

NEW BEGINNINGS

Sharing Experience, Strength and Hope with those who suffer from Compulsive Eating and Compulsive Food Behaviors

Calendar of Events: OA Phone Marathons: Meetings every hour from 8 a.m. to 12 midnight EST. Look below for more info.

1. Sat., June 6th, 2020, Gay Pride Day, (Telephone Marathon), 8 AM. To 12 PM midnight, Spiritual Principal of Tradition 6-Solidarity, Celebrate Life Being in Recovery.
2. Sat., June 13th, 2020, 10AM-www.oacfi.org Central Florida Intergroup Meeting-St. Marks, 1021 Palm Springs Dr., Altamonte Springs, FL 32701-Possible location, look for more details.
3. Sun. 6/14/2020, Virtual Region Workshop Room, Recovery through Grief and Traumatic Times, <https://zoom.us/j/557696207>, meeting ID- 557696207, workshop contribution=5.00 -3-4:30 Arrive 10 min. early
4. Fri., June 19th, 2020, Juneteenth, (Telephone Marathon), 8 AM to 12 PM Midnight, Celebrating the Freedom to Be Me.
5. June 20, 11AM to 11PM EDT to June 21st, 6 AM to 6 PM EDT, 2020, (GMT-4) 1st Annual Region Convention-Many Languages, One Virtual Recovery, For volunteers pls. contact vrconvention@virtualregion.org
6. Sun., June 21st, 2020, Father's Day, (Telephone Marathon), 8 AM to 12 PM Midnight, Step 6 Spiritual Principal-Willingness What Keeps You from Becoming Entirely Ready?
7. Sat., July 4th, 2020, Independence Day, (Telephone Marathon)-8 AM to 12 PM midnight, Step 7- Spiritual Principal- Humility, Freedom is Going to Any Lengths for Abstinence.
8. Sat., July 11th, 2020, 10AM-www.oacfi.org Central Florida Intergroup Meeting-St. Marks, 1021 Palm Springs Dr., Altamonte Springs, FL 32701-Possible location, look for more details.
9. Jul. 24-26, 2020-Pinellas Retreat, Willing to Go to Any Length, at Franciscan Center Retreat, 55th St North, St Petersburg, FL 33709 Questions Contact rita195382@gmail.com
10. Aug. 26-28, 2021-World Service Convention-Renaissance Hotel, at Sea World, Orlando, FL-. Canceled and rescheduled tentative new dates are AUG 26-28,2021-See page 4 for more information.
11. Oct. 2-4 2020, 25th Annual OA Retreat, Work the 12 Steps using the Big Book, Blessed Trinity Shrine Retreat Center, 107 Holy Trinity Road, Fort Mitchell, Al. 36856
12. Oct. 23-25,2020-Fall Retreat (Lake Yale) Lake County Fla. Title-Into Action-Save the date.

13.Fri. 10/23 – Sun. 10/25, 2020—SOAR 8 Recovery Convention and Business Assembly—Traveling the Bayou to Recovery: Register online @ <https://oabatonrouge.org/soar8>-Cost: early reg. \$45, Late reg. \$55, Sat. only \$35 meals extra. At Crown Plaza, 4728 Constitution Ave. Baton Rouge, LA 70808 Ph. 225.925.2244-meeting rescheduled.

Concept 6- The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

JUNE 2020-SUMMER



Step Six: Willingness

Were entirely ready to have God remove all these defects of character.

Tradition Six: Solidarity

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.

Taken from The Twelve Steps and Twelve Traditions of OA

Note: If you want to submit an article to the New Beginnings Newsletter, please submit articles by the 15th of the month unless otherwise notified. Articles should be up to 600 words. Send articles to tooncesc@yahoo.com Thanks-Carlene

New Beginnings by Email- Sign up to receive The New Beginnings Newsletter by email each month! It is free and an easy way to share the news and recovery with friends and newcomers. All you need to do is send an email to newbeginnings-subscribe@oacfi.org

Important October 23-25 is when the fall retreat at Lake Yale is scheduled and the Region Assembly was rescheduled for that same weekend. Therefore, **Dara will not be able to chair the fall retreat as scheduled. Kathy M will take over as chair of the event.** Her email is: Kathym@ahaTopCat.com. We need all committees and volunteers. PLS. contact Kathy via her email asap.

Digital Newsletters available at www.oacfi.org and OACFI Facebook Page www.facebook.com/oacfi.org

Intentional Actions



To me, Step 6 is an action step, perhaps the most important one. I cannot make my character defects go away, but I can do my best to demonstrate my willingness to let my Higher Power remove them. When I plant a garden, the first thing I have to do is make sure the ground is ready to receive the seeds or seedlings. I may need to break up clumps of clay, mix in sand, add organic matter, or create a barrier to keep everything from washing away in the rain. If I haven't prepared the soil adequately, it will be very difficult for my plants to take root and thrive, no matter how much perfect growing weather God provides. In the same way, I need to take specific actions to prepare myself for removal of each character defect (or misapplied character trait) that I identified in Steps 4 and 5. Do I habitually fall prey to resentment? I can pray for each of the people I resent, asking for them to receive all the things I would wish for myself. Do I get mired in self-pity, taking the people around me for granted? A daily gratitude list can work wonders. Do I procrastinate, or struggle with disorganization and avoidance? I can use an action plan, make realistic commitments, and follow through, with my sponsor's support. Do I get impatient, stressed out, caught up in negative obsession? A yoga or meditation practice might teach me to breathe more deeply and let it all go. By carefully working Steps 4 and 5, I can pinpoint the behaviors that are harmful to myself and others. With the help of my sponsor and my Higher Power, I can come up with intentional actions that demonstrate my willingness and readiness to let go of each of those behaviors. In this way, I can prepare myself to receive the gift of freedom from the bondage of my character defects. -Stephanie, C.

Where there is an open mind, there will always be a frontier.

- Charles F. Kettering



Am I satisfied to be the way I am? I used to think the answer was No, but then why did I go right on being the way I always was, resisting change? To my compulsive overeater way of thinking, my opinions seemed to be truth and I never dreamed of changing them. But something happened. I found OA and was encouraged to have an open mind about some things. I did as I was told, and it brought me the gift of abstinence and an awakening to the presences of a Power greater than myself. The frontier I see before me today is limitless. For Today: My first priority is keeping my mind open to know God's will for me. -

For Today, page 160

AEIOU

A: Was I angry/resentful today?

E: What were my other emotions?

I: What did I do for myself today? What did I do for self-care?

O: What did I do for others today?

U: What do I have unresolved?

Five G's

1. Growth: What did I do well? List the good quality and describe the incident that illustrates this.

2. Glitches: What did not go well today?

3. Gratitude: List 5 things I am grateful for today.

4. Good: List two good things that I witnessed in other people or that someone did for me.

5. Goals: What are my goals for tomorrow? What can I do better?

Don't Lose the Message; THE THIRD TRADITION



It feels good to know that I didn't need to meet a weight requirement in order to become a member of OA. Imagine if there was a sales gimmick to win people over to OA membership. Some outrageous promise of health, wealth & prosperity... would the message be lost? If you saw an advertisement of fit, good looking people and there was told all is promised if you just joined; how absurd this type of reality would be? It just wouldn't fit the picture. Where's the brokenness? What about the spiritual principle of humility? How are we as members supposed to attract the still sick and suffering? Through the Third Tradition we all meet OA requirements at the same level. It's not a contest or a competition. We don't have to pass a bar exam or pass a particular physical. We simply need to accept the desire to stop eating compulsively. This level of gratitude meets all grades of performance and is rewarding within this purity by itself. The Third Tradition keeps the group bonded within all the Traditions so the message isn't tainted, diluted or lost. **By Tony**

Continue Taking the Steps.... my longing to change my life is stronger than my fear."

For Today, June 19th

I didn't feel fear to share my first 5th Step—actually, I felt excited. My life was indeed changing. I'd said 'no' enough times to food by then that it was losing its grip on me, and I could see it for the liar that it was. The Steps were making me feel good—something food promised but didn't deliver.

If anyone is fearing this wonderful step, ask yourself this: is your life changing? Are you able to now feel emotions you've stuffed for most of your life? Sure, some of them may feel uncomfortable, but they are necessary to evoke change in our lives! Let's face it: who changed what felt good? Not me. I changed when life became unbearable and desperate enough to seriously consider suicide. None of us needs to get to that point of desperation. This really is a freeing step.

"Taking these Steps is an ongoing process, revealing new truths each time around. It is an interesting search, and a rewarding way to live."

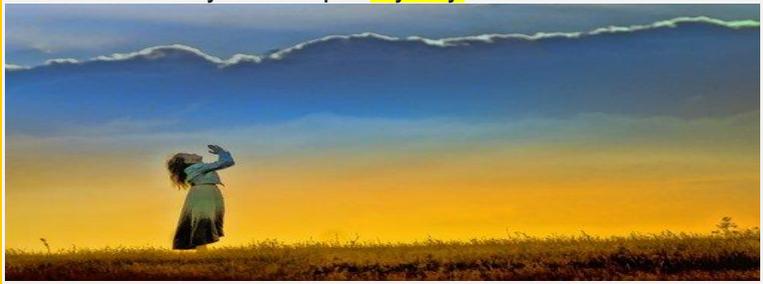
This part of the reading also caught my attention, because here I am, studying the Steps again, and discovering new truths about myself. I don't like all I learn so much, but I can change. -Gerri



What...a Spiritual Relationship? Step Six

It's hard to remain focused as we grow daily within our program. Step Six measures a milestone within our recovery. It reveals the balance we have with our addiction and who we understand as God from Step Three. This understanding establishes a relationship between ourselves and a Spiritual Being. For some of us acknowledging a Spiritual Being actually existed for us was a milestone within itself. Nevertheless, growing in a relationship with Him is even keener. At this point we are aware of our character defects through working Step Four. However, we simply had no idea how to handle them or what to do about them so, we just accepted them while faintly moving through life.

It's because of this spiritual relationship which is new within our lives that we find harmony in our aura. Let me illustrate what I mean. You may come into the rooms of OA, start reading literature, get phone numbers, find a sponsor and then start working the Steps. Through this process we may be taught a food program. We may decide to stop eating "white food" (sugar, flour, salt, preservatives). We learn this new food plan and we successfully lose weight. We are amazed. We give credit to ourselves for losing weight by not eating "white food" (we justify ourselves) instead of acknowledging the miracle of our Higher Power removing our desire to eat sweets or gluttony. This illustration shows the lack of someone not seeing a spiritual relationship which has been established. The spiritual awareness of our Higher Power working in our lives to remove our character defects when we were ready. This is an important concept. Consider another illustration; you start a daily habit of three-square meals daily, no snacks or eating in between meals. (I happen to be very familiar with this food plan philosophy.) In the process of only eating three, calorie counted, meals; our daily schedule to eat becomes essential to our abstinence. Normal lifestyle distractions come with a price to pay for the cost of our abstinence. Suddenly changes in our daily schedule can affect us and attitudes toward daily struggles. We cannot possibly obtain this food program without a daily relationship with time itself. This relationship for our sacred abstinence is only established through continuing prayer, supplication and understanding with our Higher Power. We cannot possibly control the hours within the day. Acknowledging this fact is the humility behind Step Six. **By Tony.**



LETTER TO GOD

Dear God,



Thank You for allowing me to wake up to another day of Your glory, for the willingness to do my program and to do the best I can, without beating up myself for not being perfect.

OA reminds me that my recovery comes before anyone or anything. That's the way it was for me and it worked for many years. As I have gotten older, I have mellowed so much and these days I must keep in contact with people by phone and meetings because that built-in forgetter I have, has to be reminded every day of my disease—me—I have this disease of overeating and addiction to so many things. I am aware of the poor relationship that I have with food—from strictness to the complete opposite of bingeing. It always has been one or the other for me." I have finally found a wonderful sponsor who is helping me to be gentle with myself when it comes to food choices and reach a new understanding toward my food and the reasons I have if I feel I have made a "mistake "about those choices." From Anonymous

2020 World Service Convention Canceled; Will Be Rebooked



Due to ongoing public health and economic changes, the 2020 World Service Convention, scheduled for August 20–22 in Orlando, Florida USA, has been canceled.

Refunds of registration and banquet fees will be processed over the next few weeks and will be issued in the same manner in which payment was made. Please allow the WSO staff one month to complete the refund process. For those who have made hotel reservations, the hotel will cancel your reservation and send you a cancellation confirmation.

World Service Convention will be rebooked for August 2021 and will take place at the same hotel in Orlando. The tentative new dates are August 26–28, 2021.

Please check oa.org for updates and join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory, and country. Your information will be kept confidential to the World Service Office.

At this point in time, intergroup does not have **a point person to chair our PIPO**. We have selected to move forward in promoting PIPO until someone steps up to do service in this endeavor. Join us in letting intergroup know of any large group gatherings that we might be able to set up a booth to spread the word. We need at least 6 mo. in advance to get this set up to pull volunteers and literature. Contact Pam @ intergroup.

Just for Today

I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Important! The Central Florida Intergroup is responsible for the boutique in 2021 for the FL State Convention. If you are willing to help out or spearhead this boutique, see Jacqueline or Judy. We need your help.

Knowing Ourselves.



“Knowing ourselves is the first step to growth by choosing new patterns and allowing our Higher Power the opportunity to guide us into a more fulfilling and enjoyable life.”

Twelve Step Workshop and Study Guide, (Step Four), pg. 45

I own truths about myself through the Step Four inventory. I developed some bad habits and direction, based in addiction. After taking Step Three, I was more open to face and be rid of the things that had been blocking me from a fulfilling and enjoyable life.

It is not enjoyable to constantly be eating. My goal was oblivion, and to hell with everything else. My job merited the least amount of effort. Can you imagine how productive I would have been, were I not mired in self, with a constant while in addiction? Can you imagine how deeply I could have loved others, or contributed to society?

I can now, because after so many years of living an abstinent and sober life, I'm no longer in the bondage of food. The awareness that surfaced through my personal inventory have opened my eyes to all that I can be. I have set aside both mediocracy and perfectionism to strive for excellence instead. I really like who I am today, and have discovered my better qualities from this personal inventory. -Gerri

Willingness

We honor ourselves and our friends when we can tell them how we feel. - Theodore Isaac Rubin

Expressing my feelings, especially the negative ones, does not come easily. I want people to like me. I prefer to please rather than anger or upset a friend. There are some things, however, that are not worth the price I have to pay for them. Like all progress, willingness is all it takes to learn how to deal with emotions such as anger in a way that harms neither me nor others. By consciously feeling my anger, rather than acting as if it isn't there, I am actually expressing it, even if only to myself. From this beginning, I can go on to learn how to express my true feelings to others. For today: Being honest and open with friends and family is a sign of growth.

-For Today, page 116



People only see what they are prepared to see.

-Ralph Waldo Emerson

What words will convey to the practicing compulsive overeater that life can be far better than imagined? God gives me the words; I carry the message. The results are not up to me. It takes what it takes, I tell myself, and turn to the next newcomer.

Perhaps I need to look at my attitude. Do I come on too strong? Do I use words and concepts that only experienced OA members would understand? Do I give the impression that I want the newcomer to do it my way or else find another sponsor?

For today: Those to whom I carry the message may be more likely to listen if I remember that ours is a program of attraction.

-For Today, page 123

OVEREATERS ANONYMOUS VIRTUAL REGION

Virtual Region of Overeaters Anonymous invites the OA fellowship from around the world to join with us in our

1st Annual Virtual Region Convention

Many Languages One Virtual Recovery

SAVE THE DATE
Saturday, June 20th 11am-11pm EDT (GMT-4)
Sunday, June 21st 6am-6pm EDT (GMT-4)

Workshops will be led and supported by multiple Intergroups around the globe & Virtual Region special focus.

Virtual Region seeks service volunteers in the following areas:
Translators, zoom dashboard co-hosts, WhatsAppHosts, speakers, greeters, room monitors, graphic artists, workshop leaders, registration, outreach within and entertainment.
Please contact vrconvention@virtualregion.org

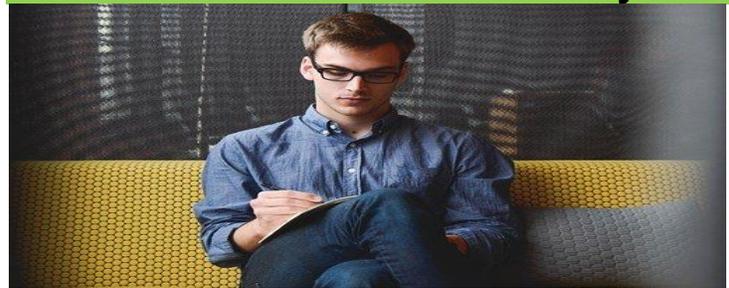
- Featuring Keynote Speakers with multi lingual translation
- Meditation Room
- Sponsor / sponsee speed match
- Writing workshops
- Virtual Region tools search
- Recovery celebrations
- Newcomer Meetings

7th Tradition

We pray and trust all of you are well and staying safe. Many of us have continued to stay in contact with one another through Zoom meetings, or by phone and we encourage you to do the same. At such meetings the question of "passing the hat" for the seventh tradition comes up frequently, as we are aware that OA needs to continue to function. Expenses include funds for prudent reserve, intergroup expenses, rent, donations to: world service, and region 8.

We have a separate bank account and have linked PayPal and Zenmo to that intergroup bank account and have added the PayPal button to the website oaacftreasurer@gmail.com, so that you can donate. In addition, if you want to mail your donation, look on page 8 for the mailing address. Thanks

Fearless and Moral Inventory



"Have I started a searching and fearless moral inventory, and am I willing to identify the mistakes I have made? Have I truly acknowledged my strengths?"

Twelve Step Workshop and Study Guide, pg. 62

I've made mistakes, and this 4th Step inventory gives me the chance to recognize what they are. I cannot change what I do not acknowledge—perhaps that's why it's called a 'searching and fearless moral inventory'. Moral is defined on page 54 of this book—"concerned with the principles of right and wrong behavior and the goodness or badness of human character," with synonyms of ethical and virtuous. Who would want to know those things about oneself? So, with a pen and paper, (or a computer if you choose), we put aside our fears, search and find not only our mistakes but also our strengths. I think of this process of changing me from a woman of substance abuse into a woman of substance. In order for that to happen, I had to clear away the things that were blocking me; my mistakes.

I really like who I've become, and Step Four is a very small part of this process of self-discovery. -Gerri

At the May 9, 2020 Zoom meeting of Central Florida Intergroup, a position statement on transitioning from face-to-face to virtual meetings was adopted. It reads: **In response to COVID 19, CFL intergroup, in supporting our mission of carrying the message continues to encourage the formation of virtual meetings in place of face to face meetings. Those substitute meetings will carry forth the meeting ID as well as the responsibilities of their meeting to operate within the traditions.**

In addition, as we continue to transition to virtual meetings due to both the closure of some of our host facilities and to honor our members' need to feel safe, CFI reminds groups of the following suggestions excerpted from the April 22, 2020 Transition Guidelines from the Executive Committee OA Board of Trustees which can be found in their entirety in the oa.org Document Library under "Transition Guidelines." All other referenced guidelines may also be found in the oa.org Document Library.

(Note: bold highlights and inserts by CFI.)

"... we suggest you **let the Twelve Traditions and the group conscience guide you**.... [see] [Guidelines for a Group](#)

[Conscience Meeting](#) ... For ideas on how to structure your virtual meeting, see the [Suggested Telephone Meeting Format](#),

which can be found in the Document Library under the 'Meeting Formats'...

"When moving a meeting to a virtual platform and publicizing that meeting, **be mindful of the Tool of anonymity and the Eleventh Tradition.** Most online meeting platforms are public means of communication by default, so it is important to ensure that any meeting communication is protected by the platform's privacy safeguards. See [Guidelines for Anonymity in the Digital World](#) ...

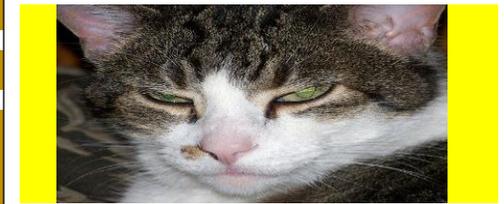
...Moderating a virtual meeting often comes with its own set of challenges, such as "directing traffic" so that members can be recognized and share in turn.... Disruptive behavior is sometimes amplified in virtual meetings. For suggestions on how to deal with disruptive members or guests, please refer to our [Guidelines for Addressing Disruptive Behavior](#) ... Many have asked about how to include literature in virtual meetings. Our February 2019 [Trademark Letter](#), posted in the Document Library at oa.org under the "Copyright" category, states that 'Members and groups may not reprint or post OA literature (in any digital medium) without written permission from OA, Inc.' **The Executive Committee of the Board of Trustees further asks that members not share images or screen live video of OA literature but instead ask a member who owns the literature to read it aloud.** ...Literature is an important source of income for OA, so thank you for honoring this request, which supports our Tradition of being self-supporting. With respect to monetary contributions, the Seventh Tradition is vital for us to uphold right now. Though we may not be able to "pass the basket" in person, our commitment to being self-supporting has not disappeared. The WSO [as well as Region 8 and CFI are] ... dependent on monthly contributions, without which we could not survive. We encourage you to put money aside in a separate envelope for each meeting you attend. Envelopes can be given to the group once the quarantine is over, or write a check to [**Central Florida Intergroup, P.O. Box 180293, Casselberry, FL 32719-0293** or email oaftreasurer@gmail.com to donate by PayPal or Venmo]."

We in Overeaters Anonymous recognize that our disease thrives in isolation. Those of us who have begun to meet in the virtual world through "Zoom" or one of the free services available, feel blessed to have regular contact with those who share our compulsion. Our CFI secretary (secretary@oacfi.org) and our Facebook administrator (dawn.helps.others@gmail.com) have been posting information about the groups who have chosen to publicize virtual meetings. Subscribe to oacfi_intergroup_news@oacfi.org and check our Intergroup Facebook page for announcements of locally hosted virtual meetings.

Additionally, oa.org has a very large variety of phone, online, and non-real-time meetings. There are wonderful podcasts where you can hear the hope and experience of others. We cannot allow "social distancing" to become an excuse for the isolation which is so deadly for us. We are grateful that, even in the midst of a pandemic, we can continue to be determined to carry the message.

This program operates on faith. The First Step is a step into faith that the process is going to work and that by letting go of our own will we will not be led to another dead end. Each of the following Steps has its degree of faith and the need to believe in the group and process. When I falter in my program, I have to remember that the opposite of faith is fear. If I take an honest look at myself, I quickly see I'm operating out of fear instead of faith. I need to keep in mind that FEAR is the acronym for Forget Everything and Run. This is how I lived before program. If things got difficult, I physically or emotionally left the person, the situation or the state. I used food, drugs or anger (righteous, of course). The program offers another acronym for FEAR: Face Everything and Recover. Without the principle of faith, I cannot possibly surrender my will, let go of my fear and recover from the deadly disease of compulsive eating. It takes faith

to trust in a Higher Power and other OA members to support us as we walk a new path to freedom unlike any, we dreamed of having. — Lifeline, May 2008



Trudge the rOAd to Happy Destiny

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then. -Alcoholics Anonymous, page 164



I put my hand in yours,

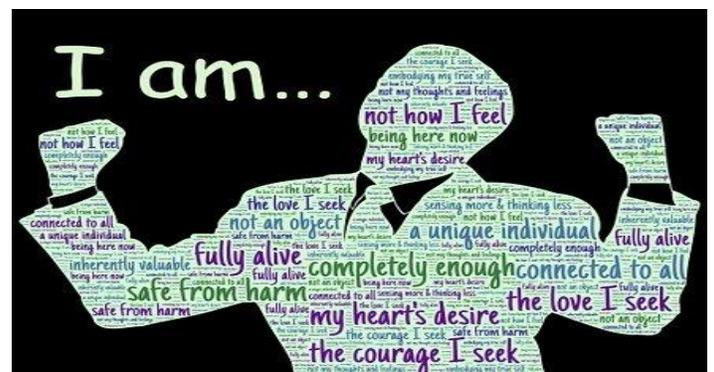
and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.- Roseanne S

Self-Worth

Our beliefs provide the criteria by which we judge events. It's as if we are wearing glasses and see the world through those lenses. The lenses may be "lack of self-worth" in some or all areas, "prejudice toward one or more groups" or "fear about our experience in the world," to name just a few. Looking at our underlying beliefs is an important aspect of our house cleaning. Twelve Step Workshop and Study Guide, pg. 91

Never in my past experience with the Steps have I seen a more comprehensive, positive approach as this book brings. I'm glad I'm studying it, and hope that others may want to do a group step-study with me. Looking back too, this actually did happen for me, with Step Four revealing old beliefs that no longer worked for me. I finally saw that self-worth was my job, not the world's. Others may say or think what they want, but I ultimately hold the key on how I feel. You cannot make me feel a certain way unless I allow it, and I no longer allow it. I know that I am a woman of worth and if you don't feel that way about me too, well it's just your loss, not mine.

This Step also began a process of me falling in love with me. That's not the same as self-centeredness—it is valuing me for all my wonderful qualities, and wanting to be my very best self. I no longer need you to love me. Of course, I want people in my life and don't do things to purposely hurt others, although I may sometimes inadvertently do that, but now I have a way to change me. I no longer need the crutch of food to get me through life. That's what a good Step Four inventory accomplishes! -Gerri



Want to be included in the distribution list from Central Florida Intergroup? OACFI has an email distribution list used to distribute copies of agendas, minutes, reports and updates from OA. To subscribe, email: oacfi_intergroup_news-subscribe@oacfi.org. Include your name, phone number and home meeting.

Digital Newsletters available at www.oacfi.org and OACFI Facebook Page www.facebook.com/oacfi.org

Service Positions Remaining Open

The 'Next Gen' Rep., P.I.P.O. Rep. help with literature, and Retreat Co-Chair. For more information about the requirements and responsibilities of these offices go to CFI's Policies and Procedures Manual. or contact a CFI Board Member or Intergroup Rep. We need your service.

CFI Literature Sales

To pre-order literature that you or your groups would like to purchase through CFI intergroup e-mail literature@oacfi.org two weeks prior to the next meeting (to allow time for shipping). The literature chair will place your orders and have the total for your purchases along with receipts ready for pickup 15 minutes before or directly following the meeting. For last minute purchases please arrive early. There will be paper for you to write down orders and if the items are available you may pick them up after the meeting. Thank you for your cooperation. -Georgia

CENTRAL FLORIDA INTERGROUP

CFI Board Members

Chair: Pam T.
 Vice Chair: Debby H.
 Treasurer: Tim Z.
 Secretary: Dara

7th Tradition Contributions may be sent to:
 Central Florida Intergroup
 P.O. Box 180293, Casselberry, FL 32718

Local Website: www.oacfi.org
 Regional Website: www.oaregion8.org
 International Website: www.oa.org
 Facebook Page: www.facebook.com/oacfi.org
 Newsletter Email: newsletter@oacfi.org
 Literature Email: literature@oacfi.org
 Bylaws: [oacfi bylaws](http://oacfi.org/bylaws)
 Policies and Procedures: [oacfi p & p](http://oacfi.org/p&p)

Coming Intergroup Meetings

10 a.m. Saturday, June 13th & July 11th

St. Mark's, 1021 Palm Springs Drive

Altamonte Springs, FL 32701

See Calendar & pg. 8 for change to virtual mtgs.

All OA Members are welcome to attend.

May Treasurers Report

Number	Day	Group	Contributions
48951	Sun	7 th Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	House Next Door, Deland	
39535	Mon	Central Christian Church 12pm	
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	10.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	50.00
56041	Mon	Pimlico Rec Center, The Villages	
56481	Mon	Hospitality House New Smyrna	
38320	Mon	St. Mark's Church, Palm Coast	
01048	Mon	Church of Ascension, Orlando	
57077	Tues.	Cascades, Ocala	
46213	Tues.	Asbury United Methodist Church	30.00
50209	Tues.	Chatham Rec Ctr., The Villages	
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	
25110	Wed	Christopher Hall-Ocala	
39536	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
52613	Wed	FL Hospital Celebration Health, Kissimmee	
53744	Wed	House Next Door, Deland	
15171	Thurs	Flagler Beach Fire Department	
18502	Thurs	Church of the Messiah, Winter Garden	
38170	Thurs	Asbury UMC	30.00
52586	Thurs	Wekiva Springs Presbyterian, Longwood	
52976	Thurs	Grace Episcopal, Port Orange	
54195	Thurs	Central Christian Church	
54798	Thurs	Dunnellon Library Group	
00936	Fri	Tuskawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	
53167	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	
54669	Fri	Church of the Messiah	
09016	Sat	Central Florida Intergroup	
78235	Sat	Newcomer's group, The villages	
37491	Sat	Cathedral Church St. Luke	
38611	Sat	St. Richards Episcopal, Winter Park	
39883	Sat	Asbury Methodist Church	33.00
46851	Sat	Men's Meeting, St. Marks Presbyterian (Closing)	
46887	Sat	Ascension Church	
48952	Sat	Union Congregational Church, Holly Hill	
50419	Sat	Hibiscus Village Rec. Ctr 10:00am, The Villages	
51130	Sat	Hibiscus Village Rec. Ctr-Newcomer	
51142	Sat	REBOS Club, St. Cloud	
		Individual Contributions (Pay pal)	40.00

Total Group Contributions 193.00

SLIPPIN' AND SLIDIN'



I would like to share on Slips because I was and have been a Professional Slipper in my OA career of nearly 39 years. God, my HP, has always graced me with the willingness to **START OVER** every time I did slip and I am profoundly grateful. Through the years, with all of that slipping, I have made up a list of 5 items for me to go over with each slip:

- Forgive myself.
- God has already forgiven me.
- What did I learn from this slip?
- Get my nose out of my navel and help someone else.
- **START OVER---IMMEDIATELY!!!**

These 5 suggestions have been a mainstay for me and have helped me mightily. From 1996 through April of 2012, it was an on-again/off-again slipping and sliding for me. I could not sustain or maintain a consistent abstinence. I was not trusting God enough or completely and really did not want to give up the food and somehow, thought that I would suddenly be a 'normal' eater. (I was so deluded and such a slow learner--and **GOD LOVED ME ANYWAY AND ALWAYS!**)

So, I vacillated back and forth. Then, I had a 5 1/2-year abstinence and was flying high until there was a family tragedy in October of 2017 and I lost my abstinence again. This time the overeating was very destructive, but my prayers for more trust in God, since 1990, were answered and I got a new sponsor on 1-30-2018 and have been relishing this new-found abstinence since then. Now, the good God Who saved me, has my food, my weight and my life in His Hands. My hope is that I will continue to: "LET IT THERE". From Rosemarie

2nd Step Prayer



God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. -Big Book, page 59

Central Florida Intergroup Meeting Directory

10.

Meeting Changes and Additions in bold

Meetings in red are closed. People should subscribe to the intergroup news list or go to oacfi.org to learn about locally hosted virtual meetings.

MONDAY

10AM		56041	Pimlico Recreation Center, 530 Belvedere Blvd., The Villages 32162	Loretta H.
NOON	SS	39535	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804 -Zoom meeting	Robin C.
5:45PM	L	56481	Coronado Hospitality House, 200 S. Peninsula Ave., New Smyrna Beach 32169	Peggy B.
5:45PM	V	54471	UCF Research Pavilion Bldg., 12424 Research Pkwy., Orlando 32826 (Room 135)	Jacqui
6:30PM	D	53479	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703	Laura F.
6:30PM	V	39211	The House Next Door, 804 N. Woodland Blvd., DeLand, FL 32724 (Location Changed)	Linda
7PM	SS	45648	Casa De Fe Y Bendición, 1485 Mill Slough Road, Kissimmee 34744-Zoom meeting	Terry C.
7PM	V	16681	Gloria Dei Lutheran Church, 130 Lone Oak Drive, Leesburg 34748	Rosemarie K.
7:30PM	V	48859	Grace Presbyterian, 1111 Tuskawilla Road, Winter Springs 32708 -Zoom meeting	Kathie H.
7:30PM	V	01048	Church of the Ascension, 4950 S. Apopka Vineland Rd. Orlando, 32819 (Room 106)-Zoom mtg.	Jacqueline

TUESDAY

10AM		50209	Chatham Rec Ctr 7415 SE 172 Legacy Ln., The Villages 32159 (Open to Non-Residents)	Marilyn D.
NOON	D	54196	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804 -Zoom meeting	Jacqueline
5PM		53032	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer
6PM	V	46213	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)	Kathy M.
6PM	V	57077	Cascades, 1515 E. Silver Springs Blvd., Ocala 34470 Room 125-Zoom meeting	Cassandra
7PM	V	52613	North Village Pool Pavilion, 215A Celebration Blvd., Celebration, FL 34747 -Uber conf	Geri B
7:30PM	SF	53165	806 West Verona Street, Kissimmee 32714 (Spanish Speaking)	Marta

WEDNESDAY

10AM	BB	48700	Lady Lake UMC, Corner of Hwy 27/441 & McClendon St., Lady Lake 34731	Rosemarie K.
10:30AM	V	25110	Christopher Hall, 1510 SE 3rd Ave, Ocala, FL 34471	Joleen
NOON	BB	39536	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804-Zoom meeting	Julie
6:30PM	V	53744	House Next Door, 804 N. Woodland Blvd., Deland 32724	Linda

THURSDAY

NOON	L	54195	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804-Zoom meeting	Jacqueline
10AM	V	56981	Riverbend Recreation Center, 1833 Corbin Trl. The Villages 32163	David R
4PM	V	54798	Presbyterian Church, 20641 Chestnut St. Dunnellon 34431	Lisa B.
6PM	V	38170	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 11)-Zoom meeting	Betty
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Tom H.
7PM	BB	18502	Church of the Messiah, 241 N. Main Street, Winter Garden 34787-Uber Conf.	Jacqueline
7PM	BB	52586	Wekiva Springs Pres., 211 Wekiva Springs Lane, Longwood 32779 (2 nd floor, Reformation Rm.)	Phyllis D.

FRIDAY

9AM	V	54490	Shepherd of The Hills Lutheran Church, 13600 Caspian Ln, Clermont 34711	Dee
10AM	V	45611	Lady Lake Library, 225 West Guava Street., Lady Lake 32159	Ilene H.
10:45 AM	D	51142	1614 Orange Ave, St. Cloud 34769 (Intersection of Orange & 17th) REBOS Clubhouse	Sandie
NOON	BB	53167	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804-Zoom mtg.	Robin C.
7PM	L	00936	Tuskawilla United Methodist Church, 3925 Red Bug Lake Road, Casselberry 32707-Zoom mtg	Phyllis D.
7PM	D	20088	St. Luke UMC, 4851 S. Apopka Vineland Road, Orlando 32819 (Bldg. B Room 202 - 2 nd floor-) Uber Conf	Jacqueline

SATURDAY

8AM	V	46887	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108)-Uber conf	Geri B.
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	Betty P.
9AM	D	38611	St Richards Episcopal, 5151 Lake Howell Road, Winter Park 32792 (Speaker Meeting Last Sat)-Zoom Mtg.	Betsy D.
9:15AM	D	48952	Union Congregational Church, 1050 Daytona Ave., Holly Hill 32117 (Fellowship Hall)	Sue H.
9:30AM	D	39883	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)-Zoom mtg	Gloria
10AM	SS	50419	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	AnneMarie F
1:30PM	SS	37491	Cathedral Church St Luke, 130 N. Magnolia Avenue, Orlando 32801 (Activities Rm)	Jacqueline
2PM	SF	46851	St Mark's Pres., 1021 Palm Springs Dr., Altamonte Spr. 32701 (Men's Mtg.)	Denny

SUNDAY

4:30PM	N	51353	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Chery K.
5PM	V	48951	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)-Zoom mtg	Amy O.