

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



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 See Below for more information: 712-432-5200, ID 4285115#

1. Fri. 4/2/2021, Good Friday, Step 4 Spiritual Principle-Courage-Do I Have the Courage to Be Me? Telephone Marathon, from 8 A.M. to 12 midnight EST.
2. Sun. 4/4/2021, Easter End of Passover, What Does Renewal Look Like in My OA Program? Telephone Marathon, from 8 A.M. to 12 midnight EST.
3. 4/9/21-4/10/21, SOAR8 Business Assembly
4. Sat, 4/10/2021-10AM-www.oacfi.org-Central Florida Intergroup Meeting-, Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
5. Sun. 4/11/2021, Virtual Region Workshop, 3-4:30 EDT, A Spiritual Tool Kit, ID: 8916554 0024 Password: 120912. Suggested contribution\$5.00.
6. 4/9/21-4/10/21-SOAR 8 Spring Virtual Business Assembly
7. Sun. 4/11/21, A Zoom Workshop on the 12 Steps, 6PM to 8PM, runs 15 weeks, See details on page 5 for more information.
8. Tues. 4/13/2021, Ramadan Begins, Is Every Day A New Beginning for Me? Telephone Marathon, from 8 A.M. to 12 midnight EST.
9. Sun. 4/18/21, A New Day in Recovery, Workshops on Steps 4-6, By the 12th Step Within Com. Of Region 8, 2pm to 4:30 (EST) or 1pm to 3:30pm (CST) ID: 86821871530, PW: 121212.
10. 4/19/21-4/24/21, Virtual World Service Business Conference
11. Sat, 5/8/2021-10AM-www.oacfi.org-Central Florida Intergroup Meeting-, Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
12. Sun. 5/9/2021, Virtual Region Workshop, 3-4:30 EDT, "Relive me of the bondage of self"-Losing our ego and re-aligning our will, ID: 8916554 0024 Password: 120912. Suggested contribution\$5.00.
13. Aug. 26-28 2021-World Service Convention-Renaissance Hotel, at Sea World, Orlando, FL

Phone Holiday Marathons: For more info. Contact Padma @ 2020oamarathons@gmail.com or call 828-620-0521-To signup visit www.signupschedule.com/oamarathons

Newsletter Information Look

Dee is looking for anyone who might want to submit poetry as she is hoping to do a Poet's Corner for the newsletters starting in July. She is also looking for entries for the September edition. She wants to have a section called "Remember September" where people can write a 250 - 500-word piece about someone they miss.

Dee, who will be taking over the New Beginnings Newsletter in July, would like to know if anyone would be interested in submitting a poem of their own creation to future editions of New Beginnings. If you have something you'd like to submit, please send it to newsletter@oacfi.org.

She is also looking for 400-500-word pieces for her "Remember September" section. People would write about someone they miss. It doesn't have to be someone who has passed away. If you would like to submit something on this subject (or anything else - Dee appreciates all entries.

APRIL 2021: SPRING



STEP FOUR: COURAGE

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR: AUTONOMY

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

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 article to newsletter@oacfi.org Thanks-Carlene and Dee N.

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 newbeainninas-subscribe@oacfi.org

CONCEPT 4- The right of participation ensures equality of opportunity for all in the decision-making process.

Help Wanted

The Webmaster, Retreat Chair 2021, are available now. Please consider giving service for your intergroup. Openings are available now.

SOAR 8 Spring 2021-Business Assembly is Virtual via Zoom April 9-11 For more information, please visit OARegion8.org

Putting our Mess Behind US

"Working this program helps me distinguish what I no longer need from what is important, to cut away old beliefs so that new truths may be revealed and a light and useful spirit may grow strong"

Twelve Step Workshop and Study Guide, pg. 85 (Quote from Sept 21st of For Today)

A colleague of mine used to say it was time to put our mess behind us, pick up the pieces, and get on with our lives. While I heard it intellectually, it was impossible to apply it to my own life while I held onto old beliefs, so my messes stayed right with me. How I used to rationalize and blame others—a self-imposed victim!

The Fourth Step was the first time in my life that I grasped where I was, deep inside of myself, instead of superficially. The previous three steps prepared me for it. I was no longer powerless—Step Three gave me the power, a Higher Power, the internal strength I needed, to face and be rid of the things that were blocking me!

"The child I once was can no longer run my life"; another line in this day's reading was also true for me. It was time to embrace the wonderful, powerful woman I had pretended to be. I finally felt it, no longer worried that people would find out the real me, a scared kid. Writing it down was also admitting the truth to myself. -Gerri



Courage



"Courage does not always march to airs blown by a bugle; is not always wrought out of fabric ostentation wears." -Frances Rodman

Courage can be a silent act, a quiet word, a refusal - or an acceptance. Courage has no guarantees, or certain outcomes. It is a risk taken on an unknown path. Courage brings about change. Growth is dependent on courage. Today I can risk, because I am not afraid to make a mistake. I am ready for change. I can make choices, not out of the fear of recklessness, but out of a new willingness to resolve old problems, to rid myself of old ideas. For today: I procrastinate out of fear of failure. Have I enough courage to examine that fear? -For Today, page 180

Please join us for "A New Day in Recovery" A continuing interactive workshop series presented by the Twelfth-Step-Within Committee of Region 8

What: "A New Day in Recovery" An Interactive Workshop on Steps 4 through 6

When: Sunday – April 18, 2021

Time: 2 pm to 4:30 pm (EST) 1 pm to 3:30 pm (CST)

Where: Zoom Meeting ID: 868 2187 1530 Passcode: 121212

Join Zoom Meeting

<https://us02web.zoom.us/j/86821871530?pwd=K2pna3l1NWJYd09KY05keXAxZlIwZz09>

Featuring:

Speakers on Steps 4, 5 and 6

Time for writing and sharing

Gentle stretching breaks

Please have paper and pen available and wear comfortable clothing.

If you have any questions please email:

sugarfreeplace@gmail.com or guildman54@gmail.com

To assist in continuing carrying the message, please consider giving a 7th Tradition donation (oaregion8.org).

2021 TOPICS



Virtual Region WORKSHOP

"2nd Sunday of the Month"

3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

- Jan 10 "And practice these principles in all our affairs"
~The spiritual principles of the steps
- Feb 14 "Sought thru prayer and meditation"
~Developing a relationship and an ongoing connection with my Higher Power
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"
~Losing our ego and re-aligning our will
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



891 6554 0024
Password: 120912

For more information: oavirtualregion.org
(Lisa) workshop@oavirtualregion.org (Lee) vicechair@oavirtualregion.org
Suggested workshop contribution \$5

Completing the 4th Step is Essential for My Recovery



"Each of us who completes a fourth step in OA finds it essential to our recovery that a promise made in Overeaters Anonymous' 'Our Invitation to You' has begun to be fulfilled. We are 'moving beyond the food and the emotional havoc, to a fuller living experience'."

Twelve Step Workshop and Study Guide, Step Five Session, pg. 97

Some days there are extremely intense emotions, but not like the havoc of compulsive eating. When I was turning to food to avoid feelings, I also was avoiding life. Step Four shed light on my previous inability to deal with uncomfortable situations. They didn't go away—I learned to tolerate inappropriate situations. I lost the clarity and intuition needed to make good decisions. -Gerri

MAKING PHONE CALLS



"I picked up the phone; my life changed and OA's future abruptly took a new direction." -Beyond Our Wildest Dream, page 85

What a simple program we have. Just reaching out to each other makes our lives change and affects the future of the meetings. I have had many telephone calls which have been just the "right" message I needed at the time I was most wanting a helping hand. Often, I called someone because my desire to overeat was strong, and just the act of dialing the phone changed the emotion from negative to the release of energy which can start meetings, begin new intergroups, and even save lives. I am grateful that the tools of telephone, anonymity, service, and meetings all work together in recovery. "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible" (OA Responsibility Pledge). -Voices of Recovery, page 63



Celebrating the Feast of the Passover

3

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

How to Use PayPal-Follow these steps.

1. Log on to 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 7.**

12-STEP PROGRAM OPENED MY EYES TO THE REALIZATION I WAS DOING IT ALL WRONG



Dear God

Thank you for this day of life--it's cold today, but I am grateful for a roof over my head and heat to keep me warm. In today's reading it says that we may not always bring our problems to God. I know I never asked you for help with my weight. I didn't think you had time for such foolishness---that it was my responsibility to lose weight on my own. God, I never dreamt to ask You for help in that area. Not knowing that I could turn to you, I tried to control my food, one diet after another. I was successful for a short amount of time, but once I reached an acceptable weight, I began to cheat and gain all the weight back plus more. How did I get to be as big as I am? By dieting--I had to find out there is no food that will fix a problem, and trust me, I tried them all, always trying to fill the emptiness that I felt. I didn't know that 12 step programs for weight issues existed. I always felt alone with my food, trying to find the one food that would satisfy me. I never found it! In fact, if I was in the middle of a problem, I never knew that stuffing my face only made it worse...now I know differently. Excess food only makes the problem worse. The tools and principles of a 12-step program opened my eyes to the realization that I was doing it all wrong. My way didn't work. Isolation and blaming myself only made my life worse. Then the miracle happened! God, you came into my life and showed me that I have a disease and need your support and the support of the OA community. You taught me that I didn't need to be alone anymore. When it comes to food---ahh--at last I was free. I didn't have to blame myself anymore. I have a disease of compulsive overeating. Do you know how relieved I was? I finally had a solution. God, thank-you for opening my heart and my mind and giving me the opportunity to connect with others who share my food addiction. Anything is possible with you in my life. God, I thank you and I praise you... -By Dolly

JUST FOR TODAY

4

- ☀ Just for Today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a life time.
- ☀ Just for Today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."
- ☀ Just for Today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.
- ☀ Just for Today I will try to strengthen my mind. I will study something useful. I will not be a mental loafer. I will read something that requires effort thought and concentration.
- ☀ Just for Today I will exercise my soul in three ways: I will do someone a good turn and not get found out; if anyone knows of it, it will not count. I will do at least two things I don't want to do - just for exercise. I will not show anyone my feelings are hurt; they may be hurt, but today I will not show it.
- ☀ Just for Today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anyone except myself.
- ☀ Just for Today I will have a program, I may not follow it exactly; but I will have it. I will save myself from two pests: hurry and indecision.
- ☀ Just for Today I will have a quiet half hour all by myself and relax. During this half hour sometime, I will get a better perspective on my life.
- ☀ Just for Today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and as I give to the world, so the world will give to me. -OA Version of "Just for Today"

Truly Taking Step 3

"We ask ourselves: 'Have I truly taken Step Three? Have I sincerely turned my will and life over to the care of God—as I understand Him?'" The Twelve Step Workshop & Study Guide, pg. 39

If I'm still eating, I haven't taken Step Three—I'm still turning my will and life over to the care of food. I hit such a hard bottom, accompanied by thoughts of suicide, that desperation drove me to want something better.

I know I've written of this before, but my first sponsor had me write about my 'bottom', recalling how I started binging on my way home from work, and ate to a point where I couldn't get up off the couch, which is the only thing that kept me from blowing my brains out. She suggested I carry that piece of paper in my pocket, and when compulsive eating sounded like a good idea, to read it, because that was my reality.

Food may have promised something different, but it truthfully brought me to the precipice. I prayed to a God. I no longer believed in that night, so perhaps I took Step Three even before I found OA a month later. I never, ever want to go back to that desperate jumping off place.

I truly have taken Step Three, and know that my will and life are much better in the care of God, than in the care of food. I no longer have that piece of paper—it went through the wash maybe a year into recovery, but I read it enough to have that recall, instead of the euphoric lies of food. Oh sure, I do get an occasional thought of 'one bite won't hurt', but the next thought is the words I wrote twenty-six years ago. That's my reality! -Gerri



**CENTRAL FLORIDA INTERGROUP
PRESENTS:**

A ZOOM OA WORKSHOP ON THE TWELVE STEPS

DATE: SUNDAYS 6 PM-8PM BEGINNING APRIL 11

**THIS WORKSHOP RUNS FOR 15 WEEKS. NO NEW MEMBERS MAY
JOIN AFTER THE APRIL 11 INTRODUCTORY SESSION.**

**ZOOM INFORMATION WILL BE EMAILED DIRECTLY TO
PARTICIPANTS BY APRIL 5.**

Participants will need their own copies of the following OA-approved literature which will be used in the workshop sessions and homework assignments:

1. Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (white spiral bound) OR "The Twelve Step Workshop and Study Guide, Second Edition (green spiral bound)"
2. The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition
3. Alcoholics Anonymous, Fourth Edition (the Big Book)
4. The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
5. Overeaters Anonymous, Third Edition
6. Voices of Recovery
7. For Today

**IF YOU ARE INTERESTED IN PARTICIPATING OR HAVE QUESTIONS:
CONTACT PAM T AT (603) 682-6267 OR CHAIR@OACFI.ORG**

The avenues some of us took to try to find a solution

Dear God,
Thank you, God, for life today. The Just for Today is on acceptance. Why did I always want to be someone that I was not? I grew up in the Twiggy years...where thin was in, and if you weren't thin, I surely didn't measure up. When I think of all of the money that was spent on losing weight--my thoughts were always "I want to be thin, I need to be thin", with food thoughts always consuming my mind. At that time, I didn't know what was wrong with me. I remember going to doctors who would give me a bag of pills, every different color, every week. The diet pills were given out freely back then. I even went to a dentist who hypnotized me...and driving home I almost drove through my garage door...or how about the times I went out of state to doctors because I had run out of doctors to go to in my own state. I remember one doctor was so obese and he was giving out the diet pills. How crazy was that?, or I would go in get weighed (which I starved myself for three days so when I got on the scale it showed a weight loss and then after the weigh in there was an hour wait to see the doctor--I would leave the office and go to the nearest place to eat and stuff myself full, got back to the office, got my pills, went home, ate for four days and then starved myself for three days again before getting on the scale again. It was a vicious cycle. Now if that's not craziness I don't know what is!! With acceptance today, I do the best I can and accept my imperfections to love myself as I am today. Thank you, God, for opening the door for me to get into recovery. By Dolly



Celebrate-Save the Date for Florida State

32nd Annual Florida State Convention of OA

Held next year Jan. 14-16 @ The Hilton Cocoa Beach Ocean Front

1550 N. Atlantic Ave. Cocoa Beach, Fl.

It will be face to face gathering-our 1st one in over 2 yrs.

Theme: "Celebrate Recovery-62 Years- Registration Flyer coming soon. Room rates will be \$164 plus taxes and fees for up to 4 people per room (12% additional, Total Rate=\$183.68 per night).

INVESTING IN THE LIE

*"Look for the beliefs that support or drive those patterns. Labels, or how we talk about ourselves, often capture our beliefs."
Twelve Step Workshop and Study Guide, pg. 90*

My rationalizations keep me from changing. When I say I'm not good at technology, it's an excuse to not learn. By stating I'm lousy with names, I have an excuse for not remembering yours. My list of old mess-ups is expansive, and as I invested in the lie, I didn't have to change!

I'm sure age contributes to forgetfulness, but I do things every day to 'exercise' my brain, like checking the calendar when I get up, so I know what day this is. While talking on the phone, I write down the person's name (if it is a new contact) so I increase my odds of recalling it. When I walk into a room and forget why I went there, I pause, look around and quite often it'll come to me!

My father was often critical, saying stuff like, "don't talk so dumb", or "you'll never amount to anything." Well guess what, Dad—you were wrong! Step Four not only smashes that unhelpful self-talk, but also encourages the truth! I'm a good listener, a great writer, a thoughtful spouse, a good puppy-mama.

When I introduce myself in OA meetings, I state that I am an 'abstinent compulsive eater.' I want to state the positive—the abstinence. When I do that, I strive to make myself right.

An old belief that is gone is that food is a 'treat'. It is not. When I catch myself thinking of rewarding myself with a treat, if a food comes to mind, I better get that thought out of my head and quick. If I don't share it, soon I'll wear it! I tell on myself when my head hints of those things. -Gerri





Acceptance

Dear God,
Just for today, I acknowledge your presence and all the gifts and qualities you give to me on a daily basis. Today's reading is on acceptance...oops...I left out a word...Self-Acceptance. With this baffling and cunning disease, I've learned that acceptance is the key to liberation. Acceptance is the key to my relationship with You today. There is a whole story on acceptance in the Big Book. It says to keep your mind on acceptance and not on expectations because serenity is directly proportional to your level of acceptance.

If I let my mind drift back to days gone by...I tried to concentrate on accepting situations and people as they were. It was hard at first, but I kept "acting as if" until it got easier. But I missed an important part of acceptance – the SELF part. Oh no!! not me! It was so much easier to accept others than it was to accept myself. All I saw were my flaws. As a child I was taught that I was never good enough, and this message resonated in my mind for years. How could a wretch like me be anything more than what I already believed about myself!

I remember being at an O.A. convention where they were selling tee shirts with the logo, "I'm OA; I'm OK". I wore that shirt to meetings for years until I finally began to actually see myself a little differently. God, you have been good to me. How I have grown from that first day when I walked into an O.A. meeting with my head looking down to my feet, filled with shame, and embarrassment, not being able to look into someone else's eyes, with thoughts of loneliness and despair to where I am today. I can accept myself and it's "OK" to be happy, joyous and free. Thank- you, God. I thank you and I praise you. By Dolly

THE INSANITY OF PLAYING GOD

Dear God.
Something is different today.
I'm writing in response to page 22 of the Voices of Recovery. When I ate compulsively, I focused on the other people's problems. It took the focus off me and created a false sense of power. People couldn't manage their lives without me. "Fixing other people gave me a sense of false security, and eating huge amounts of food seemed to blur all my fears. I believed that this power made people admire, respect, and appreciate me. However, I did not admire, respect or appreciate myself. The insanity was in trying to play God for everyone else and then bowing to the God of compulsive overeating when I was alone. Today neither food nor control keeps the fears away. For today, I choose to not do for others what they can do for themselves. I seek God's will, make sure my affairs are in order, and turn the outcome of my life and others over to my Higher Power. God, this is my writing today because this page is the story of my life. I am so thankful and grateful for moving ahead and learning more about myself every day. I thank you and I praise you God. By Dolly

Your Trusted Servants For Central Florida Intergroup

Position: Name

Chair: Pam T.

Vice-Chair: Debby H.

Treasurer: Tim Z.

Secretary: Carlene D.

Parliamentarian: Kathy M.

Literature: Georgia

Webmaster: OPEN

Asst. Webmaster: OPEN

New Beginnings Editor: Dee N.

New Beginnings Co-Editor: Kathy S

PIPO: Alyson T.

1 WSO Delegate: Pam T.

2 WSO Delegate: Debby H.

12th Step Within: Christie H.

Next Generation: Jessica G

#1 Region Rep.: Pam T.

#2 Region Rep: Kathy M

3 Region Rep.: Alyson T.

4 Region Rep: OPEN

Service Helps your program and helps reduce our isolation.

One Day at a Time

"Doubt is part of all religion. All the religious thinkers were doubters." —Isaac Bashevis Singer



Sometimes I have trouble believing what is in front of my eyes, let alone what I can't see. Though I no longer doubt my Higher Power, I have periods when I feel its remoteness. Through the pain and fear of these episodes, my faith in the reality of God in my life has grown stronger. However bleak the "dry spell" I am passing through; I know that I have not been abandoned. The grace that saved me before is still there and will be revealed in God's time, not as a result of anything I do or fail to do. For today: As always, I remain abstinent, accepting things as they are and reaffirming that I have placed my life in God's hands. -For Today, page 117

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 Webmaster, Retreat Chair 2021, are available. 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. chair@oacfi.org

Vice Chair Debby H.

Treasurer: Tim Z.

Secretary: Carlene D Secretary@oacfi.org

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

Or pay by PayPal- Click on your own PayPal account. Select send. Type in oacfitreasurer@gmail.com Enter the amount with the group name, number, and meeting day. Select continue. Then select send payment now.

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

OA 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, April 10th & May 8th, 2021

Zoom meeting, <https://us02web.zoom.us/j/699026950>,

Meeting ID-699026950, Password: 768958.

See Calendar for change to virtual mtgs.

All OA Members are welcome to attend.

February Treasures Report

Number	Day	Group	Contributions
48951	Sun	7 th Day Adventist Church	95.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	DeLeon Springs United Methodist Church	50.00
39535	Mon	Central Christian Church 12pm	65.00
57175	Mon	Dunnellon Pres. Church	
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	25.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	30.00
56041	Mon	Pimlico Rec Center, The Villages	16.00
38320	Mon	St. Mark's Church, Palm Coast	
57077	Tues	Cascades, Ocala	
46213	Tue	Asbury United Methodist Church	10.00
50209	Tue	Chatham Rec Ctr., The Villages	
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	50.00
25110	Wed	Christopher Hall-, Ocala	
39536	Wed	Central Christian Church	75.00
48700	Wed	Lady Lake UMC	69.00
52613	Wed	FL Hospital Celebration Health, Kissimmee	133.00
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	95.00
54798	Thurs	Dunnellon, Library group	75.00
89006	Thurs	Virtual Speakers Meeting	85.00
00936	Fri	Tuskawilla UMC, Casselberry	75.00
20088	Fri	St. Luke's UMC	75.00
45611	Fri	Lady Lake Library	50.00
53167	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	10.00
54669	Fri	Church of the Messiah	
51142	Fri.	REBOS Club, St Cloud	20.00
09016	Sat	Central Florida Intergroup	25.00
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	450.00
46851	Sat	Men's Meeting, St. Marks Presbyterian (Closing)	
46887	Sat	Ascension Church	92.00
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	
	Thurs.	Zoom 89384	
		Unknown groups	310.00
		Individual Contributions (Pay Pal)	15.00
		Individual Contributions (Check)	515.00
		Literature	54.10
		Angel Card	10.00
		Words to Live By	15.00

Total Group Contributions 2,589.10

Meetings in **red** are closed and ZOOM is attached to closed meetings. People should subscribe to the intergroup news list or go to oacfi.org to learn about locally hosted virtual mts. Face to face meetings are in Black.

Monday

Time	Type	Grp. #	Location	Contact	Phone
10AM		56041	Pimlico Recreation Center, 530 Belvedere Blvd., The Villages 32162 (face to face)	Loretta H.	
Noon	SS	39535	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804 Zoom Mtg. https://zoom.us/j/84477398454 312-626-6799 Mtg ID: 84477398454 pw: serenity	Joanne and Robin C.	
Noon	BB	57175	Dunnellon Pres. Church, 20641 Chestnut St., Fellowship Hall, Dunnellon, FL 34431 (Literature Study)	Paige B	
5:00 PM	V	39211	DeLeon Springs United Methodist Church, 265 Ponce de Leon Blvd. Deleon Springs, FL. (face to face)	Chris	
5:45 PM	L	56481	Coronado Hospitality House, 200 S. Peninsula Ave., New Smyrna Beach 32169 Zoom MTG. https://us02web.zoom.us/j/87612295859?pwd=MU5BYnQwalkT252Ykh1bTVSOU1RQT09 ID: 87612295859 PW: 852346	Peggy B.	
6:30 PM	D	53479	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703 (meeting face to face 10AM various locations)	Carlene	
7 PM	SS	45648	Casa De Fe Y Bendición, 1485 Mill Slough Road, Kissimmee 34744 Zoom Mtg: https://zoom.us/j/9749783696 or +1 646 558 8656 Meeting ID: 9749783696 PW:36387	Terry C	
7PM	V	16681	Gloria Dei Lutheran Church, 130 Lone Oak Drive, Leesburg 34748	Rosemarie K	
7:30 PM	V	48859	Grace Presbyterian, 1111 Tuskawilla Road, Winter Springs 32708 - Zoom mtg . https://us02web.zoom.us/j/868837813267?pwd=MU82SnFVdVJjdWR6WVJwLyBRWxmQT09 or Meeting ID: 86837813267 PW: grace	Kathie H	
7:30 PM	V	01048	Church of the Ascension, 4950 S. Apopka Vineland Rd. Orlando, 32819 (Room 106) Zoom mtg. 8 https://zoom.us/j/9749783696 or +1 646 558 8656 Meeting ID: 9749783696 PW:36387	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. https://zoom.us/j/84477398454 312-626-6799 mtg ID: 84477398454 pw: serenity	Jacqueline	
5PM		53032	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461- Zoom mtg. ID: 83213797334 PW: 0714	Jennifer	
6 PM	V	57077	Cascades, 1515 E Silver Springs Blvd., Ocala 34470, Room 125	Cassandra	
6PM	V	46213	Asbury United Methodist, https://zoom.us/j/314478076 PW=serenity. (+1 646 558 8656 Meeting ID: 314 478 076)	Dee N	
7PM	V	52613	North Village Pool Pavilion, 215A Celebration, FL 34747Uber Conf. 407-553-2087	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- Zoom mtg. https://us02web.zoom.us/j/903944002?pwd=NFZibXdHTG5OZ2x0OGMrRndrbjduQT09 Meeting ID: 903 944 002 Passcode: 724968	Rosemarie K	
10:30 AM	V	25110	Christopher Hall, 1st UMC, 1510 SE 3 rd Ave, Ocala, FL 34471	Joleen	
Noon	BB	39536	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804- Zoom mtg. https://zoom.us/j/84477398454 312-626-6799 mtg ID: 84477398454 pw: serenity	Julie	

Thursday

Noon	BB	39536	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804- Zoom mtg. https://zoom.us/j/84477398454 312-626-6799 mtg ID: 84477398454 pw: serenity	Jacqueline	
10AM	V	56981	Riverbend Recreation Center, 1833 Corbin Trl. The Villages 32163	David R	
4PM	V	54798	Presbyterian Church, Presbyterian Church (face to Face) and also Zoom Mtg. https://us02web.zoom.us/j/82049067877?pwd=ZnovcG5iMEXEcm9JRFBaWXYVEN0UT09 ID:82049067877 PW: 257520	Lisa B	
6PM	V	38170	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 11) Temp Closed.	Betty	
6PM	D	89384	Zoom Mtg. Body Imag- Recurring Meeting https://us02web.zoom.us/j/82375409368?pwd=cFFUVDfyMDB4YWJlL3NnZ0E0V3VNU09 ID:82375409368 PW: boai8	Kathy M	
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room) Zoom Mtg. https://us02web.zoom.us/j/82222041043?pwd=dUhpexI4NH1dFA2MXi5MEiONUdmUT09 ID: 82222041043, PW: 555867	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. 407-553-2087	Jacqueline	
7PM	BB	52586	Wekiva Springs Pres., 211 Wekiva Springs Lane, Longwood 32779 (2 nd floor, Reformation Rm.)	Phyllis D	

Friday

9 AM	V	54490	Zoom mtg. ID: 87054391380 PW: 077677, +13126266799, https://us02web.zoom.us/j/87054391380?pwd=NlFHZnhqWSs1UG0xR3E1Y1p1N1MzZz09	Gail	
10AM	D	45611	Lady Lake Library, 225 West Guava Street., Lady Lake 32159- Zoom mtg. https://us02web.zoom.us/j/154974236?pwd=Mfh6VnF3Vjg5eEduaEJ3a1NNYmPrZz09 Meeting ID: 154 974 236 Passcode: 970404	Ilene H	
10:45AM	D	51142	1614 Orange Ave, St. Cloud 34769 (Intersection of Orange & 17 th) REBOS Clubhouse- Zoom mtg. https://zoom.us/j/3287544837 PW=628465 (meeting ID is 328 754 4837) pw 628465	Helen	
Noon	BB	53167	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804- Zoom mtg. https://zoom.us/j/84477398454 312-626-6799 mtg ID: 84477398454 pw: serenity	Robin C	
7PM	L	00936	Tuskawilla United Methodist Church, 3925 Red Bug Lake Road, Casselberry 32707- Zoom mtg. Pls. contact Gloria for more information	Gloria	
7PM	D	20088	St. Luke UMC, 4851 S. Apopka Vineland Road, Orlando 32819 (Bldg. B Room 202 - 2 nd floor) Uber conf. 407-553-2087	Jacqueline	

Saturday

8AM	V	46887	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108) Uber conf.407-553-2087	Gerri B.	
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm.) (face to face)	Betty P	
9 AM	D	38611	St Richards Church, 5151 Lake Howell Road, Winter Park 32792 (Speaker Meeting Last Sat.)-Zoom mtg, ID-896 185 14937 PW: PassItOn	Betsy D.	

Time	Type	Grp#	Location	Contact	Phone
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. https://zoom.us/j/784066770 or +1 646 558 8656 Meeting ID: 784066770	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)	Cheryl K	
5 PM	V	48951	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)-Zoom mtg. https://zoom.us/j/398124045 or +1 646 558 8656 Meeting ID: 398-124-045, pw: 024657	Amy O	

Regular face to face meetings that are closed are in red. If they were switched to zoom or uber phone, you will find that change in red with the closed face to face meetings. Meetings that are open face to face are now in black. Pls notify changes or corrections in our meeting list via email tooncesc@yahoo.com asap. Thanks-Carlene (Meetings in Bold are recent changes.) **KEY: See Below BB – Big Book, D - Discussion, N - Newcomers, SS - Step Study, V - Varied, L - Literature, SF - Special Focus, SP - Speaker oacfi.org/Meetinglist.pdf for most up to date list Uber Conference #407-553-2087**

The Fear of Can't Say No

"Better deny at once than promise long." -Danish proverb



"Well, maybe." "Perhaps." Is that what I say because I can't say No? Or worse yet, "We'll see." That takes the prize for keeping someone dangling and coming back to find out whether it's Yes, No or another We'll see. Fear is at the root of my inability to refuse. Someone may get angry or be so displeased as to write me off, no longer have anything to do with me. But I cannot be responsible for the way people react to the choices I make. That is their problem, and I no longer think I can solve other people's problems. All I can do today is try to carry out God's will for me as I see it. If I'm wrong, I will stand corrected and make my amends. I believe that, too, is God's will. For today: God grant me the courage to be honest; to say No if that is what I mean. -For Today, page 128

"How good it is to be free of fear of yourself." – Before You Take That First Compulsive Bite, Remember...

The stress of attempting to trust myself when my disease was rampant was like trying to push a rope up a tree – impossible. I'm grateful that today I have a Higher Power I can trust to guide me to honesty and truth. I no longer have to depend on my own unsteady willpower. I now live in God's will, which I receive through the Step Eleven prayer, and I can rest in God's love through my fellow recovering OA members. When fear strikes my heart, I remember that fear and faith cannot dwell in the same place at the same time. When I fear myself or other people, places, or things, it reminds me to concentrate on faith. For me, that means more surrender, more prayer, and more meditation. I consciously and gratefully receive more of God's love through family, friends, and the Fellowship. I still make mistakes, but I no longer fear my thoughts, my actions, or my disease because I trust my Higher Power. -Voices of Recovery, page 41



Working with a New Sponsor



A sponsor seems to wear many hats. Nevertheless, it is ultimately the responsibility of the addict to reach out a hand to find the proper relationships which will give them success in recovery.

I'm working on Step Four. Being a member of OA since 2010, I've worked Step Four before. Still this time (as well as every time) is different. I had the same original sponsor from the age of 2010 thru the time of 2020. February 2020 my original sponsor died. After a season of grief, I manage to find a new sponsor. We are working together through the steps. Even though it's not the first time for either of us to work through this process; it is the first time we are going through this process together. This carries a significant role within my life. My Higher Power is in control. He has developed all the key characteristics which established for me to be successful within my recovery. My Higher Power loves me very much. By Tony



"Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery." -The Tools of Recovery, page 5