

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. FL Holiday Marathons 8-12PM midnight EST Pin:4285115# email-2020oamarathons@gmail.com or call 828-620-0521- To signup www.signupschedule.com/oamarathons

1. Mon., 9/7/2020, Labor Day- Spiritual Principal of Tradition 7- Responsibility-What Does it Mean To be Fully Self-Supporting? –Telephone Marathon, 8 Am to 12 PM EST.
2. Sat., 9/12/2020, 10AM-www.oacfi.org Central Florida Intergroup Meeting--Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
3. Sun. 9/13/2020-Overeaters Anonymous Virtual Region is hosting e- Workshop series 3-4:30pm, See pg. 6 for more information.
4. Fri., 9/18/2020-Rosh Hashanah-Celebrate Love by Making Amends, Step 9 Spiritual Principal Love-Telephone Marathon, 8 Am to 12 PM EST.
5. Sat. 9/26,2020-Zoom Marathon, Topic: “We Absolutely Insist on Enjoying Life”: Turning Calamity into Serenity, Time: 2:00PM to 5:00PM-More information to Follow.
6. Mon., 9/28/2020, Yom Kippur, Tradition 8 Spiritual Principal-Fellowship-Doing the Next Right Thing-Forgiving Ourselves and Others. Telephone Marathon, 8 Am to 12 PM EST.
7. Sun. October 4th,2020, Preventing and Recovering from Relapse, 2PM-4:30PM EST, On Zoom, Meeting ID: 8797416426, Passcode: 305305.
8. Sat. and Sun. 10/3/2020-10/4/2020: 25th Annual OA Retreat, Work the 12 Steps Using the Big Book, Virtual Retreat. Live Webcast, Led by Male from Canada with long term Abstinence, <http://oabigbook.info/>, Big Book Study hours (Eastern Time): \$20.00 webcast: Audio and Video Live Conference, Sat. 9:00 am-7:15pm, with 3 breaks; Sun. 9:00 am -12:45 with one break. To register: go to <https://www.eventbrite.com/x/big-book-study-virtual-retreat-find-abstinence-through-the-big-book-tickets-111556779330>
9. Sat. 10/10/2020, 10AM-www.oacfi.org Central Florida Intergroup Meeting--Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
10. Sun. 10/11/2020--Overeaters Anonymous Virtual Region is hosting e- Workshop series 3-4:30pm, See pg. 6 for more information.
11. Oct. 23-25, 2020-Region 8 Spring Assembly, Rescheduled. Virtual Assembly, For questions, pls email vicechair@oaregion8.org. For payment questions, pls email treasurer@oaregion8.org, Registration Fee: 35.00.
12. 12/5/20-12/6/20, Third Annual Big Book Weekend, featuring “A Vision for You” speaker, Winter Convention, Will be Virtual, Registration coming soon.
13. 1/15-1/17/2021, Florida State Convention, Celebrate Recovery, Hilton Cocoa Beach Oceanfront, 1550 N Atlantic Ave, Cocoa Beach, Fl 32931
14. 3/26-3/28/2021-Rescheduled Region 8 Fall Assembly, Nashville, TN More information to come.
15. Aug. 26-28 2021-World Service Convention-Renaissance Hotel, at Sea World, Orlando, FL.

September 2020: Fall



Step 9: Love for Others

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: Structure

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Taken from- Twelve Steps and Twelve Traditions of OA

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

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

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

Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.



Step Nine

“Before starting out to make amends we must let go of any expectations we may have...” -Twelve Steps and Twelve Traditions, page 76

I am becoming increasingly aware of a lesson I am learning from working Step Nine. I used to feel disappointed if I didn't gain major insight, feeling of relief, or change in my life soon after completing a Step-Nine amend. I see that the miracle of the work is often of a different nature. Sometimes it is right in front of me, operating daily in my life. I simply do not recognize it because I am so busy searching the heavens for a blinding revelation or, at the very least, fireworks. -Voices of Recovery, page 246

Find a Sponsor

“....find a sponsor who has what you want, and ask that person how he or she is achieving it.”-The Tools of Recovery- PG. 4



It worked for my sponsor. Am I willing to do the same? How badly do I want to recover? I was willing to go to any lengths to practice my disease. Today, I need to do the same to achieve and maintain recovery. The tools are there to help me. Do I use them all? I am willing to follow a plan of eating, and with God's help, I can. I can go to meetings to hear how other compulsive overeaters have dealt with the challenges of life – without eating over them. I hear at meetings that eating over an issue doesn't solve the original problem. It adds a second problem, as well. My sponsor suggests that, if I am having a problem, I contact another OA member and ask, “How are you doing?” This does help me. It is not important to analyze why or how our program works. I need to take the actions that worked for my sponsor and others – and keep coming back!

How to Use PayPal-Follow these steps.

1. Log into your PayPal account.
2. Select send.
3. Type in oacfitreasurer@gmail.com
4. Enter the amount with the **group name, number, and meeting day** select continue.
5. Review and select **send payment now**.
6. Or send a check to our P.O. Box found on page 8.

Save the Date:

Third Annual Big Book Weekend featuring “A Vision for You” speaker New Freedom Intergroup Winter Convention December 5-6 will be Virtual- Registration details coming soon ...



Looking for Validation

Once upon a time I called one of my behaviors “cooperation.” Now I see this behavior as a set up. I have learned that when I say “I don't care” or “Whatever” or when I offer tight-lipped judgmental silence, this is my ego disguised as cooperation. “I don't care” can very likely be a plot to get something I actually do want: acceptance, love, and belonging. My apparent laissez-faire attitude is a disguise to convince you how easy I am to get along with. But it frequently backfires. My disease uses this so that when I don't get the acceptance and love that I'm silently seeking, I become agitated- even infuriated. My focus then turns to your unreasonableness, fodder for my superiority trip. All the while, the real issue runs so much deeper. The real issue is that I keep looking for validation from you or other people. The lie I am willing to believe is that my value depends on your response to me. And furthermore, your oblivion to my needs is proof positive of my core, essential fear, that I am unlovable. The message goes: if you really loved me, you would do as I wish, intuit my needs, or see the reasonableness of my ideas. When you don't do this, you must not value me, and if you don't value me, it must be because I'm not valuable. The disease gets ahold of that lie, whereupon any number of things happen: self-pity, depression, focus on “your behavior” (aka avoidance of my inner work), which sets me up to bad-mouth you in carefully crafted language. The other thing I'm quite prone to do (do I even need to say?) is eat. My solution to all this mess is to take the steps (best done by writing). I identify the situation. I pare it down to the lies I keep believing: I am not seen, heard, loved, prized, or valued I read these to another person. I also read them to my HP; I recognize that I AM loved, ever and always; I thank my HP. I pray to have these defects removed. I take note of my behaviors and the harm I've caused. I check in about appropriate amends; I do those amends. I ask how I can be of service. This program is teaching me how to grow up and how to speak up thoughtfully, which is only possible when I'm doing my deepest work through the steps. —Anonymous

THE PRINCIPLES OF THE TWELVE STEPS

1. HONESTY - when willpower is not enough.

2. HOPE – you are not alone.

3. FAITH – giving up the game.

4. COURAGE – face to face with yourself.

5. INTEGRITY – and the truth will set you free.

6. WILLINGNESS – getting ready to let go.

7. HUMILITY – let go and let God

8. DISCIPLINE – getting honest.

9. LOVE - building bridges.

10. PERSISTENCE – accepting ourselves.

11. AWARENESS – centering ourselves.

12. SERVICE – living the program.

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 where 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.

Possible Topics to host a workshop or Marathon are:

1. Nov 16-17 IDEA Day.
2. Dec. 12 12th Step Within
3. Jan. 18th 2021 OA Birthday. Pls. consider doing service.

To Amend Means to Change



In my day to day life, I am coming to learn what it means to work Step 9. When I have wronged people, do I think it's ok to just say "I'm sorry" and keep on with my words of offense and hurtful patterns and behaviors? To make amends directly means to get to the point with the person I have wronged, with humility and conciseness, offer my apologies and describe clearly what I'm apologizing for without bringing up their wrong too. It means that I have to be willing to ask for help to God to help me to not only say "sorry", but also make living amends. The way that I live needs to speak "amends" to the person that I love the most, - which is also the people, that I can therefore hurt the most, the worst. I realize that they are not going to pay attention to my mere words any longer, but look to see what my actions are. "Only by permanently changing our harmful attitudes and actions can we make it up to ourselves and our loved ones for the hurts of past."

I cannot control the responses people have when I do make amends. I have struggled in this area, wanting so much for the other person to respond the way I want them to, to be so grateful that I've come to them with my apologies. I've learned through working this step that this is not my call or my place. It is a part of my recovery for me to make direct amends, so that I can continue to eat well – therefore, I cannot afford to be consumed with any expectations of how I will be received. My part is to clean my side of the street and entrust the rest to God.

Today I can make my direct amends and know that I am preserving and progressing in my recovery from compulsive overeating. Achlāi

What Does it Really Mean to be a Compulsive Overeater?

Like many I have met in these rooms, it took me many attempts and way too long to finally 'get' what it REALLY means to be a Compulsive Overeater. One of the last Absolute Truths that I had to challenge was the idea that Life Without Food would surely doom me to a Life Without Joy. That was when it finally became apparent to me that this "food thing" of mine is no different than the person who can't live without alcohol, or chemical substances, the person who can't stop their own destructive or harmful behavior, or the person who cannot give up certain toxic relationships: I am an addict. Science suggests that addiction may be driven by the overwhelming need to satisfy the biochemical reaction to a molecule called dopamine within the brain. But like most addicts, my brain was always wanting MORE, and what was once satisfying and soothing became unbearable and painful—if not in the moment then surely as the toll was taken on my body (and later, I realized, on my relationships). There was nothing joyful about the physical and mental pain that came with attempting to find the satisfaction I had once found in food. It was then that I found myself ready to surrender and ready to listen to those fellows who seemed ridiculously calm and peaceful in the rooms, the people I secretly called The Zombies. They had weight loss, yes—which had at first seemed like the solution to all my problems—but they also had something else, something that made them different in a good way. I began to see that there really was some fundamental change offered by these 12 Steps and 12 Traditions—a change that came out of working these tools, of truly surrendering to Something outside myself, outside the Food. These are the things that, one day at a time, bring the Joy that comes from having ENOUGH, at last. — Karen V.



SAVE THE DATE FOR FLORIDA STATE



New Registered Zoom meeting:

Starting August 20, Thursday at 7 pm,
Group #
89006, <https://us02web.zoom.us/j/86370717790>, Meeting ID: 863 7071 7790, Passcode: 654321 or call 301 715 8592 US, Contact Jack L phone 352-430-5487-**Speaker Meeting**

Literature:

“Please contact Georgia if you need OA literature. I will be glad to work with you to make arrangements to get it to you. Email literature@oacfi.org”
Thanks, Georgia

~ 2021 ~

31st Annual Florida State Convention of Overeaters Anonymous

Dates: January 15-17, 2021

Location: Hilton Cocoa Beach Oceanfront
1550 N. Atlantic Avenue
Cocoa Beach, FL. 32931

The theme for next year is **“CELEBRATE RECOVERY... 61 YEARS.”**

The registration flyer is not yet available, but will be ready no later than August 2020.
Room rates will be \$164 plus taxes and fees for up to four people per room.

The Model Prayer...

This entry was posted in [OA W.O.W.](#)

“Prayer is the only means of truly opening my mind and spirit ...” For Today p. 7

For several years I have begun my day by mentally reciting the first three Steps, the Third Step Prayer and the Seventh Step Prayer.

In the last year or so, I have been led to “improve my conscious contact” with my Higher Power and these prayers have no longer seemed to be enough. I have studied program literature written by members who have sought a spiritual path. I have listened to guided meditation tapes with a spiritual theme. And like the Big Book suggest, I have sought the wisdom of ministers and other truly religious people. Recently I heard a lesson on what is often described as “The Model Prayer”.

As I listened, I saw that The Model Prayer encompassed the important concepts of the 12 Step Programs. I began to think about this prayer as a true model. In my own words I began to pray: God,

- ❖ Just for today grant me the gift of abstinence.
- ❖ Remove my defects of character.
- ❖ Release me from the resentment towards those who have hurt me.
- ❖ Grant me the courage to make my amends.
- ❖ Free me from the temptations of my disease as I strive to do your will.





“We Absolutely Insist on Enjoying Life”/ Turning Calamity into Serenity!

OA Marathon Meeting

Workshop Marathon Room

<https://us02web.zoom.us/j/88655483242>

Meeting ID: 886 5548 3242

Passcode: 885831

One tap mobile

+19292056099,,88655483242#,,,,,0#,,885831# US (New York)

+13017158592,,88655483242#,,,,,0#,,885831# US (Germantown)

Dial by your location:

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 886 5548 3242

Passcode: 885831

Virtual Workshop
Workshop
3 Person Panel
Guest Speaker
SPONSORED BY
Saturday Morning
Maitland Asbury
Meeting

Suggested Donation

\$5

PayPal

oacfitreasurer@gmail.com

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

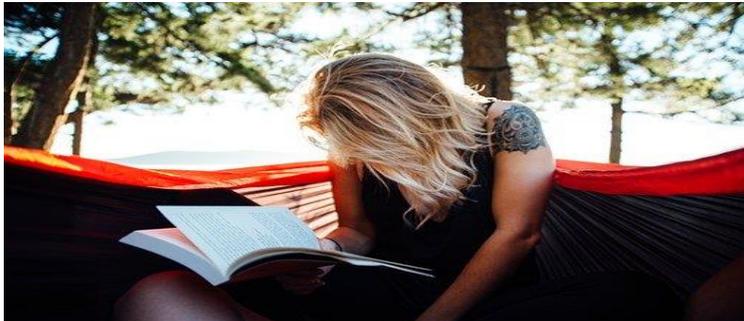
Step 9-Made direct amends to such people wherever possible, except when to do so would injure them or others.

Taken from: The 12 Steps & 12 Traditions of OA



“When we finish our amends most of us feel closer to our Higher Power than ever before.” -OA 12 & 12 p.80-81 Wreckage from my past keeps me focused on others. This provides a distraction from mu side of the street and my part of the story. Focusing outward means I am still driven by guilt, resentment, or shame. None of these emotions permits me to be centered or to stay in the moment. They distract me as much as compulsive overeating does. When I do a Ninth Step, I am facing my relationship problems head on. I can then say I have done what I can to right whatever wrongs I caused in the past and have changed my behavior towards people in the present. By doing this, I slowly bulldoze out the debris of shame, resentment, and guilt. I then have a space to let the lightness in. Spirituality is the essence of lightness. -Voices of Recovery, page 245

What have I Learned in OA?



I have learned: I don't like being fat, sick, and out of control, but without OA I can get used to it!-I am powerless over food, and my life is unmanageable.-Once I began to understand the nature of this disease, my joy in bingeing was gone forever(it's not a treat; it's an obsession). I can't surrender it.-No binge food or obsessive eating behavior adds anything of value to my life; however, these foods and eating behaviors can take away my life.-If I am in charge of my food plan, then a compulsive overeater is in charge of my food.-When I was able to accept my insanity regarding food, I was immediately in good company.-I can't do it all today, but I can do a little every day, with HP's help. -Fat serenity is not recovery. Meetings are safe, accepting places to be, but sitting in a meeting does not make me recovered any more than sitting in a chicken house make me a chicken. I can't, God can, I'll let God. -The only things are that OA recovery deprives me of is insanity, self-doubt, self-loathing, anxiety, and depression. It works IF I work it. -If I pray for the willingness to let go of the food, eating behavior, character defects, etc., I will receive the willingness. If I am willing to surrender foods, eating behaviors, Character defects, and SELF-WILL one day at a time, and work the steps the best I can, then I will recover. The 12 Steps are the map through life that I have been seeking. -Neil M.

Florida State Convention: Continue to save your gently used clothes, jewelry, books and other items for the boutique. It is requested that items can begin to be collected provided that they are stored with dryer sheets to keep them fresh. It will be a big help to sort items by size and category. Email Laura with a list of items collected. Her email is laura.newcomer@live.com.

Virtual Region e-WORKSHOP series: 3-4:30 May-Oct.

9/13/2020- 19 Symptoms to Relapse

10/11/2020-Demystifying the OA Service Structure; What is the Inverted Pyramid?

Join Zoom Meeting:

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZHJY2RRejkzdz09>

Meeting ID: 891 6554 0024- Password:120912

Find your local number: <https://us02web.zoom.us/u/krqer59YxT>

Arrive 15 min. early for basic zoom online orientation tips!

Suggested workshop contribution \$5. Podcasts from previous workshops: <https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

“When you have faults, do not fear to abandon them. (Confucius)”

Twelve Step Workshop and Study Guide, Step Six, pg. 105, as quoted from 'For Today' 11/03

I don't really think there is fear around letting go of character defects—it's more about being so 'good' at them. I practiced a certain behavior for most of my 43 pre-OA years, and have only been working on being different for 26. Guess what I'm better at?

Thank God, my abstinence is well anchored, because I sure had a lot of practice turning to food for life-support. Even when it no longer worked, I still tried over and over to change circumstances by eating. I knew it didn't work, yet I kept doing it.

So why would I expect my character defect to be different? It is a process, brought about by wanting to be of use to God and those He puts in my life, rather than constant self-focus. That is the intended results of taking the Steps—change for the better, starting with my eating and then continuing with improving my character. Rather than be discouraged, I'm grateful for any improvement. I never turn to food, which is a good thing, and with God's help and continued step-work, the defects will melt back into assets with time. -Gerri



Our New Guide Will Help You Sponsor a Newcomer's First Twelve Days



Imagine if every newcomer was guaranteed a sponsor through their first twelve days! Together we can now give every newcomer their best shot at recovery if we follow the suggestions in our newest guide, [Temporary Sponsors: Newcomers' First Twelve Days](#). *Temporary Sponsors* recently received Conference Seal of Approval at WSBC 2020 and is now available as a translatable web page on [oa.org](#) and in English as a [downloadable PDF](#). Let's get the word out and make sponsoring all newcomers a regular part of our meetings!

[Read Temporary Sponsors: Newcomers' First Twelve Days](#)

Our Family; Spiritual & Physical

Family consists of important relationships which gives us perspective within our lives. Somewhat as light reflecting in diverse directions off a diamond; our siblings, cousins, aunts, grandchildren, parents and sons & daughters carries a piece of our identity. When we identify with these pieces it causes us to see our own characteristics magnified. As addicts these relationships can be very prominent in our lives. We may see ourselves as caregivers, the one who nurtures the homes. We may feel as if we lead or carry leadership qualities as making decisions, delegating responsibilities, or even being the main influence within an environment (head of household within our social status). You may have good, positive influence at home; feelings as if you come from a strong, solid background, an atmosphere of good vibes. You also may have been abused, molested or even deceived. How we know who we are in the mirror reveals from a powerful role of who we are at home, both past, present and future.

In recovery we may incorporate our personal, physical household within the process- or we may need to come to a conclusion that they truly don't understand. Nevertheless, we can't exclude our roots & environment. We are forced to accept the reality of our family whether it' is positive or negative. Whether our spouse supports us growing through a 12th-Step program, or whether we're in a relationship where "they just don't get it." We have to face the situation with direct communication, intention and an attitude of purposeful reflection. Our family is part of who we are, and therefore part of our journey within our recovery. This is key towards our image of our Higher Power. It also helps establish our choices for sponsorship and friendships within the recovery rooms. Let's not avoid the "how's and whys" in our addiction. -By-Tony



Gifts of the Program



1. Serenity
2. Abstinence
3. Gratitude
4. Acceptance of people, places, and things
5. Tools (literature, phone, writing, anonymity, Service.
6. Common Solution
7. Humility
8. Relationship with your Higher Power
9. Freedom from anger
10. "Self-Acceptance"
11. Powerlessness
12. Only requirement for membership-willingness
13. Boundaries
14. Health
15. Sanity and clear thinking
16. Fellowship
17. Variety/flexible food plan
18. Support
19. Personal H.P.

More gifts to be listed in other issues.

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. Webmaster and help with literature. 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

August 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	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	30.00
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	Tue	Asbury United Methodist Church	
50209	Tue	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	24.00
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	
52586	Thurs	Wekiva Springs Presbyterian, Longwood	
52976	Thurs	Grace Episcopal, Port Orange	
54195	Thurs	Central Christian Church	
54798	Thurs	Presbyterian Church, Dunnellon	
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	60.00
54669	Fri	Church of the Messiah	
09016	Sat	Central Florida Intergroup	
78235	Sat	Newcomer's group, The villages	12.00
37491	Sat	Cathedral Church St. Luke	
38611	Sat	St. Richards Episcopal, Winter Park	100.00
39883	Sat	Asbury Methodist Church	200.00
46851	Sat	Men's Meeting, St. Marks Presbyterian (Closing)	
6887	Sat	Ascension Church	
48952	Sat	Union Congregational Church, Holly Hill	
50419	Sat	Hibiscus Village Rec. Ctr 10:00am 12 Steps, The Villages	
51130	Sat	Hibiscus Village Rec. Ctr.-Newcomer	
51142	Sat	REBOS Club, St. Cloud	
		Individual Contributions- (PayPal)	133.00
		Individual Contributions- (check)	180.00
		Literature	15.00
		Group 89006	25.00

Total Group Contributions 779.00

CENTRAL FLORIDA INTERGROUP

CFI Board Members

Chair: Pam T. chair@oacfi.org
 Vice Chair: Debby H.
 Treasurer: Tim Z.
 Secretary: Dara S.

7th Tradition Contributions may be sent/ mailed 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, Sept. 12th & October 10th, 2020

Zoom meeting, <https://us02web.zoom.us/j/699026950>,
 Meeting ID-699026950, Password: 768958.

Central Florida Intergroup Meeting Directory (Meeting changes and additions are in bold). 9.

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 mtg.	
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 mtg.	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 mtg.	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 mtg.	Jacqueline
5PM		53032	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer
6PM	V	57077	Cascades, 1515 E Silver Springs Blvd., Ocala 34470, Room 125-Zoom mtg.	Cassandra
6PM	V	46213	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)	Kathy M.
7PM	V	52613	North Village Pool Pavilion, 215A 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, 1st UMC, 1510 SE 3rd Ave, Ocala, FL 34471	Joleen
NOON	BB	39536	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804-Zoom mtg.	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 mtg.	Jacqueline
10AM	V	56981	Riverbend Recreation Center, 1833 Corbin Trl. The Villages 32163	David R
4PM	V	54798	Dunnellon Group, Presbyterian Church, 20641 Chestnut St., Dunnellon 34431	Lisa B.
6PM	V	38170	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 11)-Zoom mtg.	Betty
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Tom H.
7PM	Sp.	89006	Zoom Meeting: ID: 86370717790 Passcode: 654321 https://us02web.zoom.us/j/86370717790	Jack L
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.