

New

 **OVEREATERS
ANONYMOUS.**
Central Florida Intergroup



May 2012

Beginnings

A journal of experience strength, and hope

We need your experience, strength and hope!

**Articles needed on "The Importance of the Food Plan, Step 6,
or Tradition 6."**

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 May 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

March 2012

Group Contributions

Sun	Winter Park 7th Day Adventist Church	125.00
Mon	Flagler Beach 10:00 AM	
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 Lutheran Church	
Mon	Winter Springs, Grace Presbyterian	28.00
Tue	Daytona Beach Memorial Hosp	
Tue	Maitland Asbury United Methodist Church	150.00
Tue	Winter Park St. John's Lutheran	50.00
Tue	Ocala 6:00 PM	
Tue	The Villages, Chatham Rec Ctr., 10:00AM	
Tue	Colony Cottage Rec Ctr, The Villages, 4:30	
Wed	Lady Lake United Methodist Church	30.00
Wed	Tavares First United Methodist Church	50.00
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	103.00
Wed	Winter Park St. John's Lutheran Church	
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 Lutheran 7:30 AM	20.00
Thurs	Winter Park St. John's Lutheran 5:30 PM	25.00
Fri	Lady Lake , Library	45.00
Fri	Orlando, St. Lukes United Methodist	15.00
Fri	Winter Park St. Peter and Paul	50.00
Sat	Altamonte Springs St Mary Magdalen	73.00
Sat	Altamonte Springs St. Mark's Men's Mtng	
Sat	Central Florida Intergroup Mtg.	52.00
Sat	Orlando -- Steppers	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	75.30
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	1186.30

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.



ANTHEM

The laughter of humiliation and embarrassment in the locker room or dressing room; the shunning away at a festive buffet, lost between the private glances in the mirror, we are often told that we are not good enough. Our bodies do not qualify as one of the “beautiful people.” A voice says to us, “Let’s be the kindred of shame within a family reunion or school sporting event, where we represent more than whom we are when we are alone. We can neither get caught in the “squirrels” within our own mind, nor set the illness incarcerated. What do our thoughts sound like when we’re thinking in the solution? There is an absolute division between thinking within the program’s mind set or remain in the confusion of the disease. We can achieve our goals. We can live out our dreams. Who can set our spirit to fly? Are we victims of a serious illness? Yes! Can we arrest the addiction and live in the lifestyle of remorselessness? Set our minds to fly, listen to the answered prayers, and believe in the hope of the OA program. This is the attitude of someone who protects their abstinence. We can become part of the recovery process. We can reflect to the desperate soul who is just outside our program. When we come to the meeting, listen to the members who speak of recovery within their program. Join the environment which flourishes the light of the Twelve Steps. Work the soil of the tools, so we can begin and continue to grow. Our vital signs have not expired. The last meal has not given its final sentence... not yet.

—Tony B.

Staying Abstinent, No Matter What

My whole life has been a series of choices. Today I continue to have choices. One day at a time I choose to maintain my abstinence. Sometimes it’s just a matter of asking for what I need.

Planning my day consists of making sure I have the food I need for the day. Most days I pack lunch, dinner, and 2 snacks. This gives me the freedom to live in the moment and think about eating only at meal times. I love this freedom, because I get to enjoy the people and places where my feet are, instead of spending my time thinking about what I’m going to eat, and where I’m going to get it.

Recently I experienced an unusual amount of stress at work and in my personal life. I was going through lots of changes. They were positive changes, but wow! It was a lot of change at once. Amidst these changes and new routines, one thing I could count on was my abstinence. Regardless of my stress level, feelings or circumstances I knew that my abstinence would remain the same one day at a time one meal at a time.

The higher my stress level was, the more tools I needed to use. The number of phone calls to my sponsor and other OA members increased as well. Reading “Voices of Recovery” became a daily part of my program. As soon as I woke up I prayed the 3rd, 7th and 11th step prayers, and reviewed pages 86-88 in AA’s Big Book. I attended more meetings and started writing my 10th and 11th steps at bedtime. The service I gave to this program became more and more important to me. I asked friends and newcomers to join me for dinner after meetings. In other words, I used more tools to work the steps more often. In a few weeks time I was returned to sanity and enjoying my life more than ever! It was like magic!

Our program is portable. On three occasions I traveled to Uganda in central Africa for one month each trip. I had to rely on friends to cook for me. Because they care about me, they were willing to do their best to make sure I got what I needed. All I had to do was ask. Not only did I enjoy wonderful new foods, I also experienced some of the most wonderful times in my life.

Several times each year I travel to Michigan for extended stays with my family. Again, I take my program with me. Sometimes we go camping and we often eat out. This requires a little planning on my part, but it’s worth it because I get to enjoy quality time with my family without the distraction of annoying food thoughts.

Every day I renew my commitment to my abstinence with the belief that I will be given the opportunity to get what I need. One day at a time for over 6 years I’ve been able to maintain my abstinence no matter what. It works!

—Beth G.

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.

Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

REFLECTION OF SELF

Older members of Overeaters Anonymous often realize something that newer members miss. This is the fact that everybody can see their eating disorder. The truth that someone is neither overweight nor not naturally thin usually appears quite clear within the crowd. It is our own eyes which are blind. And, this blindness continues to deceive us until we are totally ready to be honest. This level of honesty is quite powerful for those active members when it is first experience. The ability to see ourselves face to face usually happens in the eyes of someone else's face.

It is when we approach Step Five and remove the veil from our own eyes, that we are ready to see the truth behind the reality which everyone else has already known. It often appears quite distasteful or ugly at first, our additive nature. However, a beautiful transformation happens to us, somewhat like the human's face as it develops the appearance of aging. The miracle takes place when we are able to reveal our original youthful look. We don't reveal ourselves in an obscured awkwardness of age, moreover an absolute removing of guilt transpires as we become as witness in an appearance of innocence. Something like, the whiteness of clouds or freshness of snow when we reveal ourselves in Step Five. We shine the pure laughter, which was once naively within our existence. This is a new vision of our personality. This becomes another reward of this program.

Tony B.

Tradition 5: Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

There are many ways for me to carry the message. I can make outreach calls to other OAers. I can talk to other compulsive overeaters who are still struggling and share my experience, strength, and hope. For the still sick and suffering in and out of the rooms of OA this is a life or death matter. If I see a newcomer or someone who is struggling in a meeting, I feel it is my duty to talk to that person. I always make sure to go and talk to them or at least make sure that someone is talking to them, offering some hope.

Today, I follow my food plan, remain abstinent, and continue towards a healthy body size, I work the steps and change my attitudes, becoming a better parent, child, sibling, co-worker, etc. By changing and leading by example, one day at a time, I offer the best message possible for those around me that are still suffering from this disease.

—Anonymous

Revised Suggested Meeting Format

At the November 2011 Board of Trustees meeting, board members approved updates and revisions for the Suggested Meeting Format.

The revisions include more inclusive language, an emphasis on abstinent sponsors, added focus on Lifeline magazine and updated guidelines for collecting Seventh-Tradition contributions.

www.oa.org/pdfs/suggested_meeting_format.pdf

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.



Sharpening Your Tools

SATURDAY, MAY 5, 2012

10AM-1PM

FLORIDA HOSPITAL WATERMAN

1000 WATERMAN WAY

TAVARES, FL 32757

****Bring your OA 12 & 12, AA Big Book for reference, pen and paper****

Join us for lunch in the cafeteria after workshop. Abstinent choices available or brown bag it.

Call Beth G. (352) 223-9769 or Robin W. (352) 383-0052 for more information.

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 anytime, 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



"Sponsorship: There's an A.P.P For That!" 2012 Central Florida OA Sponsorship Workshop

**Saturday, May 12, 2012
11:30 AM - 1:00 PM**

**St. Marks Presbyterian
1021 Palm Springs Drive
Altamonte Spgs FL 32701**

Feel free to bring your own lunch.

For more info: Joyce T (407-222-1290) or David C (407-716-4021)

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/new/wp-content/uploads/Meetings.pdf> -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
Parliamentarian: Rita S.	(407) 234-0808	#3 Region Rep: Mary Y.	(386) 566-2833
Web Master: Al A.	(407) 415-1156	#4 Region Rep: Janet T.	(407) 310-2284
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: May 12, 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