respect him. I know that if I mess with him, he will be able to beat me down." This moral stuck with me. I don't fear my addiction. I respect it, for I am aware that leaving it alone to live on its own will tear me down. The fear of becoming self-destructive is wisdom not weakness. The moral of fighting for serenity which comes with abstinence is hollowed. Realizing this simple truth makes me a better person. In the same manner one would honor the purity within their marriage; I honor the peace which comes from eating a balance meal. A sense of balance, which I would not normally be able to acquire if I did not arrest the vital power of this disease and work the tools of this program as part of my lifestyle. Today I can endure spiritual promises. Today I am grateful for the will of my Higher Power. It does not take my effort to fulfill this grace; moreover, it requires my faith to grasp the meaning of surrender. This keeps the matters of the entire issue within keen perspective.

Tony B.

When I'm away from home, either on vacation or visiting family, there are several things I take with me. First and foremost, is my Higher Power. My HP goes where I go. I just need to remember that HP is a source of power is available to me 24/7 no matter where I am in the world. Second is my Big Book which is now in my IPhone. This is so that I can tap into the text that taught me how to live in recovery. Page 30 is my favorite page because it reminds that I'll never be a normal eater and that it's okay. I also carry my journal so if I can't use a telephone or an internet, I can put my feelings down on paper and give them to my HP.

As far as the actual food goes, I know what I can eat safely and what I need to avoid. I keep it simple. I trust my HP will help me with my portions and to be willing to eat with sanity. I focus on the purpose of my trip and not on the next meal or the current meal for that matter. I know my meals will be provided and that it doesn't have to be the perfect gourmet meal that I might have prepared at home…not that I did gourmet anything at home anyway.

I do pack my own oatmeal packets to be used in emergency situations and my own sweeteners because some countries only have sugar. But no matter where I've been, I've usually been able to get plenty of protein, vegetables and sometimes fresh fruits. If I miss a starch or a fruit, so be it. As I said, I keep it simple. I've gone on cruises and come back with my abstinence intact. And now, I can usually visit my parents and come back clean. And believe me, that is a constant test for my recovery. But most important, I never let my fear stop me from adventurous vacations or visiting family members.

Overeaters Anonymous has give me the courage to face life as it's meant to be lived…abstinently and with joy. Everyday I'm grateful to be a member of the Fellowship. Thanks for letting me be of service. Lesley R

Come Join us

ABSTINENCE ACTION PLAN

In OA, abstinence is the first part of our primary purpose, as outlined in the OA Preamble.

"Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer."

Never taking abstinence for granted, presented by OA members from the OA Region 8 Board.

June 25, 2011 (Saturday)

10:30 am - 1:30 pm (approx)

City Island Library
105 E. Magnolia Avenue
Daytona Beach, FL 32114

Bring a snack/lunch
Contact - Mary Y 386-566-2833

7th tradition donation

BOUNDARIES, STAYING IN MY HULA HOOP!

When I first came into program, I had no idea what boundaries were, why they were important, or how my addiction affected my boundaries. The only boundary I had was to hide who I truly was from others, to change who I was, become like them, and keep my eating a secret. That really is not a boundary, based on what I know today.

The definition of a boundary is: *something that indicates or fixes a limit or extent; a bounding or separating line, point or plane.*

Today, based on what I understand about setting healthy boundaries, staying in my hula hoop of sorts, and respecting boundaries of others. I realize boundaries help me be healthy and stay in recovery. I have the right, contrary to what my addiction says, to respect myself and my choices and take care of me. I also have the ability to limit difficult experiences or interactions with others (*people, places and things).*

My addiction used to handle all my interactions with others. For example, if someone at work did something that felt uncomfortable, my addiction had me react one of two ways:, allow it to happen, secretly fume and resent the person; or self loath and beat myself up for not being perfect and turn to food for comfort.

Today, boundaries help me to appropriately respond by letting the person know I disagree or felt uncomfortable, and to appropriately express any emotions, whether it be to that person or with my sponsor/trusted friend. Most importantly I have learned to thank them... YES, thank them. I say something like "thank you for caring enough to share that comment with me." This way the ownership of the comment remains theirs and stays out of my "hula hoop!"

Staying in my hula hoop has truly become a healthy part of my recovery and for that I feel very grateful.

Mary Y.

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.

Tradition 7
Every OA group ought to be fully self-supporting, declining outside contributions.

When people look into the 12step program and notice that it is independently standing, simple based on the unity and common support of the members; it is admirable. The driven force of an OA meeting, literature, and fellowship can breathe freely and continuously, reaching the areas of the land where there is lack of meeting support. This is developed through the pure desire and needs of the members. The energy to form the collective mindset of OA is not received through social media. This principle means that society cannot corrupt the message of OA, since it does not provide the fuel which it needs to burn. For the members of OA, this step resembles a character which is heroic. The important within the fact that the message is existing; moreover, available within the walls of meeting space or online is crucial for the new comer.

Remember this humbling truth when you release from your pockets a few dollars for the cause and purpose of OA Fellowship. The value stretches further than you are able to monetarily calculate. The price behind building a meaning base graciously giving away what was to kindly brought into your life gives strength by numbers. When the founder thought of this concept of being solo self supporting, they struck a nerve of sincere genius. Do you feel that they feared the reality of losing the entire battle base on the selfish morals of lack of generosity within the groups? No, they did not. Really, what they realized is that if this became the ethnic, the heart behind the need of abstinence was lost a long time ago. This basic calculated process grows like addition to multiplication. The wave continues from individual meeting to area and worldwide group conscience. The Seventh Tradition is courageous. It is truly a bond which ties together the total force of the group.

Tony B.

Check all that apply:

- ☐ Region Rep.
- ☐ Board Member
- ☐ Trustee
- ☐ Region Chair
- ☐ Representative for the first time (green dot)
- ☐ My Intergroup is: _____ No._____

FOR REGISTRATION IN ENGLISH (**online registration preferred**): **To register online use: http://r8medellin2011.eventbrite.com/
By Mail: MAKE CHECKS PAYABLE TO "MEDELLIN 2011" AND MAIL YOUR CHECK AND THIS REGISTRATION FORM TO:

MEDELLIN 2011
c/o Burt T (Tech/Web Chair)
5441 Deleon Lane
Elkton, FL 32033
For further information email:
showupoa@aol.com or vicechair@oaregion8.org

To register online use :
http://r8medellin2011.eventbrite.com

Services:

Hospitality, registration, boutique speakers, workshops, raffles, public information. The speaker of the banquet must be a member of OA with a minimum of two years of continuous abstinence, the speaker of the lunch and the closure event must have at least one year of abstinence, the speaker of the workshops must have a minimum of three months abstinence. All the speakers must practice the Twelve Steps and Twelve Traditions with a sponsor and be familiar with the twelve concepts of service.

Please indicate the date since you are abstinent: If you are able and want to provide us a service please indicate the days and hour of your availability.

I'm abstinent since: _____

Friday: _____

Saturday: _____

Sunday: _____

Please write your phone number:

_____

If you want to make a reservation with the hotel, send an Email or call asking for region 8 assembly and convention.
Email: mdeha.reservas@ihg.com.co
Phone 1-800 496-7621

Arrival to Medellin:

Date: _____
Hour: _____
Airline: _____

Departure from Medellin:

Date: _____
Hour: _____
Airline: _____

You will find a person in the airport identified as a member of OA. This person will take you to the Hotel.

To make this event as hosts of the convention we need to put our heart and soul until the end-

** Enjoy the first international convention outside of the United States.*

** The largest part of the region 8 needs sponsorship from the smallest part.*

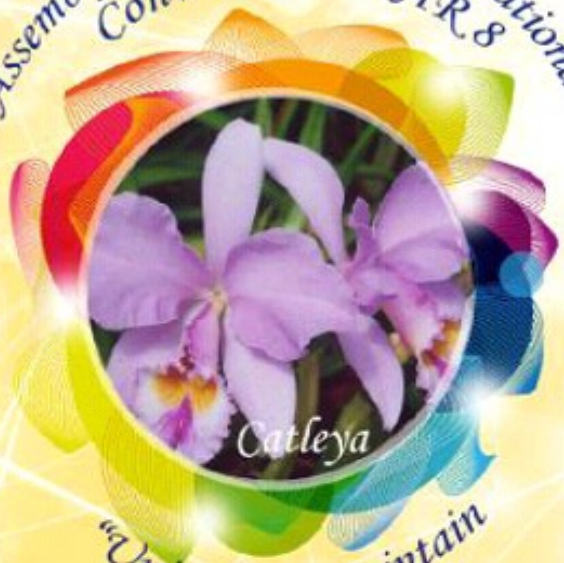
Please make copies and distribute them to the OA's groups. If you are reading a copy you can get more information at:

www.oaregion8.org
www.oacolombia.org

OVEREATERS ANONYMOUS®

COMEDORES COMPULSIVOS ANÓNIMOS

Assembly and Region 8 International Convention SOAR 8



"United we maintain our Abstinence"

From November 4 to November 6 of 2011

Hosted By:

- General Services Board of Colombia
- Intergroup Medellín
- Bogotá Intergroup

Place of the Convention

Intercontinental Hotel:
Street: 16 No 28-51 Medellin Colombia
Phone : (011) 574 3194 450
www.intercontinental

OA's Office:
Street 52 N° 47-208 (Office 1021)
Phone: (011)(574) 2519408

Intercontinental Hotel

Registrations are directly at the intercontinental hotel and identify yourself as a member of the Region 8 to receive our special price :$US135.00 in double accommodation. The rooms have refrigerators, free internet access (Wi-Fi), personalized service, air conditioning, TV (60 channels), safe box, desk.

Prices are the same three days before and after the event within the availability of the rooms in the hotel. Check out time is at 3PM.

The Hotel offers:

294 nice and comfortable rooms with: Pool, sauna, free internet, shopping shops, tennis courts, restaurant, room service, hot water, fitness center, valet service, beauty salon, hairdryer.

www.intercontinental.com
Phone 1-800 496-7621

Tourism Plans

City Tour: At morning. (4 Hours)
Available Wed. morning Nov. 2, 2011

number of passengers	1	2	3 a 4	5 a 6	7 a 13	14 a 27	28 a 40
Price	$US 85.00	$US 44.00	$US 34.00	$US 26.00	$US 22.00	$US 15.00	$US 12.00

Includes: Transportation, professional guide, hydration, visit the most popular places such as: El Poblado, Metropolitan Cathedral Basilica, square sculpture, orquideorama, Park wishes, barefoot park, Metro, Metro Cable, Pueblito Paisa.

Shopping Tour: At evening (4 Hours)
Available Wed. afternoon Nov. 2, 2011

number of passengers	1	2	3 a 4	5 a 6	7 a 13	14 a 26	27 a 40
Price	$US 85.00	$US 44.00	$US 34.00	$US 28.00	$US 23.00	$US 15.00	$US 12.00

Includes: Transportation, professional guide, hydration, visit the main shopping centers and Outlets in the city. (We choose two shopping centers)

Tour "Oriente Lejano" (8 to 9 Hours)
Available Thurs. Nov 3, 2011

number of passengers	1	2	3 a 4	5 a 6	7 a 13	14 a 25	27 a 40
Price		$US 120.00	$US100.00	$US 70.00	$US 61.00	$US 90.00	$US 40.00

Includes: Transportation, professional guide, lunch, refreshments, El Peñol, Guatape, Marinilla and Carmen del Viboral.

Tour "Occidente" (8 to 9 Hours)
Available Friday Nov. 4, 2011

number of passengers	1	2	3 a 4	5 a 6	7 a 13	14 a 20	21 a 30
Price		$US 120.00	$US 85.00	$US 55.00	$US 58.00	$US 43.00	$US 35.00

Includes: Transportation, professional guide, lunch at a restaurant in Santa Fé de Antioquia, refreshments, San Jerónimo, Santa Fé de Antioquia, West Tunnel.

TOURISM:

Colombia

Cartagena, Santa Marta, La Guajira, Los Llanos, Boyacá, The Coffee axis.

If you have any questions email or call Sarah G,
Is there are questions write or talk to Sarah
Junta de servicios generales,
Directed to Sara Sarah G:
e-mail: secreoa@gmail.com
Phone: 0115712181534 and cell: 011573158524114

If you need a room-mate email Sonia.
E-mail: secreoa@gmail.com directed to Sonia

If someone paid the meals and can't arrive to them we will give back the money before the first october.

If you cancel before October 1, 2011 your registration fee and meal payments will be refunded; after October 1, 2011 it is considered a 7th tradition. Room cancellation is based on the Hotel policy-see its website www.intercontinental.com

Assembly and Region 8 International Convention SOAR 8

OVEREATERS ANONYMOUS®
COMEDORES COMPULSIVOS ANÓNIMOS

Record format for the assembly and convention of Region 8 in Medellín

(The cost of the hotel is not included)

Registration (until June 15, 2011): US $43.00
Registration (until July 31st, 2011): US $50.00
Registration (after July 31, 2011):US $60.00
Thursday, November 3rd, lunch with the Region Chairs of the Regions US$28.00 **(Optional). circle only one:**
vegetarian chicken fish beef (could be veal)

lunch on Saturday circle only one:
vegetarian chicken fish beef (could be veal)
US $28.00

Saturday evening Banquet circle only one:
vegetarian chicken fish beef (could be veal)
US $40.00
Scholarship Grant Contribution: $_____
Total: $ _____
Full Name: _____
Name on Badge: _____
Address: _____
City, State: _____
Phone: _____
Email: _____

OVEREATERS ANONYMOUS®
Central Florida Intergroup

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

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 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 352-391-1074
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 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 – 1st 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 111	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	BB	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
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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: July 16, 2011 at 10:00am

St. Marks Presbyterian Church
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Altamonte Springs, FL 32701

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