New Beginnings

OVEREATERS ANONYMOUS®
Central Florida Intergroup

January 2013

A journal of experience, strength, and hope

We need your experience, strength, and hope!

Articles needed on "Unconditional Abstinence," "Step 2," or "Tradition 2." You can also write on any topic related to OA.

Please include your first name and last initial, or you may write anonymously.

Please submit articles by Jan. 1, 2013. Please email your article or any suggestions to: newsletter@oacfi.org.

Or mail your article to: Newsletter Editor, CFL Intergroup P.O. Box 180293, Casselberry, FL 32718-0293

Holiday Meetings

As of the date of printing, Dec. 3, 2012, the following meetings had announced they would meet as usual around the holidays:

Christmas Eve, Monday Dec. 24:

No announcements by print time.

Christmas Day, Tuesday Dec. 25:

—Tuesday 5:30PM meeting at St. John Lutheran in Winter Park.

—Tuesday 6:00PM meeting at Asbury United Methodist in Maitland.

New Year's Eve, Monday Dec. 31

No announcements by print time.

New Year's Day, Tuesday Jan 1:

—Tuesday 5:30PM meeting at St. John Lutheran in Winter Park.

—Tuesday 6:00PM meeting at Asbury United Methodist in Maitland.

It is almost certain that other local meetings will also take place on these holidays. To check on this, you may:

—Inquire at your meetings during earlier weeks in December.

—Check your Intergroup website meeting page, http://www.oacfi.org/gpage1.html, for special announcements concerning holiday meetings.

—Call the meeting contact listed on the meeting list at the last two pages of this newsletter.

Following these steps, you should be able to find a local meeting to bolster your program around the holidays. You don't have to get through the holidays alone!

Also, online and telephone meetings will almost certainly be available, see:

http://www.oa.org/membersgroups/find-a-meeting/.

Remember, you don't have to struggle through the holidays by yourself. May your holiday season be filled with joy, abstinence, family, friends, and the support of the OA Fellowship!

12–12–12

December 12 is OA's "Twelfth-Step-Within" Day.

On this day, please think of OA members that you have not seen at the meetings for a while. Try to contact at least three such members and invite them back into the Program!

Treasurer's Report
NOVEMBER 2012

47548	Sun	Winter Park 7th Day Adventist Church	100.00
38230	Mo	Flagler Beach 10:00 AM St. Maria Delmar	6.00
45648	Mo	Kissimmee Fl Hospital	
16681	Mo	Leesburg Unity of Leesburg Church	
39211	Mo	Orange City Fl Hospital	20.00
1048	Mo	Orlando Holy Family Catholic Church	25.00
39535	Mo	Winter Park St. John Lutheran Church	
48859	Mo	Winter Springs Grace Presbyterian	32.00
50496	Tue	Daytona Beach Memorial Hosp	
46213	Tue	Maitland Asbury United Methodist	318.75
28876	Tue	Winter Park St. John Lutheran 5:30 PM	
25327	Tue	Flagler Beach Santa Maria Delmar Liv. Ctr.	15.00
50209	Tue	The Villages Chatham Rec Ctr 10:00 AM	
51320	Tue	Colony Cottage Rec Ctr, The Villages, 4:30	
48700	We	Lady Lake United Methodist Church	45.00
48716	We	Tavares First United Methodist Church	
48659	We	Longwood St. Stephen Lutheran	51.01
25110	We	Ocala First United Methodist 10:30 AM	
39845	We	Orlando Christ the King Azalea Park	60.00
47815	We	Dr. Phillips/Orlando Dr. Phillips Hospital	
39536	We	Winter Park St. John Lutheran Ch. 12 PM	
39847	Thu	Lady Lake North Lake Presbyterian	
15171	Thu	Flagler Beach 10:00 AM Police Station	6.00
50602	Thu	Ocala St. Mark's United Methodist Church	10.00
18502	Thu	Ocoee Health Central	25.00
47546	Thu	Ormond Beach In the Pines	
48285	Thu	Tavares Florida Hospital Waterman	42.00
51028	Thu	Winter Park St. John Lutheran 7:30 AM	
38170	Thu	Winter Park St. John Lutheran 5:30 PM	200.00
45611	Fri	Lady Lake Library	25.00
20088	Fri	Orlando St. Luke's United Methodist	20.00
936	Fri	Winter Park St. Peter and Paul	
39883	Sat	Altamonte Springs St. Mary Magdalene	58.00
46851	Sat	Altamonte Springs St. Mark's Men's Mtg.	
9016	Sat	Central Florida Intergroup Mtg.	37.00
37491	Sat	Orlando Steppers Public Library	25.00
46887	Sat	Dr. Phillips (Orlando Sand Lake) Hospital	50.00
50419	Sat	The Villages Hibiscus Village Rec Ctr 10 AM	
51130	Sat	The Villages Hibiscus Village Rec Ctr 9 AM	
38611	Sat	Winter Park St. John Lutheran 9 AM	
51142	Sat	St. Cloud Warehouses	
39680	Sat.	Port Orange	75.00
48952	Sat	Daytona Beach, City Island Library	
		Total Group Contributions	1245.76

Webmaster Needed

We are looking for a Webmaster to maintain and update the oacfi.org website. The main service you would be doing would be uploading the newsletter to the website, turning flyers into PDF's, uploading them to the website, and updating the Events or Newsletter pages. Other pages may need to be updated when needed. A basic knowledge of Word, PDF's, HTML, and WYSIWYG is required.

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

We have a New Website!!

We still have the same website name, 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.

—Al A.

Contacting Members in Relapse

As we approach the end of one year and the start of another, many of us remember that "New Year's Resolution" where we promised ourselves that we would get our eating "under control." The despair and frustration over having over-indulged in food throughout the holidays was overwhelming.

We have members in relapse who are living in that dark place once again. Your phone call or e-mail to them could make the difference in giving them the courage to try "one more time." As we go through another holiday season followed by the promise of a new year, I encourage you to ask your Higher Power to bring to your mind people you have not seen at a meeting in a while. As HP reminds you of these people, reach out and "touch" them.

I offer you these suggestions:

1) Pray first. You don't know where these members may be physically, emotionally or spiritually. Your Higher Power may be using you to fill a specific need in their lives. Pray first and then be open to what your HP tells you.

2) Our value as human beings is not determined by our physical weight, our willpower, or even our good traits. Members who are suffering in their addiction tend to forget their character assets! Think about how these people have blessed you. As you are led to make contact with members in relapse, let them know that you appreciate them, their uniqueness, their smile, whatever it is that drew you to them in the first place! Let them know you've missed them! Invite them to go for a walk or meet for coffee.

3) Do a thorough 10th step and make contact with your sponsor before you pick up that phone or boot up that computer. Members who are in relapse are often suffering and it's not fair to dump a load on them during an outreach call. Remember you are doing service!

4) Don't be discouraged if they don't answer the phone/e-mail or don't respond in a way you would like. Most of us can tell you that we didn't go running to OA the first time the idea was suggested. Sometimes you just need to plant a seed or spark a memory and give their HP time to cause the growth. Just leave a loving message with your phone number and move on.

5) Pray for them! It takes a lot of courage to come back to OA after being away. Support your friend as they learn once again to feel that gentle nudge from HP.

Thanks to all of you for doing service by attending meetings and staying abstinent so that OA can be there for those still suffering from this addiction!

—Joyce T.

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

Step One: We admitted we were powerless over food, that our lives had become unmanageable.

About a month ago, I was driving on Highway 50 in Orlando, at about 5:30 a.m., on my way to work. As I was coming around a curve, a car drove out of a neighborhood subdivision and collided into my car. My car was totaled. As if this weren't bad enough, the person who hit me did not have insurance, and I did not have "Uninsured Motorist" or "Collision and Comprehensive" coverage on my car. (Just a side note for any fellow members of OA who live here in Florida, the "No Fault" state, if you are hit by an uninsured driver , and you only have basic coverage on your own car insurance, you are in trouble. This may not seem like new information for many people, but for me it was shocking news.)

To make matters even worse, exactly two weeks later my wife's car was rear-ended while my eleven month old son was in the back seat. Her car was also totaled. Again we were not at fault. Thankfully, my wife's car was fully insured and the driver who hit her car was insured. Nevertheless, I felt the exact same emotion for both accidents; powerlessness.

I'm unsure if powerlessness is actually an emotion. However, through growth in recovery and fellowship within the program, I have learned to identify with this feeling. There are many areas of life in which I am powerless in addition to food. However, focusing on my addiction with food, and seeing where I need to surrender in this area of my life, helps open the door to other area where I can connect. Thus, I can connect to the reality that I am powerless.

As for these car accidents, I reached out for medical, legal, and personal help. Then I simply followed the process. Both our vehicles were totaled within one month, but my wife and family remain intact. It is easier for me to be aware today that my Higher Power has control. He always has and always will. I simply need to humbly accept His will within my life according to His word. Learning this principle starts with working through Step One. This process has made my life much simpler. This reality has kept me grateful.

—Tony B.

Co-Editor for Newsletter Needed

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.

Upcoming Events In Other Florida Intergroups

February 1-3, 2013
YANA IG
Annual YANA Retreat
"Bring your body; . . . your mind will follow."
Suwanee River
Conference Center
Advent Christian Village
Dowling Park, FL 32064
http://oaregion8.org/wp-content/uploads/2013/02/YANAFeb2013Retreat.pdf

SAVE THESE DATES!

Mar. 15-17, 2013
SOAR 8 Business Assembly and Recovery Convention
"Gas Up in Memphis"
Hilton Memphis
909 Ridge Lake Blvd.
Memphis, TN 38120
http://oaregion8.org/wp-content/uploads/2013/03/Gas_Registration.pdf

Aug. 29-Sep. 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/

Angels don't run away from life, they fly towards it.....

Come Fly towards life at the
Annual OA Angel Card Meeting
(Receive an "angel card" with your OA watchword for the year)

St. Mary Magdalen Annex
861 Maitland Ave., Altamonte Springs
January 5, 2013, 9am-12pm

Directions to Annex: Turn from Maitland Avenue into the St. Mary Magdalen main parking lot. Continue driving in the parking lot as far away from Maitland Avenue as you can. Then turn right and follow the road around as it curves back toward Maitland Avenue. At your first opportunity, turn left and go as far as you can. You'll pass the gymnasium on the left and the Annex will be the one-story building on your right.

Speakers Open Shares Fellowship

Suggested Donation $3.00

Comfortable Obsession

When we first try to eat "normally" it feels weird. In fact, we are so used to our obsessive compulsive eating, that eating a balanced meal at an average rate seems wrong. We feel "still hungry" even though we just finished an entire meal. Some of us have a constant sweet tooth which keeps us craving snacks and "between meals" satisfaction. We need to unlearn our old unhealthy way of thinking and learn a healthier way. This process may take years.

For myself, I find that some days I simply need to do the next right thing. Not because it "feels" feels right, but because it **IS** right. What often "feels" right is the wrong compulsive behavior which I engaged in for more than 90% of my lifetime. We must understand that thinking about food unhealthily is "normal" for all of us addicts. To counter this, we must trust the process of the Program, bond deeply with the Fellowship, and use the comfort of the "OA rooms" conscience. We must follow these practical examples of a right lifestyle before it will feel natural for us to take the correct actions.

We must choose to live abstinence. This takes effort on our part, but through taking this effort over time we can create better habits. This is one of the promises of this Program that we can achieve thanks to our Higher Power.

—Tony B.

Tradition One: Our common welfare should come first; personal recovery depends upon OA unity.

When I first came into OA, I was confused by the way some OA members talked about food plans. Some shared about complete abstinence from flour and sugar as if this was an essential component of any acceptable OA food plan. Others talked about limiting their eating to three meals and a snack, as if this was the only acceptable eating schedule that could be used in an OA food plan. Others would talk about not allowing their activity level to change how much they ate in a day, as if no acceptable OA food plan could be used which might adjust food intake for high levels of physical exercise.

This confused me because one of the first things I did, when I came into the Program, was read the pamphlets given to me with the Welcome Packet. To me, the "Dignity of Choice" pamphlet appeared to state that each member, preferably in consultation with their sponsor, develops a plan of eating that takes account of their particular issues with food; that each member will have different binge foods which they must exclude from their plan of eating; that each member has different compulsive food behaviors which must be addressed by their plan of eating; and that OA does not prescribe or require the use of any specific plan of eating.

In one meeting I attended, an OA member visiting from the Northeast vigorously expressed the opinion that any acceptable OA food plan must exclude wheat, flour, and sugar, and that the notion of "Dignity of Choice" with respect to OA food plans was "bull****." As that was not the food plan I had chosen, and the food plan I had chosen was working very well for me (and has continued to do so), I was very distressed by this incident. Had I had just a little less commitment to the Program at that point, this incident could have driven me away.

Fortunately, I stayed. And as I continued in the Program over time, I heard members share who have become abstinent and achieved a healthy weight on many different types of food plans and schedules of eating. I figured out that the essential aspect of the Program is not the food plan. Rather, it is the spiritual and emotional growth that comes from working the Steps and living the Traditions to the best of our abilities.

One of the ways I honor the First Tradition is to be careful, when I share about my food plan, to present it as a food plan that has worked ***for me***, and not to talk about it as if no other food plan can work for an OA member. More often when I share, I focus on emotional or spiritual issues, and not on my plan of eating. As the OA Twelve and Twelve states at p. 115, OA has "room for more than one approach to recovery . . . [OA] unity does not mean uniformity."

—Anonymous

WORDS TO LIVE BY

Sponsored By Lake County OA Meetings

When: Saturday, January 19th, 2013

Time: 1P.M. to 3P.M.

Where: North Lake Presbyterian Church Room1

975 Rolling Acres Road

Lady Lake, Florida 32159

Love Offering Of $3.00

"Don't Stay Away If You Can't Pay"

Coffee & Tea Served

50/50 & Basket Raffle

For Information Call: Rosemarie K {352}365-1125 or

Claudia B {352}603-2773

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

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

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.

REGISTRATION FORM:

I WILL GIVE SERVICE:

_____ Boutique
_____ Hospitality Room
_____ Hugger/Greeter
_____ Literature Table
_____ Meeting Room Timer
_____ Registration
_____ Sell Drawing Tickets
_____ Service Desk
_____ Where needed
_____ I need a roommate

I have 90 days of continuous abstinence and will volunteer as a workshop leader/speaker _____
Initial here

"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 depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

Rozanne S. 1968

PARTICIPATING FLORIDA INTERGROUPS

- Central Florida
- Freedom
- Miami-Dade
- North Florida
- Palm Beach County
- Pinellas Traditions
- Space Coast
- Sun Coast

OVEREATERS ANONYMOUS®
FLORIDA STATE CONVENTION COMMITTEE OF ALL PARTICIPATING INTERGROUPS

For more information contact:
Committee Chairperson - Burt Tucker
Email: showupoa@aol.com
Phone: 904-808-0628

Hotel Liaison - Vivian Watterud
Email: gwatterud@aol.com
Phone: 321-723-6504

静
Serenity

If you are reading a paper copy, additional copies of this flyer can be downloaded at www.oaregion8.org

OVEREATERS ANONYMOUS
Proudly Presents

The 23rd Annual
Florida State Convention

"Together We Can...

Become Serene in Twenty-thirteen."

February 22-24, 2013

Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave.
Cocoa Beach, FL 32931
1-800-580-7402 (Reservations)

HOTEL INFORMATION

Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave.
Cocoa Beach, FL 32931
1-800-580-7402 (Reservations)
1-321-799-0003 (Direct)

You must make your own reservations before 2/01/13. Hotel requires a credit card to hold your reservation. Use code **FSCOA** for special rates:$109 Double, $129 Coastline View, $159 Oceanfront

Rates are available for three days before and after the event. Hotel check-in is at 3:00 PM, Friday; check-out is Noon Sunday.

MEAL INFORMATION

4-Meal Package: $135.00
Includes breakfast buffet Saturday and Sunday; Saturday lunch buffet and Saturday banquet; taxes and tips.

Saturday Banquet ONLY: $ 46.00
Your choice of bone-in chicken, pork loin, or vegetarian entrée. (Indicate choice on registration form.)

Visit the Recovery Bookstore

Place your bulk orders before 1/26/2013
Contact Andrea:
andreabarreto@tampabay.cfl.rr.com
Phone: **813-368-6607**
Credit cards will be accepted

Convention Highlights
Registration in Hotel Main Lobby
Friday: 3:00 – 7:30 PM
(closed during opening ceremony)
Saturday: 7:00 am – Noon

Workshops start:	4:00 PM FRI
	7:15 am SAT
	8:30 am SUN
Opening Ceremony:	**7:30 PM FRI**
Unity Day Celebration:	1:30 PM SAT
Convention ends:	Noon SUN

REGISTRATION FEES

- Early registration: $20.00
  (Mailed by 1/26/2013)
- Late registration: $30.00
  (Mailed by 2/14/2013)
- One Day Registration: $30.00
  WALK-INS WELCOME!!!
- No refunds after 2/14/2013

No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation.

Register on-line:
www.flsconvention2013.eventbrite.com
(A surcharge is added when using this site.)

Register by mail:
Make checks payable to:
"Florida State Convention 2013"
Send to: Gerry Linton
5441 DeLeon Lane
Elkton, FL 32033

REGISTRATION FORM

"Together we can ... become serene in twenty-thirteen

Name and City for Badge:

_____

Name: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Phone: _____

Email: _____

Saturday Dinner Selection

Bone In_____ **Pork Loin**_____ **Vegetarian**_____
Chicken

Fees Enclosed:

Registration: $ _____

Four-meal package $ _____

Sat. Banquet only $_____

TOTAL $ _____

Overeaters Anonymous—Central Florida
Meetings List—Updated Dec. 5, 2012

OVEREATERS ANONYMOUS®
Central Florida Intergroup

OACFI Local Telephone: 407-284-1482
OACFI Toll Free: 1-888-294-4216

***** Please call the Meeting Contact to get the latest information about the meeting time, location, etc. *****
For changes, notify Central Florida Intergroup at newsletter@oacfi.org, and notify OA World Service by changing meeting information at https://www.oa.org/meetings/change-form.php.

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~~	~~10AM~~	~~V~~	~~Flagler Beach~~	~~Santa Maria del Mar Learning Center~~	~~805 N. Central Ave.~~	Matthew ~~Room~~ **(Moved to 2PM)**	~~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	**2PM**	**V**	**Flagler Beach**	**Santa Maria del Mar Learning Center**	**805 N. Central Ave.**	**Matthew Room (Moved from 10AM)**	**Dottie 386-439-2694**
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	Maitland	Asbury United Methodist Church	220 Horatio Ave.	Room 16-17	Clelia 407-461-4308
~~Tue~~	~~6PM~~	~~V~~	~~Flagler Beach~~	~~Santa Maria del Mar Learning Center~~	~~805 N. Central Ave.~~	~~Matthew Room~~ **(Moved to Wed.)**	~~Joann 386-627-8919~~
Tue	7PM	BB	Daytona Beach	Florida Memorial Hospital	Williamson & Memorial Med. Pkwy.	**Open to All** 11th Floor Conf Rm	Mary Y. 386-566-2833
Tue	**7PM**	**V**	**Mt. Dora**	**St. Edward's Episcopal Church**	**460 N. Grandview St.**	**Music Room**	**Kevin 352-638-5253 Robin 407-227-2554**
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	**530PM**	SS	Orlando	**Church of the Ascension (moved from Dr. Phillips)**	**4950 S. Apopka Vineland Rd.**	**Education Wing, Room 108**	Dedi C. 407-690-1876
Wed	6PM	V	Orlando 32807	Christ the King Church	26 Willow Drive		Pilar 407-924-2679
Wed	**6PM**	**V**	**Flagler Beach**	**Santa Maria del Mar Learning Center**	**805 N. Central Ave.**	**Matthew Room (moved from Tues.)**	**Joann 386-627-8919**
~~Wed~~	~~7PM~~	~~V~~	~~Longwood~~	~~St. Stephens Lutheran Church~~	~~2140 W. State Road 434~~	~~Parish Hall~~ **Closed as of Nov. 7**	~~Shirley 407-774-0912~~
Wed	**7 PM**	**V**	**Celebration**	**Celebration Health Hospital**	**400 Celebration Place**	**Ethicon Lounge**	**Geri B. 407-557-7055**
Thu	10AM	V	Lady Lake	North Lake Presby. 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	6PM	V	Ocala	St. Marks United Methodist	1839 NE 8th Road	Room 4	Joleen 352-425-2339
Thu	7PM	BB	Ocoee	Health Central Hospital	10000 West Colonial Drive	Conference Room Bradford	Jacqueline 407-423-4086 Pearl 407-851-5828
Thu	**7PM**	**BB SS**	**Longwood**	**Wekiva Springs Presbyterian Church**	**211 Wekiva Springs Lane**	**Reformation Room 90 min. Step Study Begins Dec. 6**	**Phyllis D. 386-668-5862**
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	**Orlando Vista Hotel (moved from Dr. Phillips)**	**12490 Apopka Vineland Rd.**	**Specific room pending**	**Mary D. 407-234-3800**
Sat	8:30	N	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Res. 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: 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 ~~strikethrough~~ 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/Meetinglist.pdf to get the most current meeting list ***

For meeting changes: (1) email newsletter@oacfi.org; and (2) change meeting information on OA.ORG by going to https://www.oa.org/meetings/change-form.php, then follow 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:	Vacant
Asst. Web Master: Joleen G.	(352) 425-2339	12th Step Within: Joyce T:	(407) 222-1290
Telephone & Tech: John P.	(407) 712-4765	Literature: Kay R.	(407) 415-8584
New Beginnings Editor: Alan B.	(407) 670-8463	Outreach: David C.	(407) 716-4021
New Beginnings Co-Editor: Al A.	(407) 415-1156	Young People: Kevin F.	(352) 383-6294

Central Florida Intergroup Members Serving Region 8 and World Service Office

Region 8 Chair: Gloria L. (chair@oaregion8.org)	Region 8 Secretary: Janet T. (secretary@oaregion8.org)
WSO Delegate Co-Chair of Region Chairs Committee: Gloria L. (407-340-2008)	**Want to Enhance Your Program? Provide Service to World Service Office or to Your Intergroup or Region!**

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**
You can read monthly editions of New Beginnings on line at **www.oacfi.org**

Next Intergroup Meeting: January 12, 2013 at 10:00 a.m.
St. Mark's Presbyterian Church, 1021 Palm Springs Drive, Altamonte Springs, FL 32701

Web Sites: World Service: **www.oa.org** Cent. Fla. Intergroup: **www.oacfi.org** Region 8: **www.oaregion8.org**