

New



March 2012

Beginnings

We need your experience, strength and hope!

**Articles needed on "One Day At a Time, Step 4,
or Tradition 4."**

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 March 1st, 2012 .

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

For Any Meeting changes

Email newsletter@oacfi.org

Also, you must change your information on OA.ORG

To do so, follow these steps:

<https://www.oa.org/meetings/change-form.php>

You can then click to do one of the following:

Make changes to an existing meeting, register a new meeting, or cancel a meeting.

Young People's Committee

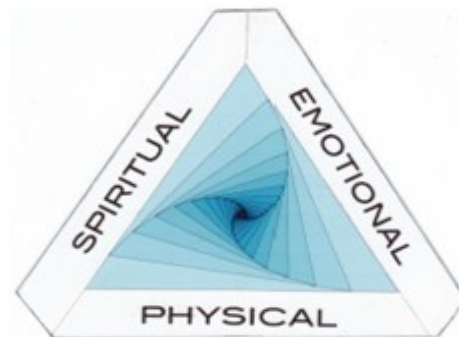
Kevin F. has recently been appointed chairperson of the Young People's Committee for our Intergroup. We are forming a committee of people interested in working with and carrying the message of recovery to young people. Anyone interested in being a part of this committee should contact Kevin at 352-383-6294 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 January 2012

Group Contributions

| | | |
|-------|---|----------------|
| Sun | Winter Park 7th Day Adventist Church | 80.00 |
| Mon | Flagler Beach 10:00 AM | 20.00 |
| Mon | Kissimmee FI Hospital | |
| 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 | |
| Mon | Winter Springs, Grace Presbyterian | 30.00 |
| Tue | Daytona Beach Memorial Hosp | |
| Tue | Maitland Asbury United Methodist Church | 140.00 |
| Tue | Winter Park St. John's Luthern | 54.88 |
| Tue | Ocala 6:00 PM | 10.00 |
| Tue | The Villages, Chatham Rec Ctr.,10:00AM | |
| Tue | Colony Cottage Rec Ctr, The Villages, 4:30 | |
| Wed | Lady Lake United Methodist Church | 25.00 |
| Wed | Tavares First United Methodist Church | 80.00 |
| 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 | |
| Wed | Winter Park St. John's Luthern Church | |
| Thurs | Lady Lake, North Lake Presbyterian | |
| Thurs | Flagler Beach 10:00 AM | 40.00 |
| Thurs | Ocoee -- Health Central | 25.00 |
| Thurs | Ormond Beach In the Pines | 74.00 |
| Thurs | Tavares Fla Hospital Waterman | 122.40 |
| Thurs | Winter Park St. John's Luthern 7:30 AM | |
| Thurs | Winter Park St. John's Luthern 5:30 PM | |
| Fri | Lady Lake , Library | 25.00 |
| Fri | Orlando, St. Lukes United Methodist | 15.00 |
| Fri | Winter Park St. Peter and Paul | 50.00 |
| Sat | Altamonte Springs St Mary Magdalen | 117.80 |
| Sat | Altamonte Springs St. Mark's Men's Mtng | 95.00 |
| Sat | Central Florida Intergroup Mtg. | 40.00 |
| Sat | Orlando -- Steppers | 25.00 |
| Sat | Dr. Phillips (Orlando Sand Lake) Hospital | 100.00 |
| Sat | The Villages, Hibiscus Village Rec. Ctr 10:00 | 75.00 |
| Sat | The Villages, Hibiscus Village Rec. Ctr 9:00 | 120.82 |
| Sat | Winter Park St. John's Lutheran | |
| Sat | St. Cloud Warehouses | |
| Sat | Daytona Beach | |
| | Total Group Contributions | 1484.90 |

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 \$ _____

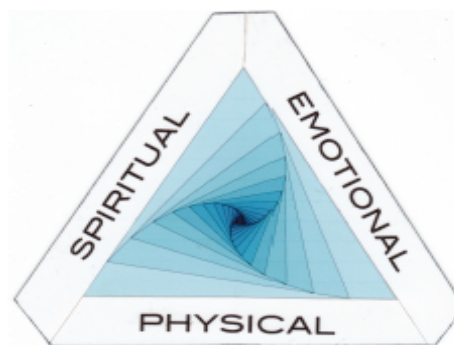


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Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

LEARNING BY WAY OF STEP 3

I had an epiphany experience with my new born son the other day. My wife had to go on an appointment and I was left home to care for my son. He is breast fed. I was left with pumped breast milk in bottles. There was a limited supply ready. My wife was not home for a little over two and a half hours. My son awaked from his day sleep three minutes after my wife left; he was screaming. He wanted to eat and he wanted to do it right away. At first there was no alarm. I picked him up and bottle fed him accordingly. He ate and drifted back into a dream. I thought that I had the beginning of a wonderful experience. However, twenty minutes later, he awoke again and he was screaming Bloody-Mary at the top of his lungs. This procedure was considered normal. I heard my wife explain it to me and read about it in Parent's books. An infant may eat a large meal and be satisfied for 2 or 3 hours. Or, he may want to eat in little interludes as snacks every 20 or 40 minutes. Solomon, my son, wanted to continuously eat his daily snacks. I had another bottle ready, so I went into the strife armed and ready. But, there was another problem which I was not prepared to attack. He only had one more bottle thawed and ready to serve. At the rate he was presently feeding, he would need at least two or three more bottles before my wife came home. and rescued me with an appearance of the Calvary. I then entered into a phase of powerlessness and begin to embrace an awareness of Step 3.

There was nothing I could do and as a parent; this is a very deep expression. You want to be ready and have everything possibly needed to care for your children. Or, at least, it is reasonable to feel this way. Nevertheless, there is reality. And within this realistic state we are to learn to trust, let go of control, and turn over our problem to our Big HP. Lucky for me, with sometime in the program, this rationalization grew naturally. Solomon was fine. His needs did eventually get met. Rather, I knew how at that moment, or an intervention in a phenomenon manner inter-

3rd Step Prayers

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always!"

(p. 63 BB)

God, Take my will and my life. Guide me in my recovery. Show me how to live. AMEN

(p. 59 BB)

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

TRADITION'S FAVORITES

Tradition Three is my favorite tradition. There is nothing less simply keen. I have moral respect for the Seventh Tradition. However, as I see Step One. Step Two & Step Three laying down a foundation for one to develop a program; Tradition Three blends with Tradition Five for a focus for the group. I've heard it said many times and inside of meetings such a thought as, "If I needed to believe in a specific type of religion, or pledge a monthly fee to join, I don't think that I would last in Overeaters Anonymous." Tradition Three develops an open doorway to walk through, whereby you're never too far gone off the wagon. It keeps the heart of the program in the right place. This is important. For as in life, the heart pumps the blood which it takes for the group to survive. It maintains an open door policy for new comers, whom are the most important person within a meeting. It bleeds through the words and the meaning of Tradition Five. Many successful OA members were not ready to totally give themselves into the program when first walking into the rooms. The course of learning knowledge or realizing proper terms to understand how the program works for an individual may have been an obstacle which would cause a compulsive eater to fall. Tradition Three keeps the vision clear and gives a shrewd perspective to how the program affects the problem of multiple eating disorders. This step is a sagacious key which is vital for Overeaters Anonymous system to mature.

Tony B.

Assistant Webmaster Needed

We are looking for an assistant Webmaster to help with the oacfi.org website. The main service you would be doing would be uploading the newsletter to the website, turning flyers into .pdf's, and uploading them to the website. The We will train you on the rest.

Please be someone with a commitment to abstinence and to practicing the principles of the 12 steps and traditions of Overeaters Anonymous. This kind of service really does help you stay in recovery. Please contact Al A. at webmaster@oacfi.org.

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 with your name, length of abstinence, general area where you live and days of the week that you are available to speak.

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Care Team Visit

Are you struggling with abstinence?

Are you deep in relapse, feeling hopeless about ever getting abstinent?

Do you feel you have never really been abstinent?

Do you think you have never received the level of recovery, abstinence and serenity that you see in other OA members?

Do you feel you can't go on eating the way you do, but you can't imagine being able to eat any other way?

Do you feel you don't "get" the program, but you really want it?

If you have answered yes to one or more of these questions, then you might benefit from a Care Team visit.

Meet with OA members with strong abstinence.

Discuss your difficulties with the program.

Find encouragement and renewal through their experience, strength and hope.

This is a service for those who want help for themselves.

Please do not call for others.

If you wish to have a Care Team visit or if you wish to be added to our volunteer list,

Contact: Beth G. (352) 223-9769 or Joyce T. (407) 222-1290.

SUPPORT YOUR OA MEETINGS!

What if you needed a meeting and the meeting, and no one was there.
Meetings can only be there for you, if you are there for the meeting.
Miracles happen to those 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 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.

February 1, 2012

*** 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 | Camille 407-699-8532 |
| 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 | 11:30 | V | The Villages 32159 | Captiva Village Rec Center | 658 Pinellas Place | Non-Residents Welcome | Karen (352) 430-2327 |
| 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 | Garden Room – 1 st Wed is Speaker Meeting | Dedi C. 407-690-1876 |
| 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 |

| Day | Time | | Town/Zip | Venue | Address | Notes | Contact |
|-----|--------|----|-------------------|------------------------------------|--------------------------------------|---|---|
| Sat | 8:30 | 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 |

All Meetings are Open Meetings

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

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: Kay R. | (407) 415-8584 |
| 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: March 17, 2012 at 10:00am

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