

New



February 2012

Beginnings

We need your experience, strength and hope!

**Articles needed on "Using the Tools, Step 3,
or Tradition 3."**

You can also 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 February 1st, 2012 for the January 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

Loving Ourselves Into Recovery Marathon

Saturday, February 4th, 2012

9AM-12PM

Christ the King Church

26 Willow Drive

Orlando, FL 32807

Flyer on page 5

Young People's Committee

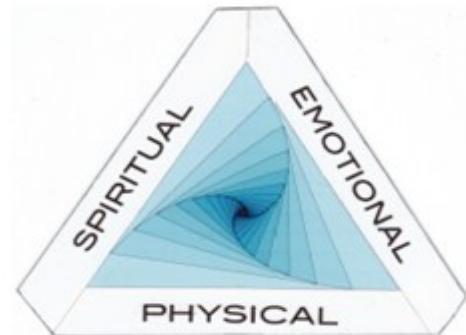
Kevin F. has recently been appointed chairperson of the Young People's Committee for our Intergroup. We are forming a committee of people interested in working with and carrying the message of recovery to young people. Anyone interested in being a part of this committee should contact Kevin at 352-383-6294 or kflynn@circuit5.org

All participating Florida Intergroups proudly present

2012 FLORIDA STATE CONVENTION

February 24 to 26, 2012

**TOGETHER WE CAN ACHIEVE
THREE-FOLD RECOVERY**



Cocoa Beach Hilton Oceanfront

1550 N. Atlantic Ave
Cocoa Beach, FL 32931

Registration form is on page 3.



Treasurer's Report December 2011

Group Contributions

Sun	Winter Park 7th Day Adventist Church	51.75
Mon	Flagler Beach 10:00 AM	
Mon	Kissimmee FI Hospital	
Mon	Leesburg Unity of Leesburg Church	
Mon	Orange City FI Hospital	20.00
Mon	Orlando, Holy Family	25.00
Mon	Winter Park St. John's Luthern Church	42.47
Mon	Winter Springs, Grace Presbyterian	22.00
Tue	Daytona Beach Memorial Hosp	108.00
Tue	Maitland Asbury United Methodist Church	80.00
Tue	Winter Park St. John's Luthern	
Tue	Ocala 6:00 PM	10.00
Tue	The Villages, Chatham Rec Ctr.,10:00AM	
Tue	Colony Cottage Rec Ctr, The Villages, 4:30	100.00
Wed	Lady Lake United Methodist Church	18.00
Wed	Tavares First United Methodist Church	
Wed	Longwood St. Stephen's Lutheran	25.00
Wed	Ocala First United Methodist .	
Wed	Orlando , Christ the King	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	60.00
Wed	Winter Park St. John's Luthern Church	42.48
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Flagler Beach 10:00 AM	
Thurs	Ocoee -- Health Central	25.00
Thurs	Ormond Beach In the Pines	
Thurs	Tavares Fla Hospital Waterman	
Thurs	Winter Park St. John's Luthern 7:30 AM	85.00
Thurs	Winter Park St. John's Luthern 5:30 PM	75.00
Fri	Lady Lake , Library	30.00
Fri	Orlando, St. Lukes United Methodist	15.00
Fri	Winter Park St. Peter and Paul	50.00
Sat	Altamonte Springs St Mary Magdalen	50.00
Sat	Altamonte Springs St. Mark's Men's Mtng	
Sat	Central Florida Intergroup Mtg.	60.00
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	
Sat	The Villages, Hibiscus Village Rec. Ctr 10:00	
Sat	The Villages, Hibiscus Village Rec. Ctr 9:00	
Sat	Winter Park St. John's Lutheran	
Sat	St. Cloud Warehouses	
Sat	Daytona Beach	100.00
	Total Group Contributions	1174.70

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 Outreach 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 You can then
pickup and pay for your order at
the monthly intergroup meeting.

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.



Convention Information:

- ◆ Registration open Friday at 3:00 pm until Saturday noon
- ◆ Early workshops start at 4:00 pm Friday
- ◆ Opening Ceremony at 7:30 pm Friday
- ◆ Unity Day Celebration at 1:30 pm Saturday
- ◆ Convention ends at noon Sunday
- ◆ NO REFUNDS after 2/10/2012

For more information, call Jacqueline: (407) 423-4086

Hotel Reservations:

800-580-7402 (reservations only) 321-799-0003 (direct)

(You must make your own hotel reservations before 2.14.12)

Special nightly rates:

\$102 double, \$107 triple, \$112 quad + 11% tax

For these rates, use the code FSCOA

Rates are available three days before and after event

Hotel check-in 3:00 P.M. Friday, check-out 12:00 P.M. Sunday

Hotel requires a credit card to hold your reservation

Convention registration by mail:

Make checks payable to Florida State Convention 2012

Mail to: Burt Tucker

5441 Deleon Lane

Elkton, FL 32033

Phone Burt at 321-214-3446

Convention registration on line*:

WWW.FLSConvention2012.EVENTBRITE.COM

*There is a surcharge to use this site.

Visit our recovery bookstore

Place your bulk literature orders before 1/28/2012

Contact Sharon trapps1@verizon.net

(813) 782-6005



Cut and send this half

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email Address: _____

Name and city printed on your badge:

GIVE SERVICE:

_____ Registration _____ Sell drawing tickets

_____ Hugger/greeter _____ Hospitality room

_____ Service desk _____ Meeting room timer

_____ Literature table _____ Where needed

_____ Boutique _____ Workshop leader/speaker
(Minimum 90 days of abstinence)

Early registration: \$20.00

(mailed by 1/28/2012)

Late registration: \$30.00

(mailed by 2/14/2012)

No meals available after this date

Walk-ins welcome!

One-day registration \$30.00

No one turned away for lack of funds

4 meal package \$99.00

Saturday and Sunday breakfast buffet

Saturday lunch buffet and dinner banquet

All taxes and tips

Saturday dinner banquet only \$37.00

Saturday dinner banquet choices:

Chicken _____ Fish _____ Vegetarian _____

Registration \$ _____

Four-meal Package \$ _____

Saturday banquet only \$ _____

Scholarship donation \$ _____

Total \$ _____

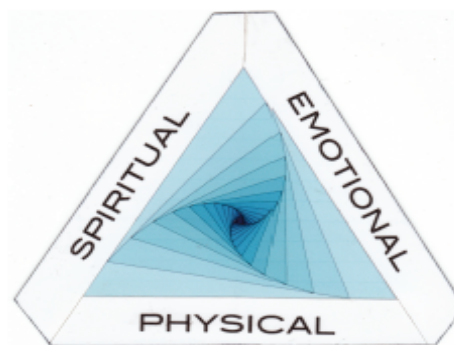


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THREE-FOLD RECOVERY**



Cocoa Beach Hilton Oceanfront

1550 N. Atlantic Ave

Cocoa Beach, FL 32931

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

AN AWARENESS OF STEP 2

I watch my son who is growing through the period of 1 – 4 weeks of age. His eyes are open as he glows with fascination to the simple stimulates within his environment. Sunlight, music, the television, even the ceiling fan all gives the child a sense of "awe", as he notices, with amazement, an openness to the new world which surround him. I gaze in observation to my new born son and I can't help to realize to myself the similarity to the awareness which comes in Step 2.

Often we are closed minded when entering the rooms of Overeaters Anonymous for the first few sessions. It is hard for us to wrap our minds around a solution to our issue, moreover, enter a belief system to solve a problem. We need to see ourselves in the alliance as this new born boy sees himself, with clear open palms to embrace new concepts and reasoning. The bigger picture of a Higher Power, spiritual principles, and working a program may appear as too much to comprehend at first. We need to slow our thinking down and to take baby steps to "come to believe in a power greater than ourselves". Our insane compulsive eating behavior and daily food habit may have an overwhelming approach to us at first. We do not have to figure ourselves out, nor solve the problem to "fix ourselves". This is the responsibility for the new acquaintance of our Higher Power. We are simply supposed to embrace this principle. We open our mind to be stimulated by the nature in which He leads us to comprehend with a simple decision to follow. This is the sheerness of Step Two. Today we don't have to behave in a pattern of compulsive eating. Because today, we allow ourselves to choose the willingness of grace from our Higher Power through the principles of Step Two.

—Tony B.

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The newcomer may ask, " Who is the head of OA?" and be puzzled by the answer in tradition two: a loving God as expressed in the group conscience...When faced with a problem or challenge, we ask God's guidance to show us what is best for the group as a whole. Then we discuss the matter carefully, we vote on alternatives, and we trust that the decision we reach together is our Higher Power's will."

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 119.

"In OA, however, there are no powerful offices to hold. Instead of a power structure we have a service structure. The offices or boards found in OA exist only to do service."

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 119.

"The group conscience is not the same as majority rule. This conscience is an expression of the group unity spoken of in the first tradition, a common bond which grows among us as we each let go of self-will. Rather than being guided by individual self-interest, we seek as a group to apply the principles embodied in OA's steps and traditions to the decision at hand."

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 120.

"We find that most people are willing to cooperate cheerfully with decisions they help to make...Anger and bitterness are often replaced by harmony and peace when we treat each person as important and really listen to what everyone has to say. When this happens, a loving God's will is expressing itself through us and through our OA groups.

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 127



Central Florida Marathon
Saturday, February 4th, 2012
9AM-12PM

Loving Ourselves Into Recovery



Great Recovery Speakers
Literature and Raffle
Coffee, Tea, and Water

Location: Christ the King Church
OA Fellowship
26 Willow Drive
Orlando, FL 32807
Off of 436, south of Colonial Dr.



Speaker's List

We are developing a list of people in program who are willing to share their experience, strength and hope at speaker's meetings around Central Florida. If you are interesting in being a speaker at a local meeting, please e-mail Joyce T. at [**ShadesFan@aol.com**](mailto:ShadesFan@aol.com) with your name, length of abstinence, general area where you live and days of the week that you are available to speak.

2nd Step Prayers

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.

AMEN

(p. 59 BB)

Heavenly Father, I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.

(Unknown)

THE GRATITUDE OF ABSTINENCE

I believe it was the female author "Orah," who described that you will know love within a family by knowing a continuous calamity. I thought this was a profound statement and pondered on the level of its truth. I came to believe that Orah may have made an erudite fact in that comment. Within the mist of common family stresses, which are associated with the annual holiday schedule, I became aware of how blessed I truly am to have such qualified problems in my life. There are lonely, homeless, and elderly people who would cry a monument of a river to have the daily problems which I face in my life. I am alert to the gratitude which I have for my abstinence today. This makes it possible for me to keep the blessing which comes with my life today. I carry my abstinence like a torch in a marathon. I am proud daily for the little sense of relief it brings, as well as the great honor of accomplishment. I've made this statement before and I'll say it again, because it is true; my abstinence is sacred. Moreover, in order to keep it, I need to fight for it. This gives life a certain stage of conflict. However, the inner peace and mental balance is as a fragrance in a room full of spring orchard. I am grateful for the calamity which surrounds the habits in my food plan rather through the holidays or in everyday living. This is a small price to pay for a greater gift of joy. This is something which the fruit of the Spirit teaches me how to live with satisfaction.

--Tony B.

December 4, 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 32789	St. John's Lutheran Church	1021 Camellia Ave	Off 17-92 Youth Center House	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)		Rosemarie 352-751-3752
Mon	7:30PM	SS	Winter Springs	Grace Presbyterian	1111 Tuskawilla Rd		Susan Z. 407-977-2792
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	1021 Camellia Ave	Off 17-92 Youth Center House	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	Women's Meeting 11 th Floor Conf Rm	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. 352-753-4024
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	1021 Camellia Ave	Off 17-92 Youth Center House	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	Parish Hall	Shirley 407-774-0912
Thu	7:30AM	SF	Winter Park	St. John's Lutheran Church	1021 Camellia Ave	Off 17-92 Youth Center House	Al A. 407-415-1156
Thu	10AM	V	Lady Lake	North Lake Presbyterian Church	975 Rolling Acres Rd.		Rosemarie 352-751-3752
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	1021 Camellia Ave	Off 17-92 Youth Center House	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 Library	225 West Guava Street		Barb R. 352-753-4024
Fri	7:00PM	BB	Winter Park	Sts Peter and Paul Catholic	5300 Old Howell Branch Rd	St. Martin Room, Education Bldg	Susan S. 321-202-0161
Fri	7:00PM	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

Day	Time		Town/Zip	Venue	Address	Notes	Contact
Sat	9AM	D	Winter Park	St. John Lutheran Church	1021 Camellia Ave	Off 17-92 Youth Center House; Spkr Mtg Last Sat.	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	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

All Meetings are Open Meetings

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

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

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

*** If you have the printed copy of this list, please visit our website <http://www.oacfi.org/meetings.htm> -to get the most current meeting list ***

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

Position: Name	Phone	Position: Name	Phone
Chair: Barb R.	(352) 753-4024	Vice-Chair: Gertie W.	(407) 694-3962
Secretary: Cheryl S.	(407) 221-5928	Treasurer: Phyllis D.	(386) 668-5862
WSO Delegate: Janet T.	(407) 310-2284	Region Rep: Rita S.	(407) 234-0808
WSO Delegate: Dave C.	(407) 716-4021	Region Rep: Dave C.	(407) 716-4021
Parliamentarian: Rita S.	(407) 234-0808	Region Rep: Mary Y.	(386) 566-2833
Web Master: Al A.	(407) 415-1156	Region Rep: Barb R.	(352) 753-4024
Telephone & Tech: John P.	(407) 712-4765	Literature: Janet T.	(407) 310-2284
New Beginnings Editor: Al A.	(407) 415-1156	Outreach: Dave C.	(407) 716-4021
New Beginnings Co-Editor: Tony B.	(407) 405-3192	Young People: Kevin F.	(352) 383-6294
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: February 11, 2012 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