

# New Beginnings



**OVEREATERS  
ANONYMOUS®**  
Central Florida Intergroup

# November 2012

*A journal of experience, strength, and hope*

**We need your experience,  
strength, and hope!**

**Articles needed on  
"Maintaining Serenity  
Through the Holidays,"  
"Step 12," or "Tradition 12."  
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 Nov. 1, 2012.**

**Please email your article or any  
suggestions to: [newsletter@oacfi.org](mailto:newsletter@oacfi.org).**

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

### **SPECIAL DATE AND PLACE FOR NOVEMBER INTERGROUP MEETING!**

Central Florida Intergroup meetings are usually on the second Saturday of the month in Altamonte Springs. **FOR THE NOVEMBER 2012 MEETING ONLY**, the meeting will be November 17, the third Saturday, and in Lady Lake. It will also be followed by a Traditions workshop (see flyer on page 5 of this newsletter). To attend the November 2012 Intergroup Meeting, or the Traditions workshop, or both, head out on November 17 to Lady Lake United Methodist Church, 109 W. McClendon Street, Lady Lake, FL 32159.

### **OACFI Elections**

Elections for Central Florida Intergroup will be held at the December 8, 2012 meeting. Nominations are due to Intergroup by the November 17, 2012 meeting.

**PLEASE NOTE: THIS NOVEMBER INTERGROUP MEETING WILL BE HELD ON THE THIRD SATURDAY OF THE MONTH, NOT THE USUAL SECOND SATURDAY, AND WILL BE HELD IN LADY LAKE, NOT THE USUAL ALTAMONTE SPRINGS LOCATION.**

All nominees must attend the November meeting to address Intergroup (three minutes or less) concerning their qualifications for office. If absolutely unable to attend in person, a nominee may prepare a written statement (three minutes or less when read aloud) and have another person read it at the November meeting.

The following positions are open: Vice Chair, Secretary, Parliamentarian, WSO Delegate #2, Region 8 Rep #2, and Region 8 Rep #4.

The qualifications for each position are:

- Practicing the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA to the best of your ability.
- Have one year of current abstinence as defined by World Service.
- Have attended at least 6 Intergroup meetings.
- Have given service above the group level for a minimum of one year.
- Be a regular member of an affiliated OACFI member group.

Please direct any questions to your Intergroup rep or board members.

**THE TUESDAY 5:30 PM  
ST. JOHN MEETING  
NEEDS THE SUPPORT  
OF OUR FELLOWSHIP**



# Treasurer's Report September 2012

47548	Sun	Winter Park 7th Day Adventist Church	85.00
38230	Mon	Flagler Beach 10:00 AM St. Maria Delmar	
45648	Mon	Kissimmee Fl Hospital	40.00
16681	Mon	Leesburg Unity of Leesburg Church	
39211	Mon	Orange City Fl Hospital	25.00
1048	Mon	Orlando Holy Family Catholic Church	
39535	Mon	Winter Park St. John Lutheran Church	
48859	Mon	Winter Springs Grace Presbyterian	
50496	Tue	Daytona Beach Memorial Hosp	122.63
46213	Tue	Maitland Asbury United Methodist	
28876	Tue	Winter Park St. John Lutheran 5:30 PM	10.00
25327	Tue	Flagler Beach Santa Maria Delmar Liv.	
50209	Tue	The Villages Chatham Rec Ctr 10:00 AM	
51320	Tue	Colony Cottage Rec Ctr, The Villages, 4:30	
48700	Wed	Lady Lake United Methodist Church	20.00
48716	Wed	Tavares First United Methodist Church	25.00
48659	Wed	Longwood St. Stephen Lutheran	
25110	Wed	Ocala First United Methodist 10:30 AM	30.00
39845	Wed	Orlando Christ the King Azalea Park	75.00
47815	Wed	Dr. Phillips/Orlando Dr. Phillips Hospital	
39536	Wed	Winter Park St. John Lutheran Ch. 12 PM	25.00
39847	Thur	Lady Lake North Lake Presbyterian	
15171	Thur	Flagler Beach 10:00 AM Police Station	25.00
50602	Thur	Ocala St. Mark's United Methodist	
18502	Thur	Ocoee Health Central	
47546	Thur	Ormond Beach In the Pines	22.00
48285	Thur	Tavares Florida Hospital Waterman	
51028	Thur	Winter Park St. John Lutheran 7:30 AM	
38170	Thur	Winter Park St. John Lutheran 5:30 PM	40.00
45611	Fri	Lady Lake Library	15.00
20088	Fri	Orlando St. Luke's United Methodist	50.00
936	Fri	Winter Park St. Peter and Paul	169.36
39883	Sat	Altamonte Springs St. Mary Magdalene	49.00
46851	Sat	Altamonte Springs St. Mark's Men's Mtg.	
9016	Sat	Central Florida Intergroup Mtg.	25.00
37491	Sat	Orlando Steppers Public Library	80.00
46887	Sat	Dr. Phillips (Orlando Sand Lake) Hospital	25.00
50419	Sat	The Villages Hibiscus Village Rec Ctr 10	40.00
51130	Sat	The Villages Hibiscus Village Rec Ctr 9	
38611	Sat	Winter Park St. John Lutheran 9 AM	300.00
51142	Sat	St. Cloud Warehouses	100.00
48952	Sat	Daytona Beach, City Island Library	71.00
		<b>Total Group Contributions</b>	<b>1468.99</b>

## Service Opportunity

The Central Florida Intergroup is in need of a Co-Editor for New Beginnings. This person would assist the editor with editing and formatting the newsletter each month. Abilities needed include good grammar and writing skills, familiarity with Word, familiarity with one or more digital imaging programs (e.g., Photoshop, Lightroom, Aperture, Elements), and experience in desktop publishing using Word (for example, have you ever used Word to make a flyer for an event, or an invitation, or a brochure?). Would need to have access to a computer with Word 2007 or higher and with a digital imaging program. Willingness to learn may substitute for some of the knowledge requirements. If you are interested in serving in this way, please contact Alan B. at 407-670-8463 or [eagle2175@gmail.com](mailto:eagle2175@gmail.com).

## We have a New Website!!

We still have the same website name, [www.oacfi.org](http://www.oacfi.org).

Our new website has been broken up into easier to find categories. Be sure to check out our new and more extensive podcast page. These will keep you busy with meetings in between your normal meetings. You can listen to them on your computer or save them to listen to later. You can even load them on your iPod or other MP3 player.

If you experience any problems getting to the website you will have to clear your cache. Your browser may be trying to bring up the old website. See below for instructions:

### Internet Explorer 9

1. **Once your browser is open, click the gear at the top right to open the settings menu.** Then, select **Safety** and then **Delete Browsing History**. Or, optionally you may simply press Ctrl+Shift+Delete to open the Delete Browsing History window.
2. **Select Temporary Internet Files.** You will also need to **uncheck** all of the other boxes, especially **Preserve Favorites website data**. This option makes the window also delete objects from websites in your Favorites folder, which is necessary to completely clear your cache.
3. **Click the Delete button near the bottom of the window to perform the operations** (i.e. clear your cache by deleting temporary files).
4. **Your computer will work for a moment, and then the process will be complete.** You've successfully cleared Internet Explorer 9's Cache!

### Internet Explorer 8

1. **Once your browser is open, click the Tools menu.** Or, optionally you may simply press Ctrl+Shift+Delete to open the Delete Browsing History window (and skip step 2).
2. **Click on Delete Browsing History.**
3. **Select Temporary Internet Files.**
4. **Click the Delete button near the bottom of the window to delete your temporary files** (i.e. clear your cache).
5. **If you want the browser to automatically clear the cache whenever you close it, click the Advanced tab.** Click to check the box next to the **Empty Temporary Internet Files folder when browser is closed** option (in the section labeled **Security**). Click OK. This will delete everything except cookies.
6. **Note: IE8 has a "feature" which retains some cookies even after you clear your cache if you do not UNCHECK the "Preserve Favorites Website Data."** If you truly need to clear your cache, you will want to **uncheck this!**

### Internet Explorer 7

1. **Open IE 7 and click the Tools menu.** Click the **Delete Browsing History** link at the top.
2. **Under the Temporary Internet Files heading, click Delete files.**
3. **Click Yes when you see the prompt asking if you are sure you want to delete all temporary files.**
4. **Alternatively, clear your cache for just the current page you're visiting.** Press and hold [Ctrl] on your keyboard, then Press [F5] or click on the Refresh button (square button on the toolbar with opposite-facing arrows).

### Firefox 4.0 / 5.0 / 6.0 +

1. **Click the Firefox menu in the top left corner.** Next, select the right arrow next to **History >**, and click **Clear Recent History** (or click on Tools then Clear Recent History if you don't have the Firefox Menu) Or, you can press Ctrl+Shift+Delete to open the recent history window.
2. **Make sure 'Details' is expanded, then select Cache from the list.** Uncheck everything else.
3. **In the Time Range to Clear:** drop down, select **Everything**.
4. **Select Clear Now.**
5. **Your computer will work for a moment, and the process will be complete.** You've successfully cleared Firefox's Cache!

If you have any questions, please email [webmaster@oacfi.org](mailto:webmaster@oacfi.org).

—Al A.

**Watch out for H.A.L.T.!**

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

**SAVE THESE DATES IN 2013!**

**February 22-24, 2013**

**Florida State Convention**

**“Together We Can . . . Become  
Serene in Twenty-Thirteen”**

**Cocoa Beach Hilton**

**1550 N. Atlantic Ave., Cocoa Beach, FL**

**Aug. 29 to Sept. 1, 2013**

**OA World Service Convention**

**“Recovery to Rock Our World”**

**Cleveland Marriott Downtown at Key Center**

**127 Public Square, Cleveland, OH 44114**

[http://www.oa.org/world-service-  
events/world-service-convention/](http://www.oa.org/world-service-events/world-service-convention/)

#### 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](http://www.oa.org/pdfs/suggested_meeting_format.pdf)

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

[http://oacfi.org/new/wp-  
content/uploads/2009/08/bulletinboard.pdf](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.

#### Upcoming Events In Other Florida Intergroups

Nov. 30 to Dec. 2, 2012

Palm Beach IG

OA's 3d Annual

Spiritual Retreat

North Palm Beach, FL

[http://www.keepandshare.com/doc/4350714/2012-11-  
30pbcigretreat-pdf-136k?da=y](http://www.keepandshare.com/doc/4350714/2012-11-30pbcigretreat-pdf-136k?da=y)

#### “Born Again”

As of today, I weigh the least I ever have as an adult! For so long, I wanted my outside to reflect the person I knew I was inside. Well, 130 pounds since the height of my sickness, I finally feel it does. While this is wonderful, I don't consider it the greatest gift I've been given.

I've never felt the kind of peace I now feel constantly. On great days, bad days, even the rare terrible days: inside I know everything will be okay. It had been some time since a “terrible day” occurred, but this week I successfully worked through one, only realizing afterward that bingeing and purging did not even enter my consciousness – talk about a gift!

But there is something to be said for the change of body, hmm? Last night, my boyfriend fulfilled a fantasy I've had since childhood, and carried me to bed. Words fail in explaining what this meant to me. There was a moment when I realized he was going to pick me up and my emotions were that of panic and fear. Then in just as quick an instant, my new life and peace kicked in and I stopped resisting. I just leaned into his warm chest, let him carry me through a new, scary, wonderful experience, and it blessed my heart.

Speaking of blessings and gratitude, November is a special month for me! Last year, after being in and out of the rooms for over 10 years, I was taking the program seriously for the first time. I had a sponsor and was working the steps, but just couldn't stay abstinent for long. On Thanksgiving, I had a month of abstinence and a loose plan, but I know now my program was missing some pretty vital pieces. Thanksgiving ended in a severe binge and purge.

Well, I'm thrilled to tell you that on November 17<sup>th</sup>, I'm picking up my 9-month chip, and Thanksgiving day, I'm determined to do whatever is needed to make it just another day of abstinence. I *will* be present with family, I *will* be thankful, and I *will* see your beautiful faces ASAP to tell you all about it! I might voice some frustration – because abstaining from trigger foods can still be challenging for me – but if you want these gifts back, you're going to have to pry them from my free, joyous, happy hands!

Above all the gifts coming to fruition in my life, of all the wonderful things I'm thankful for this November, I think I'm most grateful that I'll be graced with another wonderful month in your superb, splendid company. If you're reading this, thank you for your presence. I hope the fruit of your labor is blossoming, but if not, you keep coming back! A few years ago, 130 pounds ago, a much sadder, more isolated, very different version of me never believed this day was possible... yet here I am. Bless you, thank you, and may God keep you in the palm of His hands.

—Allison B.

#### H. A. L. T

If we can get to the root of our pain, we can connect with our reality in a deeper way. We then can take ownership of our responsibility towards it. Sometime there actually is no good news, but just a reason for the pain. It is within these moments that we need to become more vulnerable. We are hungry (H) when we feel hurt. We become angry (A) over the powerlessness of the situation. It seems like no one else can relate to us nor feel the personal pain as deeply as we do; thus we feel lonely (L). The Yin & Yang concept never ends. It's an eternal spiral abyss forever draining our spirits. We must continue to fight it daily as it begins to wear us and we become tired (T) of the battle. We are stuck in the problem.

In the mist of all of these feelings (H.A.L.T.) it is ironic that I should speak of actually finding hope. Believe it or not there genuinely is a peaceful mode when totally accepting ourselves within a primary state of being. The powerlessness of our disease resurfaces but the refuge of our Higher Power forever remains present. Some days seem darker for a longer period of time. It usually remains darker longer during the winter seasons. In these cold months the promise of daylight does not appear to change. (H.A.L.T.) is more of a reality for most addicts. We tend to eat compulsively when trying to cope with our pain. This is our sick method to simply escape. However, a promise will never fade away. I kid you not, the sun will continue to rise and the light of day will shine once again.

—Tony B.

### The Great Lie

"For most normal folks, drinking means conviviality, companionship and colorful imagination. It means release from care, boredom and worry. It is joyous intimacy with friends and a feeling that life is good."

[AA Big Book, "A Vision for You," p. 151]

It seems often that food is the universal topic that everyone can enjoy. In many, many cultures food is part of every holiday and celebration. Food—its preparation, presentation and consumption—is savored and celebrated.

All my life my family celebrated events with food, and for normal people that was indeed a joyous intimacy. A groaning table, with special foods prepared by different generations of the same family with love and care, was the sign that life was good.

But pretty as that picture is, just as the Big Book says, that was "not so with us in those last days of heavy drinking"—or binge eating. For me the old pleasures were indeed gone—if they were ever really there in the first place!

Today, for example, when I really examine that idyllic picture of some family Thanksgiving dinner, I know it was never like that for me. I never felt joyous intimacy unless I was alone in my room with a half gallon of ice cream. There was a crack in the mirror—a big flaw in the picture—behind the scenes, I was so stuffed and miserable I wanted to run away and die—not celebrate with the family.

The Big Book talks about the "Great Fact" for us. There is also a Great Lie for a food addict like me—the lie that I cannot be fully alive, fully engaging in this wonderful family holiday dinner, if I don't partake of all the food that someone has lovingly made. I was so afraid I was missing out if I didn't eat some of everything in sight. Everyone else was experiencing bliss and I had to settle for carrots! It's just the old wine, it won't be Christmas without cookies!! Don't they put people in jail for not eating pumpkin pie on Thanksgiving?

The real truth—the Great Fact for me—is that when I had all that food I had nothing—no friends, no fun, no happiness, no God, no ability to love and experience the joy of intimacy with people!

Early on in my recovery my sponsor told me it was important that I create a new tradition at Christmas that didn't involve baking. The Big Book talks about having a sufficient substitute for the alcohol, or for the food. Otherwise nothing will change and my program will just be another failed diet. I had to substitute a different way of living and creating a new Christmas tradition was a start. So that's why you will often find us at a movie (or watching one at home) on Christmas Eve—it has become a family tradition instead of baking and eating cookies!

What new traditions have you started for your holiday times?

Trust God, Clean House, Help Others

—Anonymous

**Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.**

"[T]he eleventh tradition states that all individuals maintain their personal anonymity when speaking of their OA participation in any public medium of communication. . . . [T]hose of us who write books or are interviewed for a newspaper story or a radio or TV broadcast have two options. We can avoid calling ourselves OA members (even if we say we're compulsive eaters). Then we are free to use our full names or have our faces appear. Here the emphasis is on the individual, and we are not connected publicly with the OA program. Our other option is to go ahead and identify ourselves as OA members. When we do this we make sure our faces are not shown and our last names are not used . . . in this way, the emphasis remains on OA, rather than on ourselves."

[OA 12 & 12, pp. 194-95.]

"[W]hen one person assumes the role of an OA spokesperson . . . [such] breaks of anonymity misrepresent the OA Fellowship to the public by placing personalities before principles. They imply that one member's personal recovery or lapse is linked to OA's 'success' or 'failure.' The eleventh tradition helps ensure that we don't hurt the OA Fellowship in our misguided attempts to promote it."

[OA 12 & 12, pp. 195-96.]

**Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.**

### Prayer in Everyday Life

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life." [AA Twelve Steps and Twelve Traditions p. 98.]

Prayer did not come to me easily in this OA program of recovery. The prayers of my childhood vacillated between uninspired repetitions and personal requests. Today, I also use memorized prayers. I pray before I begin every meal. I pray at OA meetings. I pray with people who need support. I focus on the words as I say them. I do not allow my mind to focus on my pet projects or my fears. The prayer keeps me in the present moment.

When resentments or fears visit me I lift them up in prayer. I bring them into the "sunlight of the spirit." I ask Higher Power for help—to show me who he would have me be. I quiet my mind so as to make room for deeper insight. Time, meditation and sharing with others can aid me as well.

Lastly, I lift up my needs in prayer. I do not ask for things, as if God were my personal genie. I say these aloud so as to discern which are "needs" and which are "wants." I ask so that I can honor my true self and everything is suddenly a gift. When I ask for my "daily bread," I somehow know that my daily bread is a gift. There is no "path to gratitude"; gratitude *is* the path.

By arranging my life around such an "unshakable foundation" (which includes daily meditation), I put my disease on notice: "Today, I choose life over death by addiction."

For today, may you choose life.

—Anonymous



**DOES THE TRIPLE  
CROWN OF HOLIDAYS  
HAVE YOU STRESSED?**



**DON'T WORRY-THERE'S  
A MARATHON IN TOWN!**

**"STAYING ABSTINENT THROUGH THE HOLIDAYS"  
SATURDAY, OCT. 27, 2012, 9:00 A.M. TO 12:00 P.M.**

**ST. MARY MAGDALENE, BIG ROOM IN ANNEX  
861 MAITLAND AVE., ALTAMONTE SPRINGS**

**SPEAKERS - RAFFLES - SHARING**

**SUGGESTED DONATION \$3.00 - \$5.00  
PRIZE FOR BEST AA BIG BOOK INSPIRED COSTUME**

**SPONSORED BY THURSDAY 5:30 PM ST. JOHN OA MEETING  
FOR MORE INFO CALL ALAN B. AT 407-670-8463**



Northbound: 27/441 to Lady Lake, turn right onto McClendon St. Turn left into Church parking lot to the Christian Life Center. Enter the EAST SIDE DOOR. FOLLOW SIGNS

Where: United Methodist Church  
Lady Lake, FL 32159  
Lunch may be purchased at a local restaurant. List available at registration table or brown bag it. Coffee and water provided. A \$3.00 "Love Donation" is suggested. The drawing will benefit Central Florida Intergroup for scholarships. "If you can't pay, don't stay away."  
For questions or directions call:  
Rosemarie K. at 352-751-3752 or  
Claudia B. at 352-259-4176

## FALLING INTO RECOVERY THE TRADITIONS AIDS TO MEETINGS AND LIFE

November 17, 2012

Intergroup 10-11AM  
Lunch 11:05-12:30  
Marathon 12:30-2:30  
Drawings 2:45  
Closing: 3 PM

**PLEASE BRING  
OA 12 AND 12**

Sponsored by Overeaters  
Anonymous of Central FL.

### Living Life on Life's Terms

In the past month I have been so grateful for the 12 Step program of recovery and how it has taught me to live life on life's terms without using food (or anything else) as a drug. Instead, I can turn to God and ask for the strength to do the right thing in each situation. The situation in which I found myself recently was my mother's failing health as a result of lung cancer. In the past, before program, I would have been full of fear and apprehension about how this would affect me and my life. Could I have to go and take care of her for a lengthy period of time? Could I convince her to give up smoking and make some changes in her lifestyle to be safe in her home or to get help coming in? In the many conversations with my sponsor, and in my prayer and meditation time, I came to realize that all I could do was pray and ask for God's guidance.

When I flew home two weeks ago to visit my mother while my brother went on a month long trip, she had finally gone into a convalescent home and my goal was to be supportive and help her adjust. Instead, when I arrived, it was obvious that she was declining rapidly, affecting her ability to move and to speak. She was anxious, confused, and in great pain. Her doctor began a course of medication to keep her comfortable, and we called in hospice. The next week was spent by her side as she drifted into a deeper sleep. She had been adamant about not being kept alive by artificial means and I had promised to support her wishes. Fortunately, my mother was a woman of great faith and did not fear death. During the days by her side, I played her favorite music and hymns, talked to her, brushed her hair, and held her hand, and of course I prayed for God's grace for us both.

Most importantly, I kept my daily time of prayer and meditation so that I could be available to my mother. I had made amends to my mother several years ago, so my goal now was to continue to make living amends as she lay dying. It was a painful time, but at no point during that week did I feel compelled to eat over the pain and sadness I was feeling. Instead, I let myself cry and feel the loss that I was experiencing. She passed away peacefully as I was holding her hand. I could see and feel God's grace in the way events unfolded over the course of that time. I thank God for the blessing of this program.

—Gratefully, Mary H.

### Perseverance

Last weekend I attended the North Florida Intergroup retreat at Amelia Island. The theme was the 12 spiritual principles of the 12 Steps. A great topic. For the next several days I kept thinking about how these principles are a part of my daily life. The one that kept coming up was perseverance. So I asked myself, "How do I persevere in my OA program of recovery?"

On a daily basis I follow my plan of eating without exception. I attend at least 2 meetings each week and serve as the treasurer for one of them. The telephone is now my best friend instead of my enemy. I talk to other OA members often. I have a sponsor and offer this service to others. In other words I use the tools of the program to work the Steps.

The 10<sup>th</sup> Step encourages us to 'continue.' Daily I continue to look for ways to improve my life and to make sure that I am treating others as I would like to be treated.

My OA friends that have heard me share over the past 4 months have heard me talk about my intense dissatisfaction with my job. A transfer to a school 40 minutes from my house, to teach a subject I didn't enjoy, was such a disappointment when I was previously driving only 15 minutes. What could I do to change my situation? My program reminded me to focus on the solution.

The solution turned out to be to look for another job! LOL. Every day since I found out I was being transferred I checked the school district's job openings for a better job. I applied, emailed and called principals. I changed my password at work to faithful. I even went so far as to show up at a school I was interested in to try to meet the principal.

As it turned out that is the school where I will start teaching in less than 2 weeks!

I persevered and my Higher Power blessed me with the best science position in the entire county. I'll be teaching health to middle school students. As a result of living this program and maintaining my abstinence for the past 7 years, I am a healthy size and actually look like a health teacher.

Yep, perseverance has paid off. By practicing the 10<sup>th</sup> Step daily I was able to let go of my resentments at work and stay clear-headed enough to follow through and find a great job. Perseverance helped me keep a positive attitude so I would be open to receive the gift that was waiting for me just around the corner.

Hang in there! Persevere!

—Beth G.

### Subscribe to Lifeline Magazine!

*Lifeline* is OA's international magazine, with inspirational stories from OA members sharing their experience, strength, and hope. It's a great "Meeting in a Pocket" for travel time or down time. It's also great for giving to medical professional's offices to inform their patients about OA.

You may view a sample issue of *Lifeline* at:  
[http://www.oa.org/pdfs/Lifeline\\_Mar12.pdf](http://www.oa.org/pdfs/Lifeline_Mar12.pdf)

Print subscriptions may be ordered at:  
<http://bookstore.oa.org/category/Lifeline>

Subscriptions to *e-Lifeline* (an online version), may be ordered at:  
<http://www.oa.org/lifeline-magazine/subscribe-to-e-lifeline>  
(A subscription to *e-Lifeline* includes online access to the current and last 12 issues, but no print versions.)

You can download a flyer promoting *Lifeline* at:  
[http://www.oa.org/pdfs/IL\\_rep\\_flyer.pdf](http://www.oa.org/pdfs/IL_rep_flyer.pdf)

You can provide service by becoming a *Lifeline* Rep. As a Rep, you take subscription orders, collect subscription funds, and send the funds and orders to the World Service Office. In addition to the satisfaction of helping others, and promoting your own recovery through service, you can receive bonuses (free OA literature and magazine subscriptions) based on the number of subscriptions you generate. To become a rep, email [info@oa.org](mailto:info@oa.org) with "Lifeline Rep" in the subject line; or call 505-891-2664; or write *Lifeline*, PO Box 44020, Rio Rancho, NM 87174.



Hosted By  
Pinellas Traditions Intergroup

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

St. Pete Beach, Florida  
Tradewinds Grand Island Resort

See [oaregion8.org](http://oaregion8.org) for links to schedule and registration



## 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](mailto: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](mailto: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](mailto: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](mailto: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.or.org/>

Or you can send an email to:  
[literature@oacfi.org](mailto:literature@oacfi.org)

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

### 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 will-power. 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.

### Humility

"Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

-Dr. Bob and the Good Oldtimers, p. 222

### 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.





407-284-1482

Overeaters Anonymous – Central Florida Meetings List

1-888-294-4216

Updated September 29, 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](mailto:newsletter@oacfi.org).

Remember to also update your meeting information on the oa.org website.

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 172 <sup>nd</sup> 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
<b>Tue</b>	<b>6PM</b>	<b>V</b>	<b>Flagler Beach</b>	<b>Santa Maria del Mar Learning Center</b>	<b>805 N. Central Ave.</b>	<b>Matthew Room</b>	<b>Joann 386-627-8919</b>
Tue	6PM	V	Maitland	Asbury United Methodist Church	220 Horatio Ave.	Room 16-17	Clelia 407-461-4308
Tue	7PM	BB	Daytona Beach	Florida Memorial Hospital	Williamson & Memorial Med. Pkwy.	Women's Meeting 11 <sup>th</sup> 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 – 1 <sup>st</sup> Wed is Speaker Meeting	Dedi C. 407-690-1876
Wed	7PM	V	Longwood	St. Stephens Lutheran Church	2140 W. State Road 434	Parish Hall	Shirley 407-774-0912
<b>Thu</b>	<b>7:30AM</b>	<b>SF</b>	<b>Winter Park</b>	<b>St. John's Lutheran Church</b>	<b>1021 Camellia Ave</b>	<b>Off 17-92 Youth Center House</b>	<b>Al A. 407-415-1156</b>
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
<b>Thu</b>	<b>6PM</b>	<b>V</b>	<b>Ocala</b>	<b>St. Marks United Methodist</b>	<b>1839 NE 8<sup>th</sup> Road</b>	<b>Room 4</b>	<b>Joleen 352-425-2339</b>
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
<b>Sat</b>	<b>Noon</b>	<b>SS</b>	<b>Port Orange</b>	<b>First United Methodist Church</b>	<b>305 Dunlawton Ave.</b>		<b>Diane 386-761-9277</b>
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: BB — Big Book D — Discussion N — Newcomers R — Recovery from Relapse S — Speaker Se — Serenity SF — Special Focus SS — Step Study V — Varied

Entries with a ~~strike through~~ indicate recently removed; **Bold** font indicates a recent addition or change to 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](mailto: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](mailto: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:	<b>Vacant</b>
Telephone & Tech: John P.	(407) 712-4765	Literature: Kay R.	(407) 415-8584
New Beginnings Editor: Alan B.	(407) 670-8463	Outreach: Dave C.	(407) 716-4021
New Beginnings Co-Editor: Al A.	(407) 415-1156	Young People: Kevin F.	(352) 383-6294
12 <sup>th</sup> Step Within: Joyce T.	(407) 222-1290		

#### NEW BEGINNINGS

The monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of Overeaters Anonymous members and is not to be attributed to Overeaters Anonymous as a whole, nor does publication of any article imply endorsement by Overeaters Anonymous or by the Central Florida Intergroup. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the Overeaters Anonymous fellowship are encouraged.

Please email your articles and suggestions to [newsletter@oacfi.org](mailto:newsletter@oacfi.org)  
You can read monthly editions of New Beginnings on line at [www.oacfi.org](http://www.oacfi.org)

**Next Intergroup Meeting: November 17, 2012 at 10:00 a.m. (NOTE: 3rd Sat. not the usual 2d Sat.)  
SPECIAL LOCATION FOR NOVEMBER MEETING ONLY:**

**Lady Lake United Methodist Church, 109 W. McClendon Street, Lady Lake, FL 32159**

World Service Web Site: [www.oa.org](http://www.oa.org) Central Florida Intergroup: [www.oacfi.org](http://www.oacfi.org) Region 8 Web Site: [www.oaregion8.org](http://www.oaregion8.org)