

New



April 2012

Beginnings

We need your experience, strength and hope!

Articles needed on "Staying Abstinent, No Matter What!, Step 5, or Tradition 5."

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 April 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

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

For Any Meeting changes

Email newsletter@oacfi.org

Also, you must change your information on OA.ORG

To do so, follow these steps:

<http://www.oa.org/edit-a-meeting/>

You can then click to do one of the following:

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

Intergroup Donations

When making group donations to Intergroup, please include the day, time, and location of your meeting. If you know your group number, please add that also.



Treasurer's Report February 2012

Group Contributions

Sun	Winter Park 7th Day Adventist Church	95.00
Mon	Flagler Beach 10:00 AM	10.00
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	109.00
Tue	Maitland Asbury United Methodist Church	159.00
Tue	Winter Park St. John's Luthern	167.56
Tue	Ocala 6:00 PM	10.00
Tue	The Villages, Chatham Rec Ctr.,10:00AM	
Tue	Colony Cottage Rec Ctr, The Villages, 4:30	135.00
Wed	Lady Lake United Methodist Church	25.00
Wed	Tavares First United Methodist Church	20.00
Wed	Longwood St. Stephen's Lutheran	
Wed	Ocala First United Methodist .	
Wed	Orlando , Christ the King	71.20
Wed	Dr. Phillips/Orlando Sand Lake Hospital	
Wed	Winter Park St. John's Luthern Church	
Thurs	Lady Lake, North Lake Presbyterian	25.00
Thurs	Flagler Beach 10:00 AM	20.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Ormond Beach In the Pines	
Thurs	Tavares Fla Hospital Waterman	42.05
Thurs	Winter Park St. John's Luthern 7:30 AM	25.00
Thurs	Winter Park St. John's Luthern 5:30 PM	
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	95.85
Sat	Altamonte Springs St. Mark's Men's Mtng	
Sat	Central Florida Intergroup Mtg.	51.00
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	100.00
Sat	The Villages, Hibiscus Village Rec. Ctr 10:00	60.00
Sat	The Villages, Hibiscus Village Rec. Ctr 9:00	
Sat	Winter Park St. John's Lutheran	300.00
Sat	St. Cloud Warehouses	
Sat	Daytona Beach	80.00
	Total Group Contributions	1850.66

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.



Sisterhood of the Traveling Food

I am going to be traveling for the next four days. Part of all four days meals will be coming with me. To keep things simple I am cooking the cereal in advance and traveling with it. I can warm it up in a microwave at the hotel but to cook it in the microwave could be messy. The little bowl is not big enough for it to cook properly on the road. Cooking it in advance is a new idea. I know there is a daily breakfast buffet but seriously: do I need to exchange my healthy breakfast for food this is free just because it is there? I would rather make sure I start my day with my staples. I can supplement with fruit or eggs there, if I choose.

When I travel to these events I usually rush to find a food store that sells 'my food' and sometimes inconvenience other people in my rush to acquire it. Not this time. I no longer rely on 8 oz. of yogurt each day. Nor do I panic if I have a day or two with less protein. In the totality of things, a little missed protein is not hurting me

I may not have time to get to a restaurant between the all-day board meeting and the business meeting on Friday evening. I may take a nap in between. To make sure I am not setting myself up for a room service disaster I am bringing dinner in my checked luggage.

Look, I don't want to be someone who has to make sure I have my food with me. I want to relax in a restaurant, order from room service and eat at the buffet 'like normal folks.' I am sure type 1 diabetics would rather not give themselves shots. I know cancer patients would rather not go for chemo and I sure know that kidney dialysis patients would rather do anything but get hooked up to a machine several hours every other day for the rest of their lives. What I am saying is this: if all I have to complain about is planning some meals in advance and carrying the food in my suitcase then I have high class problems and NOTHING to complain about. I do these things to make my life better. I get over it.

I am a card-carrying member of the Sisterhood of the Traveling Food!

Jane C.
Orlando, FL.

THE AGELESS TIME OF ABSTINENCE

The period of time between my first day within the program and this present time is enchanting. It actually has a fairy-tale likeness towards my lifestyle. I still find people who witness the miracle of the OA program. People who I am reunited with at weddings, baby showers and birthday parties all praise the physical change of my body. When I believe the change is faded and the transformation has lost its glamour, another friend, family member, or neighbor makes another comment. "Wow, you've lost so much weight." "You look so different." "What did you do?" Again, I am able to reveal the miracle which finding abstinence has done in my life. Just when I feel the story is over, another witness reveals the eternal agelessness of abstinence.

This is truly a blessing, and I am truly grateful. I fear the reality of losing the greatness of this program. I do not feel like I've graduated, nor overcome any symptoms of this living disease. It does not appear as though it has died. I am very aware that it breathes the same air I breathe. Moreover, it dwells deep within my personal persona. Like green grass under white covered snow, the disease of food addiction lives. Never do I become so arrogant as to feel as it can't flourish any spring day from my true season. I can only keep it arrested through the tools, fellowship and Steps of this OA program. And the beauty of recovery will forever appear within the cold nature of this disease.

Tony B.

Step 4 – Made a searching and fearless moral inventory of ourselves.

READY FOR A CHALLENGE?

The most obvious truth about walking into an OA meeting is that you're ready for a change within your life. The first few Steps prepare you mentally for a challenge. However, approaching the spiritual depth which comes when you reach Step Four usually produces the inner change most OA members are seeking. The average person is slightly nervous and weary about entering this Step. It becomes clear that there is a private disease within their personality, and this disease by nature is quite ugly. No one really wants to deal with this side of their character. Nevertheless, what is often found is freedom and unconditional love when one is vulnerable with the process of Step Four.

The love which embraces each member primarily comes from their Higher Power, which they indeed confirm this spiritual transition. Many members are in awe with just how much love is found behind the disguise of their ugly personal disease. The scar which tattoos their personality is forever etched within each member's mind. Who knew there was such beauty hidden behind each member's spirit? The older members who cherish their abstinence recognize the depth found when Step Four is unveiled. This process is profound and carefully handled by each member who grows through the Steps. Fellow members give praise and clarity for other people who are not aware of the grace behind these Steps. Therefore let the doors of Overeaters Anonymous forever remain open.

Tony B.

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

In OA we have all different kinds of formats, Big Book, Step Study, Speaker, Newcomer, Relapse. There are even special focus meetings, like Women's, Men's, GLBT, etc. Some fellowships even break their meetings down by occupation. I have seen doctor's and lawyer's meetings. I personally see nothing wrong with groups of people who are alike and are sharing their common problem of compulsively overeating. I would not agree if someone was struggling, needed a meeting, and they were kept out due to their gender, sexual preference, occupation, etc. I have personally been at the men's meeting numerous times where women have showed up needing a meeting. They were welcomed and made to feel part of the group. I believe no matter whatever we do in our group, we still need to respect tradition 3, The only requirement for OA membership is a desire to stop eating compulsively.

Anonymous

A Power Greater Than Myself

Judy here, a grateful compulsive overeater, abstinent today by the grace of my HP, the twelve steps, and all of you.

Page 47 of the AA Big Book -- We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.

Step 2 -- Came to believe that a Power greater than ourselves could restore us to sanity.

Yesterday I had some old books to take to the used book store. I always take some and browse around -- I usually don't buy any but just look around. I always check around for used AA and OA books but what they do get, sells fast. It still amazes me how many self-help books they have and books on dieting. And how many did I have to buy in the search for help? My shelves at home no longer contain any of those books as they once did.

How many books did I buy trying to find God and spirituality -- how to define it and how to get it? What was IT and how could I get IT? I never found any answers to my problem in any of these books. Not saying that they were not good but they just did not give me the information that I was looking for. They could not solve my problem.

I came into the rooms of OA and back then they had very limited OA material so we relied heavily on AA literature. I was told to buy an AA Big Book which I did. I read a few pages and thought "That is for those drunks. This certainly does not apply to me and my compulsive overeating". Years later and many periods of abstinence/relapse I knew there had to be answers to my dilemma somewhere. Where was I to find it?

I believe God watches us even when we do not know it. People started showing up in my life who were BB thumpers as we sometimes refer to them. It was then that I started to hear things like "the obsession could be lifted and there are recovered people in the program". I wanted what they had and started asking questions like what do I have to do?

I was directed to the 12 steps as laid out in the AA Big Book. As soon as I was able to answer "Yes" to some of the questions and like it says on page 47 "As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way." I believed that if those first 100 people recovered from their dilemma, then so could I. I have come to believe in a power greater than myself that can restore me to sanity -- I first became willing and now do believe.

Recovery in this program for me happens slowly...but the good news today is that it is happening. I am no longer a victim to the disease and I have a daily reprieve contingent on the maintenance of my spiritual condition. It works....it really does!

Thanks for letting me share...Love, Judy

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. 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.

Sponsors Needed

Many groups in the Central Florida area have a shortage of folks who are available to sponsor OA members. We are starting a list of sponsors who would be willing to sponsor by e-mail or by phone. If you are abstinent and available to sponsor someone in OA, please send us an e-mail including your first name, last initial, city you live in, length of abstinence, special focus (100 lb winner, anorexia, etc.) and whether you are available to sponsor by phone and/or e-mail. Once we get the list going, folks who are looking for a sponsor can contact us and we will try to match them up with an available sponsor. To sign up to be on our sponsor list, please e-mail Joyce T., 12 Step Within chair at ShadesFan@aol.com. If you do not have access to e-mail you may also call Joyce at 407-222-1290.

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.



New OACFI Self-Service Email Distribution List!

Hi, are you tired of being the last person to find out about OACFI Service Opportunities and Events? Are you tired of signing up for a service position just to find out that all slots have been taken? You are not alone..., anymore. :-) Now, you can be the first to find out about OACFI events and the Service Opportunities that make them so successful!

OACFI has a new self-service email distribution list. You can subscribe to the email list at any-time, and you can remove yourself from the list whenever you chose to do so.

The new email distribution list is called: **oacfi_intergroup_news@oacfi.org**. Your Intergroup Service Team uses this email list for Intergroup Meeting Business items like: Agendas and Meeting Minutes. We also use it for announcing events and service opportunities.

To subscribe, just send an email to: **oacfi_intergroup_news-subscribe@oacfi.org** and include your name, a contact phone number, and your home meeting. That's it! You will start to receive the next email that gets published..., usually at the beginning of each month.

If you decide you want to un-subscribe, just send an email to:

oacfi_intergroup_news-unsubscribe@oacfi.org. The system will automatically send you a confirmation email; just reply to that email and you will be un-subscribed. If you change your mind later you can subscribe again, no problem.

We hope you find this new avenue of communication helpful. Please forward any questions or comments to **johnp@123mail.org** and I'll respond as soon as possible.

Thanks,
John P

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.

March 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 407-461-4308 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 407-461-4308
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 407-924-2679
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	401-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
#1 WSO Delegate: Dave C.	(407) 716-4021	#1 Region Rep: Barb R.	(352) 753-4024
#2 WSO Delegate: Janet T.	(407) 310-2284	#2 Region Rep: Rita S.	(407) 234-0808
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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: April 14 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