March 2015

New Beginnings

OVEREATERS ANONYMOUS® Central Florida Intergroup

Sharing Experience, Strength and Hope With Those Who Suffer from Compulsive Eating or Compulsive Food Behaviors

Inside This Issue

Calendar

3/13/15 -3/15/15	OA Region 8 Spring Convention Nashville, TN www.oanashville.org for more info
3/21/15 10AM	CFI Monthly Intergroup Meeting 1021 Palm Springs Dr, Altamonte www.oacfi.org
4/11/15 10AM	CFI Monthly Intergroup Meeting 1021 Palm Springs Dr, Altamonte www.oacfi.org

See www.oa.org/datebook-calendar/ for additional dates and information

Daily Meditation

Our promise of recovery is in every OA meeting when we join hands and joyously, lovingly encourage one another: Keep coming back!
- Overeaters Anonymous 2nd Ed. (p.97)

Virtual Workshops Podcast

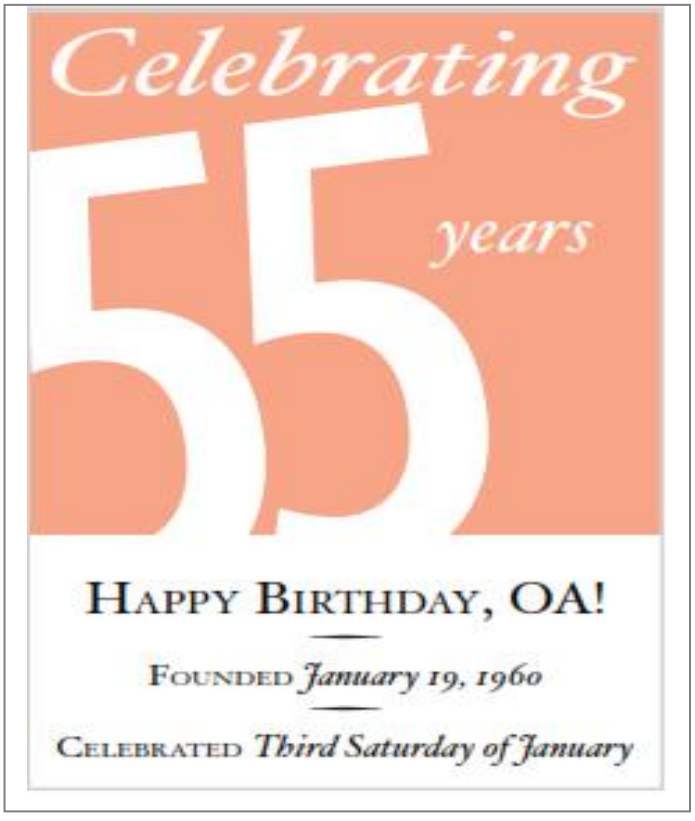
THE IMPORTANCE OF WORKING ALL TWELVE STEPS

Second Sundays of 2015

OA's first-ever, special holiday podcast: a preview of coming attractions in 2015! Got recovery? Find out how it works! Download and listen to the OA holiday special for a preview of thirteen hours that can change your life!

http://www.oa.org/oapodcasts/

More virtual workshops will continue in 2015. Starting with "step zero" and Step One in January and working through all Twelve Steps, members will share how working the Steps changed their lives physically, emotionally, and spiritually. Check the OA Datebook calendar at oa.org/datebook-calendar/ for more information.



The Right Crowd

By Tony B.

We may feel familiar with the expression 'if you hang around water long enough you're gonna get wet'. This is a funny Proverb; however, it has a merit of being true. This is the manner which we believed when we came into fellowship in Overeaters Anonymous. Even if we're not ready to change our eating habits or addictive behavior; if we continue to come to meetings, read OA literatures make phone calls to other members and build relationships within the group, then the chances are good that we will eventually acquire abstinence.
learned how to feed itself.

This is a comforting moral. It is also a powerful reasoning. Even so, to take this point literally, we may use this interpretation to obtain a relationship with a Higher Power. The process which works for other members of the group could possibly work for us. We can believe and accept this truth. This action of acceptance establishes faith. This concept of faith is valid for our Higher Power, even, if the *G-O-D* word is foreign in our vocabulary. The group conscious is satisfaction for a Higher Power to gain recovery. This is soothing for those among us, It's humbling soothing and good.

It Completes Us at Three

By Jane C.

Mindfulness is becoming aware. It is awareness with acceptance. Mindfulness does not include assignment of shame or guilt. That said -

Mindfulness has made me aware of a behavior. That behavior is the bartering system of eating that I now recognize in both past and some continuing actions on my part.

Cannot have sugar? Okay then, I can have pizza.
Can't have flour? Okay then, I will have something else.
Cannot have cheese? Okay then, I will keep cream in my coffee.
Can't have the half and half? Okay then, give me something else.
Cannot have dessert. Okay, then I will guzzle more diet soda.
Can't be satisfied unless I have. Okay, then I will have SOMETHING so give me something else!

Can't have works its way to okay to have. Substitutes are not acceptance and awareness. They are poor trade offs. They work against the peace I want in my food plan and threaten my abstinence.

Sobriety in my food plan begets sober (abstinent) living. Sober is not somber. Sober is fun and free and joyful even in the presence of disappointmen, pain and loss. Sober is worthy without the need for substitutes that prop open the space left after removing the (name your particular 'alcoholic foods')

When I take away - do I look for something to fill it? I have been looking for balance and symmetry so yes, I do. But so much in nature is better because it is not even and symmetrical. Today I know it's not what I can't have. It is what I want to have and enjoy today: freedom from the obsession and the gifts of abstinent (sober) living. I can only do that by committing one day at a time to using the 12 steps in all areas of my life and that includes applying the steps to all my behaviors. I hope I will never barter the freedom and gifts of abstinence away for 'something else'.

"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, brevity and anonymity.

Central Florida Group Updates

- **Group Meeting Format** Please consider reviewing your group meeting format this month. You may find the OA "Suggested Meeting Format" to be useful http://www.oa.org/pdfs/suggested_meeting_format.pdf.
- **OA Cruise?** If you are interested in taking part in a cruise with other OA members, please call either Jacqueline (407-423-4086) or Dottie (386-439-2694).
- **Get "New Beginnings" by Email** Receive this newsletter in your email inbox monthly (free) by sending an email to newbeginnings-subscribe@oacfi.org.
- **Your Group Need OA Literature?** Visit bookstore.oa.org or email literature@oacfi.org.
- **Share Your Recovery Story** Email your submissions (400 words or less) to newsletter@oacfi.org.
- **Want More Intergroup Info?** Visit www.oacfi.org or sign up for the CFI list-serve by sending an email to: oacfi_intergroup_news-subscribe@oacfi.org. You will be sent an automated email. Follow the instructions in the email.

January 2015 CFI Group Contributions

Mon	Flagler Beach - Santa Maria Delmar Living Ctr. 10 AM	10.00
Mon	Orlando, Holy Family Catholic Church	25.00
Mon	Central Christian Church 12pm	75.00
Mon	Winter Springs, Grace Presbyterian	20.00
Mon	Church of the Holy Spirit-Voices of Recovery	58.00
Tue	Maitland Asbury United Methodist Church	56.00
Wed	Lady Lake United Methodist Church	30.00
Wed	Orlando , Christ the King - Azalea PK	20.00
Wed	Celebration Hospital	80.00
Wed	Central Christian Church 12 pm	75.00
Thurs	Ocala, St. Marks United Methodist Church	15.00
Thurs	Lady Lake, North Lake Presbyterian Church	20.00
Thurs	Church of the Messiah	25.00
Thurs	Wekiva Presbyterian Church	30.00
Fri	Lady Lake , Library	50.00
Fri	Central Christina Church - 12 PM	30.00
Fri	Orlando, St. Lukes Methodist	25.00
Fri	Winter Park St. Peter and Paul	80.00
Sat	Asbury Methodist Church	151.80
Sat	St. Marks - Mens	40.00
Sat	Central Florida Intergroup Mtg.	61.20
Sat	Cathedral Church of St. Lukes	25.00
Sat	Ascension Episcopal Church	100.00
Fri	Lady Lake , Library	50.00
	Total Group Contributions $1302.00	

Central Florida OA Groups or Members can send 7th Tradition contributions to: Central Florida Intergroup, P.O. Box 180293, Casselberry, FL 32718-0293

"Every OA group ought to be fully self – supporting, declining outside contributions."

- OA 7th Tradition

OA World Service Update

Free to Download: Abstinence and A Plan of Eating Workshop

What's the difference between abstinence and a plan of eating? Use these new tools to conduct the Abstinence and Plan of Eating Workshop to educate OA members and help them apply the concepts of abstinence and a plan of eating to personal recovery. Workshop tools include:

- Leader's Guide
- Handouts
- PowerPoint presentation
- PDF presentation

Find the workshop tools under Group Support, Service Body Support, and Documents on **oa.org**.

Overeaters Anonymous, Third Edition – The New Brown Book is Here!

Featuring forty never-before-published stories of recovery written by OA members from around the globe, the new Brown Book, *Overeaters Anonymous, Third Edition,* is now available in print from the OA bookstore and in e-book format from popular retailers. The third edition also features classic OA texts, including "Keep Coming Back: Rozanne's Story," "Our Invitation to You," and the appendices from previous additions. A new appendix, "The Role of a Plan of Eating in Recovery from Compulsive Eating," written by a dietitian specializing in addictive and compulsive eating disorders is also included as well as a new foreword by an eating-disorder treatment professional.

Overeaters Anonymous, Third Edition is available to order as a single copy, box of twenty-five, and, while supplies last, as a two-book bundle with *Overeaters Anonymous, Second Edition*. Visit bookstore.oa.org.

(From www.oa.org)

Free Abstinence Downloads

OA released four new resources last year to support members in becoming abstinent and living a life free from compulsive eating and compulsive food behaviors. Available to the Fellowship for free, the materials can be used by members, groups, service bodies, sponsors and sponsees, and OA workshop presenters to increase the focus on our primary purpose, which is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Find all four free downloads on the "Group Support" page of oa.org.

- *Strong Abstinence Checklist*
- *Abstinence Literature Resource Guide*
- *Abstinence PowerPoint Presentation*
- Just released! *The Difference Between Abstinence and A Plan of Eating Workshop,* including leader's guide, handouts, and a PowerPoint PDF presentation

Central Florida Intergroup Meeting Directory

Time	Type	Location	Contact	Phone
		MONDAY		
Noon	SS	Central Christian Church 250 SW Ivanhoe Blvd. Orlando 32804	Cynthia M	
2PM	V	Santa Maria Ctr. 805 N. Central Ave. Flagler Bch 32136 (Matthew Room)	Dottie	
6:30PM	L	Holy Spirit Episcopal 601 S. Highland Ave. Apopka 32703	Laura F.	
7PM	V	Florida Hospital 1055 Saxon Blvd. Orange City 32763 (Cafeteria Conf Room)	Dick	
7PM	SS	Church for the Nations 1485 Slough Rd Kissimmee 34744	Terry C.	
7PM	V	Unity of Leesburg 826 E. Dixie Ave Rte 44 Leesburg 34748	Diana S	
7:30PM	SS	Grace Presbyterian 1111 Tuskawilla Rd Winter Springs 32708	Susan Z.	
7:30PM	V	Holy Family Church 5125 S Apopka Vineland Rd Orlando 32819 (Parish Life Ctr Rm #4)	Jacqueline	
		TUESDAY		
10AM		Chatham Rec Ctr 7415 SE 172 Legacy Ln The Villages 32159 (Open to Non-Residents)	Leslie	
5PM		Club Recovery, Corner of Anvil Terr & W. Norvelll Bryant Rd Hernando 34442 (In Back)	Jennifer	
6PM	V	Asbury United Methodist 220 Horatio Ave Maitland 32751 (Room 16-17)	Mariana	
6PM	BB	Memorial Medical Hospital 264 S Atlantic Ave Ormond Bch 32176 (CPR Ed Classroom)	Mary Y.	
7PM	V	St Edwards Episcopal 460 N Grandview St Mt Dora 32757 (Music Room)	Marla M.	
		WEDNESDAY		
10AM	SS	1st UMC Corner of Rte Old 441 & Rte 19 near fountain Tavares 32778 (Church Library)	Diana S.	
10AM	V	Lady Lake UMC Corner of Hwy 27/441 & McClendon St Lady Lake 34731	Barb R.	
10:30AM	V	1st UMC 1126 E Silver Springs Blvd Ocala 34470	Linda	
Noon	BB	Central Christian Church 250 SE Ivanhoe Blvd Orlando 32807	Cynthia M.	
6PM	V	Christ the King Church 26 Willow Dr Orlando 32807	Rommy	
6:30PM	V	House Next Door 804 N Woodland Blvd Deland 32724	Linda	
7PM	V	Celebration Health 400 Celebration Pl 34747 (Seagrass Lounge)	Geri B.	
		THURSDAY		
10AM		Coronado Methodist 200 S Peninsula Ave New Smyrna 32169 (Hospitality House)	Joan	
10AM	V	North Lake Presby. 975 Rolling Acers Rd Lady Lake 32159	Rosemarie	
10AM	V	Flagler Beach Police Station 204 S Flagler Ave Flagler Beach 32136	Dottie	
5:30PM	V	Florida Hospital Waterman 1000 Waterman Way Tavares 32778 (Conf Rm E)	Robin W.	
5:30PM	V	Reeve's UMC 1100 N Fern Creek Av Orlando 32803	Betty	
6PM	V	St Marks UMC 1839 NE 8th Rd Ocala 34470 (Room 4)	Karin	
6PM	SS	Grace Episcopal 4110 Ridgewood Ave Port Orange 32127 (St John's Room)	Glynda B.	
7PM	BB	Church of the Messiah 241 N Main St Winter Garden 34787	Jacqueline	
7PM	BB	Wekiva Springs Presb 211 Wekiva Springs Ln Longwood 32779 (Reformation Room)	Phyllis D.	
		FRIDAY		
10AM	V	Lady Lake Library 225 W Guava St Lady Lake 32159	Nancy	
Noon	BB	Central Christian Church 250 SW Ivanhoe Blvd Orlando 32804	Cynthia M.	
7PM	BB	Sts Peter & Paul 5300 Old Howell Branch Rd Winter Park 32792 (St Martin Rm-Ed Bld)	Phyllis D.	
7PM	D	St Luke UMC 4851 S Apopka Vineland Rd Orlando 32819 (Office Conf Rm in Bld C)	Jacqueline	
		SATURDAY		
8AM	V	Ascension Church 4950 Apopka Vineland Rd Orlando 32819 (Room 103)	Geri B.	
8:30AM	N	Hibiscus Village Rec Ctr 1740 Bailey Tr The Villages 32162 (Jasmin Card Rm)	Karen	
9AM	D	St Richards Episc. 5151 Lake Howell Rd Winter Park 32792 (Spkr Meeting Last Sat)	Betsy D.	
9:15AM	D	City Island Public Library 105 Magnolia Ave Daytona Beach 32114	Sue	
9:30AM	D	Asbury UMC 220 Horatio Ave Maitland 32751 (Room 16-17)	Gloria	
9:30AM	D	1614 Orange Ave St Cloud 34769 (Intersection of Orange and 17th - circle/triangle signs)	Amanda	
10AM	SS	Hibiscus Village Rec Ctr 1740 Bailey Tr The Villages 32162 (Jasmin Card Rm)	Linda R.	
Noon	SS	First UMC 305 Dunlawton Ave Port Orange 32127	Joan V.	
1:30PM	SS	Cathedral Church St Luke 130 N Magnolia Ave Orlando 32801 (Activities Rm)	Jacqueline	
2PM	SF	St Mark's Pres. 1021 Palm Springs Dr Altamonte Spr. 32701 (Men's Mtg, Activity Bld)	John	
		SUNDAY		
4:30PM	N	7th Day Adventist Church 2800 N Orange Ave Orlando 32804 (Across from FL Hospital)	Chery K.	
5PM	V	7th Day Adventist Church 2800 N Orange Ave Orlando 32804 (Across from FL Hospital)	Amy O.	

BB - Big Book, D - Discussion, N - Newcomers, SS - Step Study, V - Varied, SF - Special Focus. **www.oacfi.org for most recent list.**

Central Florida Intergroup
P.O. Box 180293
Casselberry, FL 32718-0293

Local Phone: (407) 284-1482
Toll Free: 1(888) 294-4216

Local Website: www.oacfi.org
International Website:
www.oa.org

Newsletter Email:
newsletter@oacfi.org

April's Intergroup Meeting
10 a.m. Saturday 11/21/15 at
St. Mark's, 1021 Palm Springs Dr.
Altamonte Springs, FL 32701.
All OA Members Welcome to Attend.

OA Step & Tradition of the Month

Step 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Tradition 3: The only requirement for OA membership is the desire to stop eating compulsively.

Central Florida Intergroup Board

Chair: Barb R. (352) 753-4024
Vice-Chair: Rita S. (407) 234-0808
Treasurer: Phyllis D. (386) 668-5862
Secretary: Susan H. (407) 461-2978

An Honest Effort

By Tony B.

Steps One, Two & Three lays down the foundation. With this action we are ready to grow and build our character. Then we reach the hallow measurement of our addiction. We begin to consider the reality of our habits, behavior and action. Then there's a word which we've all heard since the beginning which echoes so loudly now that even the deaf among us can hear it. That word is 'honesty'. It becomes totally appearance that we're not going to get to the root of the problem unless we develop the ability to become rigorously honest. Ok, we may say to ourselves, we get it, now it is time to accept the truth. Then we glance at Step four and see that obvious word 'fearless'.

I've never seen a member not enter Step Four without being extremely cautious. Most are overwhelmed, anxious and nervous. It's natural. We're asked to expose our character on a raw, honest and open manner. Who really wants to do this (at first) eagerly? Yes, the ability of being transparent is noble to our culture. Nevertheless, like many things it doesn't grow naturally for us in our personality. It takes a mental effort to be honest to be honest and open about our character defect. This is such a key step and exertion towards our abstinence. It needs to be done. This Step needs to be achieved and our fears need to be overcome. Easier said than done, uh, but rewarding to our spirit. Yeah, it's definitely spiritually rewarding.