

# New Beginnings

*A Journal of Experience, Strength, and Hope for  
Those who Suffer from Compulsive Eating  
And Compulsive Food Behaviors.*



**March 2014**



## **"Asking for Help"**

I went to my first OA meeting December 28, 2013. I had been using food to comfort me since I was a little girl. Being a shy person growing up I didn't have a lot of friends, so I would use food as friendship. My parents did not show me very much affection growing up, so therefore I carried that need to be loved through my adult life. I am a people pleaser as well. I like to bake, so I would use my baking talents to make food for others so they would like me. In my relationships I have struggled with showing affection and accepting it.

When I walked into my first OA meeting I was so excited about it and I left that day feeling like a new person. I believed in God but did not think of asking him for help with my compulsive eating. I thought I was strong enough to do it on my own. When I returned home that day I admitted to God that I cannot stop my compulsive eating on my own and asked him to please take over my life and guide me through one day at a time. It truly was a miracle that day. The desire for my trigger foods was lifted and I felt so peaceful and calm. Every day now I pray to God to show me his will and give me the strength to carry it out. Abstinence is a Very Good feeling and I know with the help of God I can continue it - One Day at a Time. - Karen C.

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*Step Three: Made a decision to turn our will and our lives over to the care of  
God as we understood him.*

*Tradition Three: The only requirement for OA membership is the desire  
to stop eating compulsively.*

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***Carrying a Message of Recovery from Compulsive Eating and Compulsive Food Behaviors  
Through Practicing the OA Twelve Steps.***

## Treasurer's Report: January 2014

Mtg #	Day	Meeting Locations	\$\$\$
51535	Sun	Orlando, Florida Hospital Church (4:30)	
47458	Sun	Orlando, Florida Hospital Church (5:00)	
38230	Mon	Flagler Beach, Santa Maria Del Mar Ln.	
45648	Mon	Kissimmee, Church for the Nations	
16681	Mon	Leesburg, Unity of Leesburg Church	
39211	Mon	Orange City, Florida Hospital	20.00
01048	Mon	Orlando, Holy Family Catholic Church	25.00
39535	Mon	Winter Park, St. John's Lutheran Church	25.00
48859	Mon	Winter Springs, Grace Presbyterian	20.00
50496	Tue	Daytona Beach, Memorial Hospital	50.00
46213	Tue	Maitland, Asbury United Methodist Church	
28876	Tue	Winter Park, St. John's Lutheran	
52599	Tue	Mt. Dora, St. Edward Episcopal Church	
50209	Tue	The Villages, Chatham Rec Ctr. (10:00)	30.00
51320	Tue	The Villages, Colony Cottage Rec Ctr. (4:30)	
48700	Wed	Lady Lake, United Methodist Church	20.00
48716	Wed	Tavares, First United Methodist Church	
25100	Wed	Ocala, First United Methodist.	
39845	Wed	Orlando, Christ the King Azalea Park	15.00
52613	Wed	Kissimmee, Celebration Health Hospital	
39536	Wed	Winter Park, St. John's Lutheran Church	25.00
50602	Thur	Ocala, St. Marks United Methodist Church	10.00
39847	Thur	Lady Lake, North Lake Presbyterian	20.00
15171	Thur	Flagler Beach, Police Station	
18502	Thur	Ocoee, Lake Bennett Health & Rehab	25.00
48285	Thur	Tavares, Florida Hospital Waterman	
38170	Thur	Winter Park, St. John's Lutheran (5:30)	
52586	Thur	Longwood Big Book Step Study	20.00
45611	Fri	Lady Lake, Library	40.00
20088	Fri	Orlando, St. Luke's United Methodist	30.00
00936	Fri	Winter Park, St. Peter and Paul	50.00
39883	Sat	Maitland, Asbury United Methodist Church	152.25
46851	Sat	Altamonte Springs, St. Mark's Men's Mtg.	
9016	Sat	Central Florida Intergroup Mtg.	48.40
37491	Sat	Orlando, St Luke's Episcopal Cathedral	25.00
46887	Sat	Orlando, Ascension Episcopal Church	30.00
50419	Sat	The Villages, Hibiscus Village Rec. (10:00)	50.00
51130	Sat	The Villages, Hibiscus Village Rec. (8:30)	
38611	Sat	Winter Park, St. John's Lutheran	400.00
51142	Sat	St. Cloud, Warehouses	
39680	Sat	Port Orange, First United Methodist	
48952	Sat	Daytona Beach, City Library Church	
52976	Thur	Daytona Beach, Lady of the Lowes	50.00
		<b>Total Group Contributions:</b>	<b>1185.65</b>

## Central Florida Meetings Update:

1) ¿Desea iniciar una nueva reunión? (Want to start a new meeting?): Several members are interested in carrying the OA message to Spanish-speaking members and newcomers. Get in on the ground floor! See the meeting list for details or contact Linda at 407-590-2834.

2) New Meeting Format: The Thursday Night 7pm meeting at Wekiva Presbyterian Church in Longwood has changed its meeting format to a Big Book study.

3) Service Opportunity: Remember our 12th step! The OA meeting at the Women's Residential Center in Casselberry, needs members to speak or just attend and share at their OA meetings on Tuesday mornings from 10:30-11:30 AM. If you are willing please contact Cheryl S. at 407-221-5928 or [cherylsoileau@gmail.com](mailto:cherylsoileau@gmail.com) for directions

*"Every OA group ought to be fully self-supporting, declining outside contributions."  
- OA 7<sup>th</sup> Tradition*



# MEMBERS WRITE



## "In Harmony & Prayers"

The Third Step Prayer harmonizes with The Third Step. This is a beautiful moral. We may be able to acknowledge The Third Step, yet it might actually take some time to reach our hearts. It is not enough to intellectually understand this particular step. It needs to be deeply rooted whereby it can grow within our character. This is where The Third Step Prayer comes and brings spirituality within an OA member's life. The Third Step is in tune with the concept of faith. Although an OA member may be open to accept this concept in their spiritual walk, it may be a little harder to believe and apply daily. This is a very normal problem for most OA members. Strength upon this step comes with time, through daily meditation and prayer. One may acquire the faith it takes to embrace Step Three through continual growth. Then one may notice how The Third Step Prayer flows naturally within an OA member's program. - **Tony B**

"New Beginnings" is the monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of individual OA 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. Articles submitted will not be returned and are subject to editing for clarity and brevity.

## "Here to Stay"

'Open-mindedness' is the principle of 'Tradition Three.' "The only requirement for membership is a desire to stop eating compulsively." Two days ago, when I awoke, I decided (step 3) to act on my desire (tradition 3) to stop destroying myself with food and other self destructive ways. Maybe...I was driven, more by, the physical pain I was in; but emotional mental and spiritual pain were ever present as a result and a cause of my eating; and was a motivation to get abstinent! I currently have 10 days without consuming the foods I eliminated. I am almost entirely physically pain free and my emotional mental and spiritual are improving at a significant rate!

I currently am in need of a Florida sponsor and am open to having a food sponsor, also to attain the health I experienced when I worked the O.A. program to its fullest! Some of you might be shocked to know that my first O.A. meeting was 35 years ago. I did not understand program initially and I tucked tail and ran! As it says in Big Book, I had much more unhealthy eating to do. About 30 years ago a friend introduced me to another 12 step program and I especially liked those meetings because I thought someone else was to blame for my problems (or so I thought). I was horrifically enmeshed, to the point where I did not know where I began or ended in any of my relationships. Yes, indeed that qualified me for yet another 12 step program where it took at least a decade of meetings and intense insanity to realize O.A. is where I needed to be! Food was definitely my drug of choice and the problem was me! 'Just For Today,' I am faithfully (step 3) recovering! For me, that means, "I will give my thoughts and actions to our 12 step program of O.A.!

I offer myself to my higher power-----building and doing with me, for the greater good, which is I cannot keep recovery if I do not share it with others. I believe life is difficult at times and I can seek power love and a new way of living, through my fellows, may I always try to do the next right thing! - **Sue Z Q**

## OA World Service Update

As 2013 came to a close, so did the Board of Trustees' (BOT's) five-year strategic plan. Over the past year, the BOT, region chairs and World Service Office (WSO) management staff have together brainstormed ideas for the next strategic plan.

Discussions included reviewing what worked and didn't work in the most recent plan, what are the critical issues to focus on now, and what time period should the new plan cover.

The group determined that the new strategic plan should have a single focus over three years, 2014 through 2016, and this focus should serve to strengthen the recovery of individual members and groups.

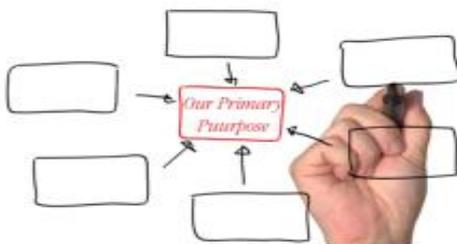
The three-year focus is "Our Primary Purpose," defined in the following ways:

- Getting and staying abstinent.
- Carrying OA's message to those who still suffer within and outside the Fellowship.
- Working the Steps to stay abstinent and recover.
- Personal responsibility: I am the message.
- The message: We abstain from compulsive

eating and work OA's Twelve Steps to stay abstinent and recover physically, emotionally and spiritually.

- We practice the principles in all our affairs.
- We are happy, joyous, free, whole and well, and we are abstinent under all circumstances.

With "Our Primary Purpose" in the forefront, the BOT and region chairs will work together on



the following goals and tasks:

**2014: Increase focus on actions required for abstinence**

- Create and distribute an Abstinence Made

Simple program with a workshop format, a Strong Abstinence Checklist and recommendations of OA literature that focus on abstinence.

**2015: Increase focus on the necessity of working all Twelve Steps**

- Create and distribute a Steps Made Simple program with a workshop format that uses the "Twelve and Twelve" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*) and *The Twelve-Step Workbook of Overeaters Anonymous*.

**2016: Increase focus on the individual's responsibility to carry the message**

- Create and distribute a Sponsorship Made Simple program.
- Write "Tips for Passing the Message."
- Promote OA's Responsibility Pledge.

The strategic-planning group created ad-hoc subcommittees for each item to be worked on in 2014. For notifications of when materials become ready for distribution, keep an eye on *A Step Ahead* newsletter and What's New on OA's Web site, [www.oa.org](http://www.oa.org).

## Central Florida Intergroup Update:

### 2014 CFI Annual Fall Retreat (Oct 17-19):

#### Wanted Boutique Committee Chair

The **Boutique Committee Chair** is responsible for organizing and leading the boutique committee team. Your first task would be to recruit folks to help you! It's a fun job but not one you can do alone. It involves publicizing the need for donations of clothing, shoes, hangars, etc. As we get closer to the date of the retreat, the committee would begin to gather together the donations. The team would get the clothing racks from storage and assemble them at the retreat center. Your volunteers need to be at the retreat center early to accept bags of clothing and fold or hang them on the racks. Sales would continue throughout the retreat and then the room would need to be put back into order and the leftovers donated to another non-profit organization. The boutique chair would then turn in monies raised to the treasurer.

If this sounds like something you'd like to do, we'd love to hear from you! Contact Joyce T. at [OACFIFallRetreat@aol.com](mailto:OACFIFallRetreat@aol.com) . - Joyce

## Committee Spotlight!

### "12 Step Within Committee"

The 12 Step Within Committee's main purpose is to help carry the message to those who are already members of OA. We seek to love and support each other through service. Basically, every member of OA is a member of the 12 Step Within committee because we are all called to do service for one another. Each time you attend a meeting, take a phone call, or sponsor someone, you are performing 12 Step Within work. Central Florida Intergroup takes that a step further in the 12 Step Within Committee. We help organize workshops, we publicize special events. We maintain a list of abstinent sponsors and available speakers. We encourage each other to reach out, in love, to those in relapse.

We could use your experience, strength, ideas and energy! We could sure use some help! If you'd like to find out more about the work of the 12 Step Within Committee visit: <http://www.oa.org/membersgroups/twelfth-step-within/>. To volunteer to help the Central Florida 12SW committee, please e-mail: Joyce T. at [OACFIFallRetreat@aol.com](mailto:OACFIFallRetreat@aol.com)

#### 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.  
- John P.

### Need OA Literature?

You can go directly to the OA Website:

<http://bookstore.oa.org/>

Or you can send an email to: [literature@oacfi.org](mailto:literature@oacfi.org), then pick up and pay for your order at the monthly intergroup meeting.

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: Saturday, March 8, 2014 at 10:00 a.m.**  
**St. Mark's Presbyterian Church, 1021 Palm Springs Drive, Altamonte Springs, FL 32701**  
All OA members welcome to attend!

Web Sites: World Service: [www.oa.org](http://www.oa.org) Cent. Fla. Intergroup: [www.oacfi.org](http://www.oacfi.org) Region 8: [www.oaregion8.org](http://www.oaregion8.org)

## Upcoming OA Event

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### OA Florida State Convention 2/21 - 2/23:

"Together we can be a TEAM in 2014!"

#### Service

This is YOUR CONVENTION and you make it happen! The convention offers many opportunities to provide service and reinforce your personal Step 12. In addition to meeting and workshop leaders (90 days continuous abstinence required), we need volunteers in the boutique, hospitality room, registration table, literature table, service desk, to act as a Hugger/Greeter, meeting room timer, and to sell tickets for drawings. *No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation.*

#### Registration

Registration is now open, and costs only \$25 for the weekend if you register by Feb 1<sup>st</sup> (but it increases to \$35 after that date), or \$30 for one day registration. There will be no refunds after 2/14/2014. There are two ways to register: on-line or by mail.

- To register on-line, go to [www.flsconvention2014.eventbrite.com](http://www.flsconvention2014.eventbrite.com). A surcharge is added when using this site.
- To register by mail, use the paper copy registration form, which may be downloaded from the web site of your local Intergroup (e.g., [www.oanfi.org](http://www.oanfi.org)) or Region 8 ([www.oaregion8.org](http://www.oaregion8.org)). Make checks payable to "Florida State Convention 2014."

Send to: Barbara Carter  
28303 SW 101 Avenue  
Newberry, FL 32669  
Email: [bcarter337@att.net](mailto:bcarter337@att.net)

#### Meals

All meals must be ordered before 2/7/2014. There is an optional Banquet Saturday evening (chicken, pork or vegetarian options) for \$46 (includes all taxes and tip). For your convenience, you may choose to prepay for all your meals: a weekend meal package costs \$135, which includes breakfast, lunch and Dinner Banquet on Saturday, plus breakfast on Sunday.



#### Hotel reservations

You must make your own reservations before 2/07/14. Hotel requires a credit card to hold your reservation. Use code FSCOA1 for special rates: \$109 Double, \$129 Coastline View, \$159 Ocean view, plus 11% taxes per night. These rates will be honored until FEB 7<sup>th</sup>. Any reservations made after that date will be charged at the current room rate. THERE WILL BE NO EXCEPTIONS.

*Cocoa Beach Hilton Oceanfront*  
1550 N. Atlantic Ave.  
Cocoa Beach, FL 32931  
1-866-580-7402 (Reservations)  
1-321-799-0003 (Direct)

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. All Rooms have a refrigerator and coffee pot.

## IN MEMORIAM

Rozanne S., Founder. Overeaters Anonymous (July 15, 1929—January 16, 2014)

“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 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.”

– The OA Promise, by Rozanne S.

With one step into a 1958 Gamblers Anonymous meeting, Rozanne S., the founder of Overeaters Anonymous, set foot on her worldwide journey to bring help and hope to thousands of people struggling with compulsive eating. Rozanne’s journey has come to an end. The Board of Trustees and the World Service Office of Overeaters Anonymous pay tribute to the woman whose energy, vision, determination and compassion gave birth to OA in 1960. With the help of many others, hand in hand, she nurtured OA for 54 years. Rozanne was born in Milwaukee, Wisconsin USA, July 15, 1929, to parents who valued education and hard work. They instilled those values in Rozanne. When she was 12, the family moved to Chicago. Already she felt insecure about her weight and herself. At 18 and a junior at the University of Chicago, she thought being thin was the way to boys and happiness; she dieted from 142 pounds (64 kg) to 118 pounds (54 kg). A better fit, she thought, for her 5 foot 2 inch (157 cm) height. The boys came, and her grades plummeted. She left the university, enrolled in business school and regained the weight she had lost. A year later, she returned to the university and earned her degree. She began work as a producer’s secretary, first in summer stock and then in New York City. She returned to Chicago two years later and became a fashion copywriter for a department store. Her love of writing flourished. Seeking warmer climes, she moved to Los Angeles and reveled in her job as assistant advertising manager for a chain of department stores. Despite her success, low self-esteem plagued her, and she continued to suffer from compulsive overeating. January 1955 opened the door to love, and by the end of the year, she and Marvin S. married. The births of daughters Debbie and Julie followed. (Marvin passed away in November 1999.) In November 1958, she saw a television program profiling a new Twelve-Step program, Gamblers Anonymous. She and Marvin took a friend-in-need to a meeting, not realizing it was she who would find salvation. She thought, “I’m just like that . . . Their compulsion is with gambling and mine is with food, but now I know I’m not alone anymore!” (Overeaters Anonymous, Second Edition, p. 11). She realized she wasn’t “wicked or sinful.” She had a disease, and it had a name: compulsive overeating. However, no groups existed for compulsive overeaters. A year later, in desperation she returned to another Gamblers Anonymous meeting where the founder encouraged her to pursue her idea of starting a Twelve-Step program for compulsive overeaters. On January 19, 1960, Rozanne and two friends convened the first meeting of Overeaters Anonymous. (For more of Rozanne’s personal story of recovery, see “Keep Coming Back: Rozanne’s Story,” Overeaters Anonymous, Second Edition, p. 7.)

Rozanne became OA’s visionary, always searching for new ways to reach out and carry the recovery message. She abandoned her initial attempts to rewrite the Twelve Steps and Twelve Traditions for compulsive overeaters, relying instead on the universality of the original Steps and Traditions of Alcoholics Anonymous (AA). Early on she recognized the media’s value in carrying the message. She coaxed the producers of a syndicated television show to feature OA. On November 1, 1960, seven OA members appeared on the show; it produced a significant jump in OA membership. With meetings in her home, endless hours dealing with correspondence and counseling and cajoling on the phone, papers piled high in her dining room, and hours spent on financials, Rozanne’s life, with Marvin’s support, became OA. But “together we can,” and with increasing membership and helping hands, together she and OA members grew the organization. Rozanne brought significant change to OA’s diversity, its outreach and its recovery program. She suggested OA hold its first Conference in August 1962. In 1961, OA had voted to ban men. Rozanne disagreed. With the Conference Committee’s approval, she invited A.G., a male Texan and co-founder of Gluttons Anonymous, to attend. Gluttons Anonymous merged with OA at the Conference, and thus began the welcome of men into OA. The announcement of the upcoming Conference appeared in the first OA Bulletin, written by Rozanne and precursor to OA’s Lifeline magazine. She thought of the name Lifeline when imagining a lifeboat next to a huge ocean liner at sea.

A first Board of Trustees (BOT) emerged from the first Conference, and members also voted to hold an annual May Conference. The OA Convention grew out of a day of sharing experience, strength and hope at the first Conference. In 1979, after Rozanne expressed concern for helping international OA members, the first Conference International Committee became a reality with Rozanne as chair. She also served on the BOT and as National Secretary. Rozanne wrote many literature pieces for OA, including the original To the Newcomer pamphlet (1966) to orient newcomers; I Put My Hand in Yours (1968) to give information on how to start and strengthen groups; and Beyond Our Wildest Dreams (1996) to share OA’s history. A DVD interview titled Reflections: A Visit with OA’s Founder and a CD compilation of speeches And Now a Word From Our Founder . . . Five WSBC Speeches brought Rozanne’s insights and hope to members at large. Rozanne’s compassion for and understanding of the emotional, physical and spiritual challenges faced by compulsive eaters have touched people worldwide. She leaves an enduring legacy that will continue to inspire and heal those who still suffer.

Members who wish to honor Rozanne’s memory with a contribution can go to [50447.thankyou4caring.org](http://50447.thankyou4caring.org). Select Rozanne S. Memorial in the Designation drop down menu. You may also call the WSO, 505-891-2664, or send contributions by mail to Overeaters Anonymous World Service Office  
P.O. Box 44020  
Rio Rancho, NM 87174-4020

The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food. The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work! They enable compulsive eaters and millions of other Twelve-Steppers to lead happy, productive lives. They represent the foundation upon which OA is built.

## THE TWELVE STEPS OF OVEREATERS ANONYMOUS

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God **as we understood Him**.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

*Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*



The Twelve Traditions are the means by which OA remains unified in a common cause. These Twelve Traditions are to the groups what the Twelve Steps are to the individual. They are suggested principles to ensure the survival and growth of the many groups that compose Overeaters Anonymous.

## THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

*Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*

**God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always! - AA "Big Book" 1st Edition.**

## Upcoming OA Events

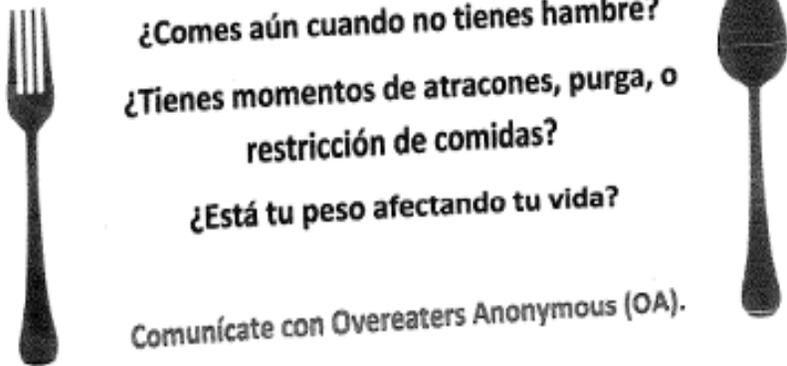
¿Es la comida un problema para ti?

¿Comes aún cuando no tienes hambre?

¿Tienes momentos de atracones, purga, o restricción de comidas?

¿Está tu peso afectando tu vida?

Comunícate con Overeaters Anonymous (OA).



# ¡Nueva Reunión en Español!

No hay cuotas, honorarios, balanzas, ni dietas.

Lugar: CARE Center  
8617 E. Colonial Dr., Suite 1300  
(En la calle 50 y la autopista 417)  
Orlando, FL 32817

Día: Los miércoles

Hora: A las 6:00 p.m.

Contacto: Linda 407-590-2834

Para más información: [www.oa.org](http://www.oa.org)

February 21-23, 2014  
Cocoa Beach, FL  
**"Together We Can Be  
a Team in 2014!"**  
FL State Convention  
See the flyer in this  
newsletter for info

March 21-23, 2014  
Little Rock, AR  
**"Recovery in the  
Rock!"**

Hosted by the Central  
Arkansas Intergroup  
[www.oaregion8.org](http://www.oaregion8.org)

October 17-19, 2014  
Lake Yale, FL  
**Annual CFI Fall Retreat**  
Save the date!  
For more information  
email  
[OACFIFallRetreat@aol.com](mailto:OACFIFallRetreat@aol.com)

**"This Clay Jug"** (by Kabir, the poet)

Inside this clay jug there are canyons and pine mountains, and the maker of canyons and pine mountains.

All seven oceans are inside, and hundreds of millions of stars.

The acid that tests gold is there, and the one who judges jewels.

And the music from the strings no one touches, and the source of all water.

If you want the truth, I will tell you the truth:  
Friend, listen: the God whom I love is inside.



**\*\*\* Please call the Meeting Contact to get the latest information about the meeting time, location, etc. \*\*\***  
If your OA group would like to update its listing, please email [newsletter@oacfi.org](mailto:newsletter@oacfi.org), and also notify OA World Service by changing meeting information at <https://www.oa.org/meetings/change-form.php>.

For a current list of telephone and online meetings go to [www.OA.org](http://www.OA.org)

Day	Time		Town/Zip	Venue	Address	Notes	Contact
Sun	4:30PM	N	Orlando 32804	Seventh Day Adventist Church	2800 North Orange Avenue	Across from Florida Hospital, Orlando	
Sun	5PM	V	Orlando 32804	Seventh Day Adventist Church	2800 North Orange Avenue	Across from Florida Hospital, Orlando	
Mon	Noon	SS	Winter Park 32789	St. John's Lutheran Church	1021 Camellia Ave.	Off 17-92 Youth Center House	
Mon	2PM	V	Flagler Beach 32136	Santa Maria del Mar Learning Center	805 N. Central Ave.	Matthew Room (Moved from 10AM)	
Mon	7PM	V	Orange City	Florida Hospital Fish Memorial	1055 Saxon Blvd.	Cafeteria Conference Room	
Mon	7PM	SS	Kissimmee 34744	Church for the Nations	1485 Mill Slough Rd.		
Mon	7PM	V	Leesburg 34748	Unity of Leesburg Church	826 E. Dixie Ave. Rte. 44		
Mon	7:30PM	SS	Winter Springs 32708	Grace Presbyterian	1111 Tuskawilla Rd.		
Mon	7:30PM	BB/SS	Orlando 32819	Holy Family Church	5125 S. Apopka Vineland Rd.	Parish Life Center Rm #4	
Tue	10AM		The Villages 32159	Chatham Recreation Center	7415 SE 172 <sup>nd</sup> Legacy Lane	Non-Residents Welcome	
Tue	4:30PM		The Villages 32159	Colony Cottage	Morse Blvd., Colony Club	90 day meeting	
<b>Tue</b>	<b>5:00PM</b>		<b>Hernando 34442</b>	<b>Club Recovery</b>	<b>Corner of Anvil Terr and W. Norvell Bryant Hwy</b>	<b>Meeting in the back room</b>	
Tue	5:30PM	D	Winter Park 32789	St. John Lutheran Church	1021 Camellia Ave.	Off 17-92 Youth Center House	
Tue	6PM	V	Maitland 32751	Asbury United Methodist Church	220 Horatio Ave.	Room 16-17	
Tue	6PM	BB	Daytona Beach 32114	Florida Memorial Hospital	Williamson & Memorial Med. Pkwy.	Open to All 11 <sup>th</sup> Floor Conf Rm	
Tue	7PM	V	Mt. Dora 32757	St. Edward's Episcopal Church	460 N. Grandview St.	Music Room	
Wed	10AM	SS	Tavares 32778	First United Methodist Church of Tavares	Corner of Rte Old 441 and Rte 19-near fountain	Church Library	
Wed	10AM	V	Lady Lake 34731	Lady Lake United Methodist	Corner Hwy 27/441 & McClendon St.		
Wed	10:30AM	V	Ocala	First United Methodist Church	1126 E. Silver Springs Blvd.		
Wed	Noon	BB	Winter Park 32789	St. John's Lutheran Church	1021 Camellia Ave.	Off 17-92 Youth Center House	
Wed	6PM	V	Orlando 32807	Christ the King Church	26 Willow Drive		
<b>Wed</b>	<b>6PM</b>		<b>Orlando</b>	<b>CARE Center</b>	<b>8617 E. Colonial Dr</b>	<b>Suite 1300 Spanish Speakers Welcome!</b>	
Wed	7 PM	V	Celebration 34747	Celebration Health Hospital	400 Celebration Place	Seagrass Lounge	
Thu	10AM	V	Lady Lake 32159	North Lake Presby. Church	975 Rolling Acres Rd.		
Thu	10AM	V	Flagler Beach 32136	Flagler Beach Police Station	204 South Flagler Ave.		
Thu	5:30PM	V	Tavares 32778	Florida Hospital Waterman	1000 Waterman Way	Conference Room E	
Thu	5:30PM	V	Winter Park 32789	St. John's Lutheran Church	1021 Camellia Ave.	Off 17-92 Youth Center House	
Thu	6PM	V	Ocala	St. Marks United Methodist	1839 NE 8 <sup>th</sup> Road	Room 4	
Thu	6:30PM	SS	Daytona Beach	Our Lady of Lourdes Catholic Church	201 University Blvd	Art Room	

Thu	7PM	BB	Ocoee 34761	Lake Bennett Health & Rehab Center	1091 Kelton Ave	Library	
Thu	7PM	BB	<b>Longwood 32779</b>	<b>Wekiva Springs Presbyterian Church</b>	<b>211 Wekiva Springs Lane</b>	<b>Reformation Room</b>	
<b>Day</b>	<b>Time</b>		<b>Town/Zip</b>	<b>Venue</b>	<b>Address</b>	<b>Notes</b>	<b>Contact</b>
Fri	10AM	V	Lady Lake 32159	Lady Lake Library	225 West Guava Street		
Fri	Noon	BB	Winter Park 32789	St John's Lutheran Church	1021 Camellia Ave.	Off 17-92 Youth Center House	
Fri	7PM	BB	Winter Park 32792	Sts Peter and Paul Catholic	5300 Old Howell Branch Rd.	St. Martin Room, Education Bldg	
Fri	7PM	D	Orlando 32819	St. Luke United Methodist Church	4851 S. Apopka Vineland Rd.	Bldg A, Room 102	
Sat	8AM	V	Orlando 32819	Ascension Church	4950 S Apopka Vineland Rd	Room 103	
Sat	8:30	N	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Res. Welcome	
Sat	9AM	D	Winter Park 32789	St. John Lutheran Church	1021 Camellia Ave.	Off 17-92 Youth Center House; Spkr. Mtg Last Sat.	
Sat	9:15AM	D	Daytona Beach 32114	City Island Public Library	105 Magnolia Ave.		
Sat	9:30AM	D	Maitland 32751	Asbury United Methodist Church	220 Horatio Avenue	Room 16-17	
Sat	9:30AM	D	St. Cloud 34769	St. Cloud Warehouses	61 East 17th Street @ Eastern Ave.	Bldg 61	
Sat	10AM	SS	The Villages	Hibiscus Village Rec Center	1740 Bailey Trail	Jasmin Card Rm Non-Residents Welcome	
Sat	Noon	SS	Port Orange	First United Methodist Church	305 Dunlawton Ave.		
Sat	1:30PM	SS	Orlando	Cathedral Church of St Luke(Episcopal)	130 North Magnolia Avenue (across from the downtown Post Office)	Activities Room, Street Level	
Sat	2PM	SF	Altamonte Springs 32819	St. Mark's Presbyterian Church	1021 Palm Springs Dr.	Men's Meeting, Activities Building	

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/Meetinglist.pdf> to get the most current meeting list \*\*\*

**If you attend a meeting and no one is there, call the Contact and then the Hotline below.**

## Overeaters Anonymous Central Florida Intergroup Trusted Servants

WEB PAGE — [HTTP://WWW.OACFI.ORG](http://www.oacfi.org) HOTLINE: 1-888-294-4216 LOCAL (407) 284-1482

7th Tradition can be sent to: **Central Florida Intergroup, P.O. Box 180293, Casselberry, FL 32718-0293**

Position: Name	Phone	Position: Name	Phone
Chair: Barb R.		Vice-Chair: Rita S.	
Secretary: Susan H.		Treasurer: Phyllis D.	
#1 WSO Delegate: Rita S.		#1 Region Rep: Barb R.	
#2 WSO Delegate: Janet T.		#2 Region Rep: Gertie W.	
Parliamentarian: Cheryl S.		#3 Region Rep: Nancy T.	
Webmaster: Marlene T.		#4 Region Rep: Joyce T.	
Asst. Webmaster: Joleen G.		12th Step Within: Joyce T.	
Telephone & Tech: John P.		Literature: Kay R.	
Newsletter Editor: David C.		PIPO co-chair-: Cheryl S.	
Young People: <i>Vacant</i>	<i>Vacant</i>	PIPO co-chair-: Mary H.	

### The Importance of Faith

**"He who loses money, loses much; He who loses a friend, loses much more; He who loses faith, loses all." - Eleanor Roosevelt**