New Beginnings

OVEREATERS ANONYMOUS®
Central Florida Intergroup

August 2012

A journal of experience, strength, and hope

We need your experience, strength and hope!

Articles needed on "More Will Be Revealed," "Step 9," or "Tradition 9." You can also write on any topic related to OA.

Please include your first name and last initial, or just write anonymously. Please submit articles by August 1, 2012.

Please email your article or any suggestions to: newsletter@oacfi.org.

Or mail your article to:
Newsletter Editor, CFL Intergroup,
Post Office Box 180293,
Casselberry, FL 32718-0293

Lake Yale Retreat, Help Needed

For our annual Lake Yale Retreat, October 19-21, we need people to do the program, fundraising, entertainment, registration, boutique, lead meetings and workshops, lead a meditation, etc. To help or for more information, please contact Janet T. at jthrane@cfl.rr.com.

Revised Suggested Meeting Format

At the November 2011 OA World Services Board of Trustees meeting, the Board updated and revised the Suggested Meeting Format. The revisions include more inclusive language, an emphasis on abstinent sponsors, an added focus on Lifeline magazine, and updated guidelines for collecting Seventh Tradition contributions. The new format is at:
www.oa.org/pdfs/suggested_meeting_format.pdf

OACFI Self-Service Email Distribution List!

Want to be the first to find out about OACFI events and the Service Opportunities that make them so successful?

OACFI has a self-service email distribution list called **oacfi_intergroup_news@oacfi.org**. Your Intergroup Service Team uses this list to distribute business items like agendas and minutes, and to announce events and service opportunities.

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

To unsubscribe, 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 unsubscribed. If you change your mind later you can subscribe again, no problem.

Any questions, contact **johnp@123mail.org** and I will respond as soon as possible.

Thanks, John P

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 pick up and pay for your order at the monthly intergroup meeting.

Treasurer's Report
June 2012

Sun	Winter Park 7th Day Adventist Church	62.00
Mon	Flagler Beach 10:00 AM	10.00
Mon	Kissimmee Fl Hospital	
Mon	Leesburg Unity of Leesburg Church	20.00
Mon	Orange City Fl Hospital	20.00
Mon	Orlando Holy Family	25.00
Mon	Winter Park St. John's Lutheran Church	
Mon	Winter Springs, Grace Presbyterian	31.00
Tue	Daytona Beach Memorial Hosp	95.00
Tue	Maitland Asbury United Methodist	
Tue	Winter Park St. John Lutheran 5:30	
Tue	Ocala St. Marks United Methodist Church	10.00
Tue	Flagler Beach, Santa Maria Delmar Liv. Ctr.	27.00
Tue	The Villages, Chatham Rec Ctr 10:00AM	
Tue	Colony Cottage Rec Ctr, The Villages, 4:30	
Wed	Lady Lake United Methodist Church	34.00
Wed	Tavares First United Methodist Church	20.00
Wed	Longwood St. Stephen Lutheran	25.00
Wed	Ocala First United Methodist 10:30 AM	61.05
Wed	Orlando Christ the King	30.00
Wed	Dr. Phillips/Orlando Sand Lake Hospital	76.50
Wed	Winter Park St. John Lutheran Church	
Thurs	Lady Lake, North Lake Presbyterian	10.00
Thurs	Flagler Beach 10:00 AM Police Station	15.00
Thurs	Ocoee -- Health Central	25.00
Thurs	Ormond Beach In the Pines	
Thurs	Tavares Florida Hospital Waterman	100.00
Thurs	Winter Park St. John Lutheran 7:30 AM	
Thurs	Winter Park St. John Lutheran 5:30 PM	43.50
Fri	Lady Lake Library	40.00
Fri	Orlando St. Luke's United Methodist	15.00
Fri	Winter Park St. Peter and Paul	50.00
Sat	Altamonte Springs St. Mary Magdalen	300.00
Sat	Altamonte Springs St. Mark Men's Mtg.	50.00
Sat	Central Florida Intergroup	53.50
Sat	Orlando Steppers Public Library	25.00
Sat	Dr. Phillips (Orlando Sand Lake) Hospital	50.00
Sat	The Villages Hibiscus Village Rec Ctr 10:00	50.00
Sat	The Villages, Hibiscus Village Rec Ctr 9:00	
Sat	Winter Park St. John Lutheran 9:00	
Sat	St. Cloud Warehouses	50.00
Sat	Daytona Beach City Island Library	100.00
	Total Group Contributions	1523.55

Watch out for H.A.L.T.

If you get too hungry, angry, lonely or tired, Reach out/make a call/come to a meeting!

Share the OA Message With a Young Person

Years of living with an alcoholic is almost sure to make any wife or child neurotic. The entire family is to some extent ill. Let families realize, as they start their journey, that all will not be fair weather.
Alcoholics Anonymous Big Book Chapter 9 Page 122.

The term "neurotic," which means "abnormal behaviors," describes me as a child and as a young adult. I see now what I did not see then, that I took control to a point no one should. You see, I was a child in a family that was so dysfunctional, I became physically ill.

My journey with bulimia began in 1976, when I was in sixth grade. I was always thinking of food. At the same time, I was thinking of how and when I would purge. I exercised control over myself, because there was nobody else who cared. I did reach out to my school nurse, but my mother told her I was a liar. By the end of sixth grade, I was 6 feet tall and 130 pounds, and I was angry at the world.

When I entered seventh grade, my mind and bulimia were larger than life. I was 13. I was actively harming myself. I was being physically and emotionally abused by a family member.

Thankfully, one person, my seventh grade science teacher, saw me, recognized my bulimia, and saved my life. He listened to me. He got my mother to take action. I started therapy at school. Our family went to family counseling.

I struggled to realize that food could be my friend, and that it didn't have to hurt me. I had trouble trusting what I was told about the nutritional value of food. Indeed, for many years, I had trouble trusting that what anyone told me was the truth.

My next journey was not being able to express my feelings about the deaths of my little brother and my grandfather. This was when my eating disorder turned from bulimia to overeating. The food became my friend. I used it as the answer for every feeling.

Most of you reading this know that I came to weigh 365 pounds, and that, by the grace of God and OA, I am heading to a normal body weight with a weight loss of 170 pounds. My question to you is, are you willing to share your program with a young person? What about your program would you share? For myself, I know that, if someone in OA had talked to me way back then, my journey would have been much different.

As a final note, in the last few months, my niece has been struggling with anorexia. Eating disorders are just like any other hereditary disease. I pray God gives me the words to help her to her first OA meeting.

——Claudia B.

Download and post our flyer on local bulletin boards! Get it 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 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.

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.

SUPPORT YOUR OA MEETINGS!

What if you needed a 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!

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.
OA Tools of Recovery Pamphlet.

I love OA's newest tool called "Action Plan." At first glance designing an action plan seemed complicated and time consuming. After I realized that I am already implementing several action plans in my life, I saw that this tool is another way for me to keep it simple.

My plan of eating is an action plan. I shop, plan, cook and eat my meals according to an action plan. Going to at least 2 OA meetings a week is another one of my action plans. Praying while driving down my long bumpy dirt road is another one of my daily action plans.

This tool even showed up at my job. Working as a middle school science teacher I made weekly lesson plans. The process of looking for a new teaching position has involved a more complex action plan. Updating my resume, completing online applications and checking the jobs website daily are all a part of my "find a new job" action plan. The action plan tool helps me to practice these principles in all my affairs.

I have a financial action plan which involves not using a credit card and monitoring my checking account balance on a regular basis. A few months ago I set up online bill payment for all of my monthly bills. Keeping it simple has become one of my mantras.

The people I am blessed to sponsor work an action plan with me. They are writing their steps using OA's 12 Step Workbook and meet with me on a regular basis to share what they have written. Some call or email their daily plans of eating. We talk on the phone on a regular basis and meet as often as we can.

The action plan tool of our program continues to be a vital part of my recovery. It helps me to stay organized, achieve goals and best of all keep it simple!

— Beth G.

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Dear Father, I hope you are well. I am writing this letter in preparation for taking steps 8 and 9. This letter will never be seen by you. Only my OA friends will see it. However, it is helpful for me to write this "to you" in order to clarify my emotions, to become willing to forgive you, and to make amends for my part. If I rely purely on my emotions, I will not be able to clearly see my part in this.

It has been many years since you left us to start a new life, with a new family. We have not kept in touch over the years and the miles. Part of me is glad for this estrangement. You were not interested in having a relationship with me for most of my life. You abdicated your role as a father, leaving the role of parent for Mom to handle alone. You abused me physically and emotionally as a child. You were not a loving husband to my mother.

It is tempting to stay on "your side of the street" rather than look at mine. I know this will only lead me back to resentment, insanity and the food, so I will keep the lens on myself for now. As I wrote in my Fourth Step inventory, I was not there for you. As a teenager and young adult, I was more interested in myself and my "freedom" than I was in having a relationship with you or the rest of the family. I lied to you often. I did not include you in my confidences. I was nice to you in front of your face, but defiant behind your back. Later I became openly hostile to you. I insulted you and cursed you. I think I may have even shoved and hit you. I did not respect you as an adult.

I understand now that you struggled with your own troubled upbringing, bad choices, and addictions. I understand now that you raised and provided for us the best way you knew how. I understand this because I found myself over the years making many of the same mistakes; treating others as I was treated; passing on what I was taught. I pray for God to give me the willingness to forgive us both. I pray for patience, tolerance, kindness and compassion to be my guides concerning you. I pray God bless you and remove my resentments of you. I pray I can someday be helpful to you. I pray God show me how. Amen.

—Anonymous

KEEP COMING BACK

I have been around the OA rooms for a few twenty-four hours. My first seven years in OA, I was not willing to put down the food. I had seven years of good abstinence during my next seven years in OA. Since 1996, I have floundered miserably with my abstinence, a week on, even as much as nineteen months on, but always picking up—breaking my abstinence one more time. My one saving grace through all of this has been: **I KEPT COMING BACK.**

I have now been abstinent since April 29, 2012, working daily with my sponsor, who suggested I send this writing to the Central Florida Intergroup newsletter. She encouraged me to resist changing any part of what I had written. So here is my offering to any Compulsive Eater who may be struggling and/or has struggled a long time. I did for these last sixteen years.

Why do I need to stop overeating in my life right now?

Because every day I continue to overeat:

- I build a resistance to recovery.
- I give the disease power.
- I do damage to my physical health.
- I do damage to my spiritual and emotional health.
- I feel "less-than."
- I feel like a fraud.
- I feel as if I let myself and my OA friends down.
- I feel like an ingrate.
- I feel as if I'm not: (a) trusting God; (b) putting God first; (c) doing God's Will; (d) being the best I can be; (e) treating my body with respect; or (f) treating my body as God's temple.
- I let my spirituality go.
- I am not putting up for God.
- I am not a good OA example (attraction).
- I am not doing myself any good, but lots of harm.
- I become angry, mean, judgmental, impatient, lazy, procrastinating, paralyzed, don't work my program, don't have conscious contact with God (my HP). I lose my sense of my true, authentic self. I give in to the whims of my false self. I do not accept life on life's terms. I have too many expectations, illusions and experience paranoia.
- I am completely self-absorbed.
- I am not kind and gentle and do not care for myself, anyone or anything around me.

—Anonymous

Overeaters Anonymous Workshop

Developing a Plan of Action

Sun, August 19, 2012, 3:00-4:30 pm

Florida Hospital Seventh Day Adventist Church
2800 North Orange Avenue, Orlando, FL 32804

Presented by Overeaters Anonymous Sunday 5:00 PM
Florida Hospital Adventist Church Meeting Group

Contact Beth at 352-223-9769 for more information

Upcoming Events In Other Florida Intergroups

August 3-5, 2012
Pinellas Traditions IG
OA Retreat: "Steps 1,2, and 3 ... Laying the Groundwork for Continued Contented Abstinence."
Franciscan Center, Tampa, Florida
www.oapinellas.org/events/OARetreatAugust2012.pdf

September 21-23, 2012
North Florida IG
Annual NFI OA Convention
"Better By the Dozen: The Spiritual Principles in the 12 Steps"
Amelia Hotel, Amelia Island, Florida
www.oanfi.org/2012OANFIConvRegistrationbrochure.pdf

Hosted By
Pinellas Traditions Intergroup

SOAR 8
Recovery Convention & Business Assembly
November 9-11, 2012

St. Pete Beach, Florida
Tradewinds Grand Island Resort

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

AN OVEREATER'S DIPLOMA?

What does it mean to graduate from the Overeaters Anonymous program? Have you ever seen a professional Twelve Stepper? Does such a person exist? Honestly, I think such a thing does exist, in the sense of the concept of a lifetime student. Someone who is delighted to learn more morals and values about themselves, plus obtain the spiritual progress of loving others. This may sound strange, but it is a true concept. The organization of Overeaters Anonymous will never become a professional business. However, we OA members may share our program, experience, strength and hope, to allow OA to continue to reach out to help other compulsive eaters. This is in direct alliance with Tradition Eight. This is a simple but profound tradition. When considering that no one is in charge of OA, besides the authority of a group conscience under a loving God (based on the Higher Power of each member's understanding), we see an immaculate thought. People are working together to strengthen each other. This is something worth noticing. This is why we as OA members strive to learn how to never complete, nor finish working the OA program.

—Tony B.

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Central Florida Intergroup

PATIENCE & SUFFERING

Sometimes the work or the time required to obtain a goal prevents someone from reaching that goal. Patience is a virtue. To be a healthy person, you must have patience with yourself and your own character defects. The lack of patience may prevent a compulsive eater from receiving abstinence, or, after a relapse, from having the grace to accept their stumble and to move on. I did not learn this lesson quickly. I am constantly progressing in my maturity and my ability to love myself.

My pastor once asked this question during a sermon: "Do you ever watch grass grow?" This is a keen question. You know that grass grows from week to week, especially if you are the one cutting the lawn. But you can't actually see it grow if you sit on your porch in a rocking chair, drinking a cool beverage, and watching the grass. Like grass growing, it may seem that we can't see our own progress toward abstinence. We must be merciful on ourselves and our honest efforts to obtain abstinence. We must acquire a forgiving and persevering heart that accepts the amount of time it takes to actually reach our proper goals. Having such patience with ourselves will relieve the suffering we may feel during our journey.

—Tony B.

WRITING YOUR WAY TO RECOVERY

SPECIAL SPEAKER AND DISCUSSION

SUCCESSFULLY UNCOVERING POSITIVE AND NEGATIVE THOUGHTS AND FEELINGS THROUGH WRITING

BEING PRESENTED BY

Monday Night Overeater's Anonymous Meeting

At GRACE COVENANT PRESBYTERIAN CHURCH

1111 TUSKAWILLA ROAD,

WINTER SPRINGS, FL 32708

ON MONDAY, OCTOBER 1, 2012, 7:30 P.M. - 9:00 P.M.

OA LAKE YALE RETREAT

"THERE IS A SOLUTION"

CHAPTER 2 FROM THE BIG BOOK

IS YOUR PROGRAM HEADED IN THE RIGHT DIRECTION?

OCTOBER 19 -21, 2012

SPEAKERS, WORKSHOPS, FELLOWSHIP, NATURE

Cost of $150 each for double occupancy room includes all meals thru Sunday breakfast, Single room $200

Beautiful Lake Yale Baptist Conference Center sits adjacent to Lake Yale. You can bike, walk, fish, sit and read, or just relax! One hour northwest of Orlando

Two hours northeast of Tampa; & two hours south of Jacksonville.

Lake Yale Baptist Conference Center
39034 County Road 452
Leesburg, FL 34788
352-483-9800
www.lybcc.com

BRING A FRIEND BRING YOUR BIKE BRING A CHAIR

FUNDRAISING

BOUTIQUE!

SCHEDULE	
Friday 2 pm	Registration/room assignments
Friday 5:30 pm	Dinner
Friday 7 pm	Opening and speaker meeting
Saturday 9 am	Workshops
Saturday 3 pm - 5:30 pm	Free time
Saturday 7 pm	Speaker meeting
Saturday 9 pm	Fundraising drawings/Bonfire
Sunday 9 am	Speaker and closing

Send registration form and checks to:
Central Florida Intergroup
P.O. Box 180293
Casselberry, FL 32718
oacfifallretreat@aol.com

Credit card registration (fees charged):

2012LakeYaleFallRetreat.eventbrite.com

Contacts:

Claudia B. 352-603-2773

Janet T. 407-310-2284

Registration form

Name

Address

Contact number

Email address

Double occupancy $150 each

Single occupancy $ 200

Please select::

- ☐ I will room with (2 per room $150 each):
- ☐ I would like a single room ($200)
- ☐ I need a wheelchair accessible room
- ☐ I need a first floor room (based on availability)
- ☐ I am willing to speak or lead a workshop
- ☐ I will do service of any kind
- ☐ I will donate a basket
- ☐ I will participate in the talent show
- ☐ I will bring clothes for the boutique

OVEREATERS ANONYMOUS®
Central Florida Intergroup

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

Updated July 10, 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**.
Remember to update your meeting information on the oa.org website also.

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	Noon	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 172nd Legacy Lane	Non-Residents Welcome	Leslie 352-430-2383 Rita 352-753-0311
Tue	1130AM	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**	**Flagler Beach**	**Santa Maria del Mar Learning Center**	**805 N. Central Ave.**	**Matthew Room**	**Joann 386-627-8919**
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 8th Road	Room 4	Joleen 352-425-2339
Tue	7PM	BB	Daytona Beach	Florida Memorial Hospital	Williamson & Memorial Med. Pkwy.	Women's Meeting 11th Floor Conf Rm	Mary Y. 386-566-2833
Wed	10AM	SS	Tavares	First United Methodist Church of Tavares	Corner of Rte Old 441 and Rte 19-near fountain	Church Library	Sue R. 352-742-3370
Wed	10AM	V	Lady Lake	Lady Lake United Methodist	Corner Hwy 27/441 & McClendon St.		Barb R. 352-753-4024
Wed	1030AM	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	**Camille 407-699-8532**
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	Usually meet in Garden Room – 1st 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	10AM	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 **Robin W. 352-383-0052**
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
Fri	10AM	V	Lady Lake	Lady Lake Library	225 West Guava Street		Barb R. 352-753-4024
Fri	7PM	BB	Winter Park	Sts Peter and Paul Catholic	5300 Old Howell Branch Rd.	St. Martin Room, Education Bldg	Susan S. 321-202-0161
Fri	7PM	D	Orlando	St. Luke United Methodist Church	4851 S. Apopka Vineland Rd.	Bldg A, Room 102	Jacqueline 407-423-4086 Diane 407-855-3934

Day	Time		Town/Zip	Venue	Address	Notes	Contact
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	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	**Amanda 321-443-2362**
Sat	10AM	SS	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Residents Welcome	Linda R 352-643-0174
Sat	**Noon**	**SS**	**Port Orange**	**First United Methodist Church**	**305 Dunlawton Ave.**		**Diane 386-761-9277**
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.
*** 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 ***

For any meeting changes: (1) email newsletter@oacfi.org; and (2) change your meeting information on OA.ORG by going to https://www.oa.org/meetings/change-form.php, then following the prompts to register a new meeting or to change or cancel an existing meeting.

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) 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: Al A.	(407) 415-1156
Web Master: Al A.	(407) 415-1156	#4 Region Rep: Janet T.	(407) 310-2284
Asst. Web Master: Joleen G.	(352) 425-2339	Publications:	**Vacant**
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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 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 21, 2012 at 10:00am (3d Sat. not 2d Sat. because of Region 8 Convention)
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**