

NEW BEGINNINGS



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

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Calendar

4/11/15 10AM	Central FL Intergroup Meeting 1021 Palm Springs Dr, Altamonte www.oacfi.org
4/22- 5/7/15	OA World Service Business Conference 2015: "The Miracle of Abstinence" Albuquerque, NM www.oa.org
5/2015	Workshop on "Strong Abstinence" TBA
5/9/15 10AM	Central FL Intergroup Meeting 1021 Palm Springs Dr, Altamonte www.oacfi.org
7/10- 7/12/15	SOAR 8 Recovery Convention "Steppin' in Louisiana" Baton Rouge, LA www.oaregion8.org
10/16- 10/18/15	OA Central Florida Annual Fall Retreat @ Lake Yale *save the date*

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

A Meditation

You don't have to be perfect
- just willing.

- A Guide for Sponsors. (p.14)

We Belong to Something in OA

By Editor.

Greetings Friends, at the end of this month, delegates from OA service bodies the world over will be meeting for our annual World Service Business Conference (WSBC) in Albuquerque, NM. Without the work done at WSBC, we wouldn't have an OA program of recovery. Having spent years trying to regulate our eating behaviors by ourselves (and failing), we can appreciate the need to keep OA healthy and strong. Now we each have a higher power of our own understanding as well as thousands of OA's worldwide for experience, strength and hope. This fellowship we belong to stands between us and the compulsion in a powerful way. We need each other.

Rita S., Dawn K. and Barb R. will be representing us here in Central Florida at WSBC. Let's each take a moment to wish them well as they take time out of their lives to help perform the business of our OA Fellowship.

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.

Practice & Improve

By Atiya M.

And though I'm not sure where my journey may take me next, I know I'll owe it to the grace of God and to three words of the Twelve Steps: continue, improve and practice.

-*Alcoholics Anonymous*, Gutter Bravado, page 511

This weekend I am attending our region convention and assembly in Nashville, TN. It has been many years since I attended the assembly; it is my first time as a board member. When I learned last year that the position of Treasurer was open, I had a peaceful sense that I was to serve in this manner. A few years ago I learned from a dear friend in recovery that in order to stay balanced and healthy, before I take on a new commitment, it is wise to let go of two current commitments. Applying this wisdom, I let go of other service responsibilities before assuming this new role.

My practice of taking care of myself, which I learned in recovery, has also helped me this weekend. Over time in recovery, I have developed a habit of spiritual practices which keep me consciously connected to my Higher Power and myself - allowing me to be present for others. To the best of my ability I follow these practices whether I am at home or traveling. At an OA meeting on Thursday evening, the topic was letting go of old ideas. During the meeting, I shared that I do not simply have to let go of my old ideas from before recovery, but my old ideas from as recent as the day before. I need to continue surrendering; it is the basis of my ability to improve my conscious contact with my Higher Power.

Working the Steps give me the ability to continue, improve and practice. Through the Twelve Steps, today I know how to access the spiritual power which flows through my life and in all of my affairs. I do my best to never leave home without it. Thank you for allowing me to share and for being on this journey of recovery with me. Beautiful blessings to all!

Friendship

By Tony B.

Friendship is a noun. The actions which represent it cover many emotions. My wife is my friend. She is also in this program. We have grown much together. When someone enters the rooms of Overeaters Anonymous they are searching for something; an answer, some kind of pain reliever, a solution. Never does it become obvious in the beginning that as an OA member we are looking for friends. Most of us find loneliness and isolation as two familiar companions. Even if we were quite popular before we were an OA member, the friends we make within the rooms breathes a different breed. This relationship of honest accountability and social intimacy comes alive when we walk into Step Five.

Although it is true that my wife is an OA member, as my friend she did not fit the profile to grow with into a Step Five. It's funny, we build so much anxiety through Step Four that by the time we approach Step Five we are pretty overwhelmed. What an irony it is to look into the clear white eyes of another member and find relief to the fact that we were never alone. Our disease is not solo although it falsely gives an appearance of individuality.

Yes, it's true that our addiction is personal whereby it knows us mentally, emotionally and spiritually. It has our character identified like fingerprints. However, when we work through a Step Five we find a commonality. We become aware of the lies which the disease has been feeding into our psychological tape. Finally, we begin to hear and understand honesty. Finally, we are able to see a little truth. And this discovery is better known through a relationship with who, if not already earned the title, becomes identified as a friend.

"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

- **Want to share your group info?**

Email your group news, celebrations, OA birthdays & anniversaries, new meeting topics, major format changes to newsletter@oacfi.org.

- **Share Your Recovery Story** Email your submissions (400 words or less) to newsletter@oacfi.org.

- **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.

- **Want More Intergroup Info?** Visit

<http://oacfi.org/gpage9.html> 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.

February 2015 CFI Group Contributions

	Flagler Beach - Santa Maria Delmar	
Mon	Living Ctr. 2 pm	10.00
Mon	Leesburg Unity of Leesburg Church	30.00
Mon	Orlando, Holy Family Catholic Church	25.00
Mon	Central Christian Church 12pm	50.00
Mon	Winter Springs, Grace Presbyterian Church of the Holy Spirit-Voices of Recovery	19.00
Mon	Ormond Beach, Medical Hospital Beach Side	19.00
Tue	Maitland Asbury United Methodist Church	75.00
Tue	The Villages, Chatham Rec Ctr., 10:00AM	316.75
Tue	Lady Lake United Methodist Church	40.00
Wed	Orlando, Christ the King - Azalea PK Celebration Hospital	50.00
Wed	Central Christian Church 12 pm	20.00
Wed	Deland	45.00
Wed	Ocala, St. Marks United Methodist Church	50.00
Thurs	Lady Lake, North Lake Presbyterian Church	20.00
Thurs	Flagler Beach 10:00 AM Police Station	15.00
Thurs	Church of the Messiah	20.00
Thurs	Wekivia Presbyterian Church	30.00
Thurs	Reeves United Methodist Church	22.00
Thurs	Daytona Beach, Our Lady of Lourdes	30.00
Fri	Lady Lake, Library	40.00
Fri	Central Christina Church - 12 PM	30.00
Fri	Orlando, St. Lukes Methodist	25.00
Fri	Winter Park St. Peter and Paul	104.00
Sat	Asbury Methodist Church	258.00
Sat	Central Florida Intergroup Mtg.	58.25
Sat	Cathedral Church of St. Luke's	25.00
Sat	Ascension Episcopal Church	50.00
Sat	The Villages, Hibiscus Village Rec. Ctr 8:30am	20.00
Sat	St. Richards Episcopal Church	400.00

February CFI Total: \$1972.00

- Phyllis D. CFI Treasurer

OA World Service Update

Convention 2016 Celebrates Freedom

Join OA members for fun and fellowship at OA's 2016 Convention held at the Boston Marriott Copley Place in Boston, Massachusetts USA, September 1-4, 2016. The Convention's theme, Recovery: The Trail to Freedom, celebrates the experience, strength, and hope OA members have shared over the years.

Save the date to make reservations. Lodging will open September 2015 and registration will open January 2016. Check the Convention Web page at oa.org/world-service-events/world-service-convention/ for more information.

Workshop topics have just been released and a tentative agenda will be posted on oa.org this summer. Below is a list of some of the wonderful workshops on the agenda:

- Boston Marathon: One Step at a Time (Perseverance)
- The Difference Between Abstinence and a Plan of Eating
- Mirror, Mirror on the Wall: Body Image
- Rule #62: Don't Take Yourself So Seriously (Humor)
- Do Not Go It Alone: Use a Guide (Sponsorship)
- Recovery Rocks Relationships
- Balancing Act: Program, Family, Job
- The Traditions: How They Serve Us and Guide Us
- No More Excuses: Going to Any Length
- Make Way for Ducklings: Welcome Newcomers!

- Awesome Diversity in OA (LGBTQ)
- Can We Talk? (Men's Issues)
- I Do Belong (Anorexia/Bulimia)
- Hey Dude! (Young Persons)

Please check the Convention website for updated details. If you're interested in receiving the latest Convention information, please email Sandy Hickox at conventioninfo@oa.org and request to be placed on the electronic mailing list. Please provide your name, city/state/country, and email address.



OA Events Nearby



Praying in Color OA Workshop

Saturday May 9th, 2015

12:30 PM until 2:30 PM

Bring your lunch to enjoy time together before

First Lutheran Church \$8

1644 Nursery Rd. Clearwater, Florida 33756

Another approach to Prayer and Meditation

Contact JC 813-240-8572 JCanonymous13@yahoo.com

Central Florida Intergroup Meeting Directory

Time	Type	Location	Contact
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

May's Intergroup Meeting

10 a.m. Saturday 5/9/15 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 4: Made a searching and fearless inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Central Florida Intergroup Board

Chair: Barb R. (352) 753-4024

Vice-Chair: Rita S. (407) 234-0808

Treasurer: Phyllis D. (386) 668-5862

OA Events Nearby**The Art of Meditation****OA Workshop**

Saturday April 18, 2015

12 PM until 4:00 PM

Bridge Church

10595 US Hwy 19 N, Pinellas Park, FL 33782 \$8

A twelve step approach to Prayer and Meditation

Step 11: Sought through prayer and meditations 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. Contact Joan 727-785-9208 russelljo1@verizon.net