

New Beginnings



May 2013

A journal of experience, strength, and hope

We need your experience, strength, and hope!

Articles needed on "Letting go of defects," "Step 6," and "Tradition 6." 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 May 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.



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

Save the Date!

Central Florida Intergroup's Annual Lake Yale Retreat

October 18-20, 2013

Volunteers Needed to Organize Lake Yale Retreat Oct. 18-20, 2013

Looking for a committee to head up Workshops and Speakers, Fundraising, Registration, Decoration and Crafts, Boutique, Meditation Room and Walks. If HP has given you the desire to do service, and you have 6 months of back to back abstinence, please call Claudia B.

For info: Claudia B. at 444-603-2773



Treasurer's Report February 2013

| Mtg # | Day | Meeting Locations | \$\$\$ |
|-------|------------|--|----------------|
| 47548 | Sun Sun | Winter Park Seventh Day Adventist Church FL Hospital Church | 100.00 |
| 38230 | Mon | Flagler Beach 10:00 AM St. Maria Delmar | 10.00 |
| 45648 | Mon | Kissimmee Fl Hospital | |
| 16681 | Mon | Leesburg Unity of Leesburg Church | 20.00 |
| 39211 | Mon | Orange City Fl Hospital | 15.00 |
| 1048 | Mon | Orlando Holy Family Catholic Church | 25.00 |
| 39535 | Mon | Winter Park St. John Lutheran Church | 10.00 |
| 48859 | Mon | Winter Springs Grace Presbyterian | |
| 50496 | Tue | Daytona Beach Memorial Hosp | |
| 46213 | Tue | Maitland Asbury United Methodist | 227.17 |
| 28876 | Tue | Winter Park St. John Lutheran 5:30 PM | |
| 25327 | Tue | Flagler Beach Santa Maria Delmar Liv. Ctr. | |
| 50209 | Tue | The Villages Chatham Rec Ctr 10:00 AM | 12.00 |
| 51320 | Tue | Colony Cottage Rec Ctr, The Villages, 4:30 | |
| 48700 | Wed | Lady Lake United Methodist Church | 25.00 |
| 48716 | Wed | Tavares First United Methodist Church | 35.00 |
| 25110 | Wed | Ocala First United Methodist 10:30 AM | |
| 39845 | Wed | Orlando Christ the King Azalea Park | 15.00 |
| 47815 | Wed | Orlando/Church of the Ascension | 6.00 |
| 39536 | Wed | Winter Park St. John Lutheran Ch. 12 PM | 10.00 |
| 50602 | Thur | Ocala St. Mark's United Methodist Church | 10.00 |
| 39847 | Thur | Lady Lake North Lake Presbyterian | 20.00 |
| 15171 | Thur | Flagler Beach 10:00 AM Police Station | 10.00 |
| 18502 | Thur | Ocoee Health Central | 25.00 |
| 47546 | Thur | Ormond Beach In the Pines | |
| 48285 | Thur | Tavares Florida Hospital Waterman | 28.00 |
| 38170 | Thur | Winter Park St. John Lutheran 5:30 PM | |
| 52586 | Thur | Longwood BBSS | 10.00 |
| 45611 | Fri | Lady Lake Library | 40.00 |
| 20088 | Fri | Orlando St. Luke's United Methodist | 30.00 |
| 936 | Fri | Winter Park St. Peter and Paul | |
| 39883 | Sat | Altamonte Springs St Mary Magdalene | 156.27 |
| 46851 | Sat | Altamonte Springs St. Mark's Men's Mtg. | 64.00 |
| 9016 | Sat | Central Florida Intergroup Mtg. | 58.00 |
| 37491 | Sat | Orlando Steppers Public Library | 25.00 |
| 46887 | Sat | Orlando/Orlando Vista Hotel | 50.00 |
| 50419 | Sat | The Villages Hibiscus Village Rec Ctr 10 | 30.00 |
| 51130 | Sat | The Villages Hibiscus Village Rec Ctr 9 AM | |
| 99911 | Sat | Winter Park St. John Lutheran 9 AM | |
| 51142 | Sat | St. Cloud Warehouses | |
| 52613 | Sat. | Celebration | |
| 39680 | Sat. | Port Orange First United Methodist Church | 100.00 |
| 48952 | Sat | Daytona Beach, City Island Library | |
| | | Total Group Contributions | 1131.44 |

ONE DAY AT A TIME

A Meeting Insurance Coverage Issues

There is a growing trend in this country for meeting locations to require groups using their facilities to provide evidence of insurance coverage. Some meeting locations require the meetings to pay a fee to be covered on the location's policy.

Central Florida Intergroup has researched the issue and come up with several suggestions for groups faced with this situation. Intergroup considered the possibility of obtaining coverage for the affiliated meetings through Intergroup. After research, we determined such an action would violate OA's tradition of autonomy.

Here are the suggestions for meetings facing this issue:

- (1) First, the group could choose to obtain coverage through the location's policy.
- (2) Second, an OA group could choose to obtain coverage through an individual member's policy. Under this option, a member of the OA group would amend his or her policy to include insurance for the meeting. A difficulty with this option is the individual may stop attending meetings.
- (3) Third, an OA meeting could choose to purchase event coverage. A group interested in this option should consult an insurance agent for more information.
- (4) Fourth, if an OA group is told it must have insurance, the OA meeting could choose to move the meeting to a location without such a requirement.

—Kevin F.

**--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.

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 666-716-4021.**

THREE WORDS

When I came to OA it was to help a friend I had met at a behavior modification, calorie-counting self-help group at college. Both of us were obese. She had heard that lasting weight loss was to be had by following the OA program, but she did not want to go alone, so I agreed to go with her. I did not have a problem myself, mind you. I was returning at an alarming rate to my top weight of 400 pounds; but I did not have a problem.

I went, I listened, and I heard two important ideas: (1) Keep coming back—it works; and (2) A Power greater than ourselves can restore us to sanity.

Sanity. That's what I wanted. I knew everyone else in the room was crazy, and I of course was not; but I sure could use some sanity in my life. I decided to give OA 6 to 8 weeks and see what happened.

My Higher Power was a vending machine. Every night I ate 15-20 assorted snacks, then puked my guts out. That's how I learned how to be humble and ask for help. I used just 3 words: "Oh, God, please..." I couldn't say anything more because I didn't know what to ask for. I really didn't have to. God knew.

*By using this spiritual program of recovery, I have been able to forgive myself for many things, some of which are crimes. I have been abstinent for more than a year and my weight is approaching goal—
A feat I've never achieved as an adult.*

Thanks to OA, I am a happy and functioning human being who faces each new day optimistically, one day at a time.

—reprinted from Lifeline

KEEP COMING BACK!

IT WORKS WHEN WE WORK IT.

KEEP COMING BACK!

TRADITION 5:

Many of us have problems with finances, peer pressure, and life's stresses. We have problems fear, denial, controlling behavior, and lack of awareness about our disease. We as OA members also experience problems with bingeing, overeating, under-eating, and purging. We often have these problems to the extreme, even to death.

But, because of the Fifth Traditions of Overeaters Anonymous we don't have the problem of finding a place for recovery. We may lack certain spiritual discipline to apply the program and the steps of OA to our lives. However, we don't have the problem of finding the answer.

No longer are we left empty and alone to find our way out of the dark hole of addiction. As a lighthouse in a harbor, OA keeps an answer alive. Through the Fifth Tradition the doors are open. We have an addiction problem, yet we don't have the problem of being lost in the crowd.

There is a home. There is a safe environment. Because of Tradition Five there is a message to addicts who still suffer. This message brings light at the end of the tunnel.

----Tony B

Meeting Moved

**The Saturday 9:30 a.m. Meeting at St Mary Magdalene Catholic Church has moved to
Asbury Methodist Church at 220 W. Horatio Ave., Maitland, 32751**

OA CALENDAR FOR 2013

JULY 12-14

Boca Raton, FL

“Step Into Action”

Soar 8

Assembly and Convention

AUGUST 29-SEPTEMBER 1

Cleveland, OH

“Recovery to Rock Our World”

World Service Convention

OCTOBER 18-20

Lake Yale, FL

Our Annual Fall Retreat

NOVEMBER 15-16

Jacksonville, FL

Recovery Convention

And

Business Assembly

Soar 8

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

For 2 years I searched and asked for a group with which to do Steps 4- 12. Finally I found someone who would guide me through the Steps privately. I thought.

She asked me to write my 4th Step using the questions in the Overeater Anonymous' "Twelve Steps and Twelve Traditions". For several weeks I wrote while I sat in another member's home (as my sponsor suggested!) or at my home. I was then to bring my completed Fourth Step to my sponsor. Now I was finally going to complete my Fifth Step with my sponsor (privately?). I was shocked! There sat 4 other OA women ready to listen to me read my 100+ resentments and character defects! This seemingly "public" Fifth Step was NOT at all what I expected or wanted! But I read my first few answers. My sponsor asked to see the many many pages I had written, glanced over them, and tore the stack in half!

This is **nothing like** the Fifth Step for which I had been hoping. I had longed to work the steps! After all, over the years I had listened to many grateful, abstinent members' stories of the remarkable growth they had gained by working the Steps.

Immediately she told me to do them again, and answer each question by telling of an actual incident where my resentment or character defect showed up. I left that meeting angry. Yes, I would do it again, as she suggested, but I would put my sponsor's name on the top of my resentment list! Writing my second Fourth Step, in this new specific way, brought me to tears. I took my Higher Power with me as I recounted the incidents on paper: to help me remember, and to comfort me as my pain, resentments and my defects became more alive and real. Sometimes I was surprised and grateful to be feeling some remorse.

Again my sponsor asked me to meet her to work the Fifth Step. I was braced to see 4 other members. As I began reading this very personal account of all the times I was hurt, held resentments, did shameful things to others, was destructive in my ways and in my thinking, etc....a respectful silence filled the room. Then a member would share painfully of her similar or same sad, painful, shameful incident. The room became safe and loving. My new "friends" followed every word I said and emotion I felt.

I began to feel a remarkable lightness, as though some great heaviness was being lifted off my shoulders. The retelling of my painful or shameful experiences was somehow giving me something good. The mood in the room became lighter as I began feeling relief, and I saw in the women that I could take myself a little less seriously. No need to condemn myself, punish myself, or feel ashamed.

I am a part of the human race. I am neither above or below others. I can feel and hear their acceptance of ALL of me. I no longer have anything to hide from these new OA friends or from myself (although I sometimes forget and believe my fears.).

Reading my Fifth Step took 3 or 4 two-hour meetings! These OA members gave me that much of their time and attention! I felt honored. I felt a kind of cleansing, so that I shared with them past experiences that I had not even written down, experiences that still left a bad feeling in my head.

As you can see, this 5th step was a real gift to me. It has been foundational in bringing me recovery and abstinence. I know now that I often ate or binged because of some vague thought or feeling in my head that bothered me so much that I felt I needed to bury it with a lot of food.

This Fifth Step was completed 11 years ago. Memories of it and what it gave me have brought me here today in recovery, abstinent by the grace and power of my God and OA, and maintaining a 90-100 pound weight loss.

This is my story. Your story will be just right for you. I do believe that everyone's personal experience with the Fifth Step will be different. However, it will be what OA means it to be: a step toward recovery and eventual freedom from food obsession.

Anonymous

THERE IS PEACE

One of the statements in the promises of OA is the fact that we will be able to handle problems that used to baffle us. We are not able to achieve this by our own efforts. It is the result of our Higher Power working within us. This statement comes as a blessing to me as I observe my growth within my abstinence. Just the other day I was able to watch my hunger channel in another direction. Although in earlier days, I would follow my habit of eating and snacking, this time I was able to refrain from that behavior because the desire wasn't even a temptation.

I have been growing through changes with my food plan. For a while those changes had me worried. Nevertheless, I pressed on and continued to work my program. I came to an awareness that I neither ate nor felt hungry simply because I needed nutrition. Actually, the emotions of anger, resentment, loneliness, impatience and anxiety caused me to feel hunger. Not only that, it felt to me that nothing would remove those painful feelings except food. Although I knew this feeling was a lie, it was hard to resist the temptation.

But the other day I overcame that desire to eat. I was able to handle the problem of "hunger". How to handle the "hunger" used to baffle me. But this is the promise of the program. The promises bring us hope...to all of us. This hope is good.

-----Anonymous

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 leaving in doctor'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

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.)

SAVE THIS DATE

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

<http://www.oa.org/world-service-events/world-service-convention/>

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.

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!

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.



Web Page – <http://www.oacfi.org>
Hotline: 1-888-294-4216
Local (666) 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

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 online at www.oacfi.org

Every OA member is invited to attend Intergroup Meetings. THE NEXT INTERGROUP MEETING IS SATURDAY, MAY 23 at 10:00 a.m.
St. Mark's Presbyterian Church, 1021 Palm Springs Drive, Altamonte Springs, FL 32701

Please email your articles and suggestions to newsletter@oacfi.org
You can read monthly editions of New Beginnings on line at www.oacfi.org

Next Intergroup Meeting: May 11, 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