

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS



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

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

Calendar Events: **OA Phone Marathons:** Meetings every hour from 8 a.m. to 12PM midnight EST, 712-432-5200, PIN-4285115#. **See below for more info.**

1. Sun. 6/6/2021, Gay Pride Day, Spiritual Principle of Tradition 6- Solidarity-What Does "First Things First" Mean to Me Today? **Telephone Marathon, 8 Am to 12 PM EST.**
2. **Saturday, June 12th, 2021-10AM-www.oacfi.org-Central Florida Intergroup Meeting-**, Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
3. Sun. 6/13/21, Virtual Region Workshop, 3-4:30PM EDT, The Sponsor-Sponsee Connection, ID-891 6554 0024, Password: 120912.
4. Sat. 6/19/2021, Juneteenth, Let Go, Let HP. How Do I Work Step 6? **Telephone Marathon, 8 Am to 12 PM EST.**
5. Sun. 6/20/2021, Father's Day, Step 6 Spiritual Principle-Willingness-What Am I Willing to Do to Go to Any Lengths Necessary to Work My Program? **Telephone Marathon, 8 Am to 12 PM EST.**
6. **Saturday, July 10th, 2021-10AM-www.oacfi.org-Central Florida Intergroup Meeting-**, Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
7. Sun. 7/11/21, Virtual Region Workshop, 3-4:30PM EDT, What Does it Really Mean to Surrender? ID-891 6554 0024, Password: 120912.
8. Aug. 26-28 2021-World Service Convention," Walking in the Sunlight-One Day at a Time"-Renaissance Hotel, at Sea World, Orlando, FL **See Pg. 9 for more info.**
9. 1/14/22-1/16/22-Florida State Convention, Celebrate Recovery, See below for more information.

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

How to Use PayPal-Follow these steps.

1. Log on to your PayPal account.
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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).

June 2021-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 12 & 12*

Concept Six:

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

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

Digital Newsletters available at www.oacfi.org
www.facebook.com/oacfi.org

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

If you are looking to submit an article to the newsletter. Please submit articles by the 15th of the month to:
newsletter@oacfi.org Thanks, Dee N.

Happiness and Gratitude



Dear God.

Thank you, God, for the gift of life for another day. Do I want to be happy today? In my journal, I can write, 'Yes, I choose to be happy because I want to be happy', or I can write, 'I want to be happy so I choose to be happy'. That's my mind set for today. And why is this? Today's reading in "Just for Today" is about happiness. Today I will reflect on my happiness. I am very rich because I have a roof over my head and heat to keep me warm. Today I am filled with gratitude and humility. So why do I sometimes wallow in self-pity? Just like yesterday, I still have a lot of back pain. Yesterday I was feeling down and out and sorry for myself. So, what changed between yesterday and today? I can't bring back yesterday; it's gone forever. I can choose to be happy in this moment and not concern myself with yesterday or tomorrow. All of this clarity is with me today because I took the time to clear my thoughts and sit quietly with God. I know today that running to get my coffee as soon as I wake up is just not that important. This quiet time with God is an extraordinary part of my day. I am grateful for this gift of awareness. I no longer take the presence of God in my life for granted. I am rich in so many ways and none of these ways have a dollar sign attached to them. For today, I'm happy to be exactly where I am. God, I thank you and I praise you. - Dolly

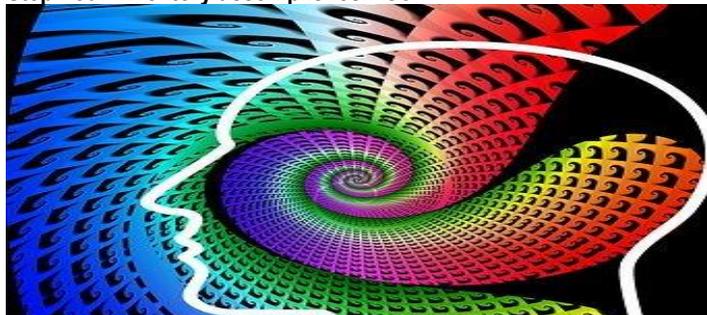
Self-worth

"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 than 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



Sponsorship & Service



I've been in Overeaters Anonymous for over twenty-five years. Wow, have things changed! Twenty-five years ago, there was no such thing as 'face-to-face' meetings, because all meetings were in-person groups. Virtual groups didn't spring up for another fifteen years. Sponsors encouraged us to do service. Starting at the group level, we greeted newcomers, carried the literature and meeting room key. We learned about Intergroup and served as representatives; then onto region and finally the World Service Business Conference as delegates! There was no question about it. When you finished Step Three, you offered to be a sponsor; by helping another OA member, we stayed abstinent ourselves! People are finding OA on the internet nowadays, by search engines, <http://www.oa.org>, social media and probably many more virtual methods I don't even know about yet. I attend virtual meetings regularly now. As an RV-err, oftentimes, I am in areas with no local meetings. Now that I'm back in Central Florida, I can attend a meeting in person, but my mainstay is virtual. However, I'm noticing a disturbing trend, where our members are not stepping up to do service. Why is that? At my home meeting on social media, rotation of service is a struggle as very few are stepping up to help. Gratitude is an ACTION word. Service is a way for us to demonstrate our gratitude for recovery. I'm surely grateful to be abstinent over twenty-five years because I'm not so sure I'd even be alive right now if it were not for OA. As sponsors and long-timers, are we encouraging members to do service? We need fresh perspectives, especially from today's young people who are finding recovery electronically. It's not hard to lead a phone meeting—they have 'scripts' which are extended to anyone who wants to help. Same with online. We're just feeling our way through now on the social media non-real-time meetings and getting better at organizing and helping newcomers to find recovery. That is how we can show others to demonstrate gratitude for recovery. What do you know about service? Ask your sponsor or in your next meeting, whether face-to-face or virtual. It is a wonderful, grateful way to give back what has been so freely given to us. Visit <http://www.oa.org> frequently and find out how you can help in other ways too! —Gerri H. **Pick up the phone instead of the fork!**

How do I subscribe or unsubscribe to the newsletter?

You can subscribe to the newsletter list using newbeginnings-subscribe@oacfi.org.

This is what you need to do to unsubscribe. To unsubscribe, send an email to newbeginnings-unsubscribe@oacfi.org. It is as simple as that!

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



I Accept... I Want... I am Willing to... I Can...

Posted on [October 24, 2020](#)

My HP set upon my heart to put into words a reflection on some fundamental questions that would give me a "status report" of myself. I shared this idea with my sponsees and was Blown Away by this response! She allowed me to share it here. Enjoy!

I ACCEPT - I am person with strengths, weaknesses, challenges, habits, traits, character defects, joys, and sorrows.

I accept that the life I am living is mine and I have the opportunity and choice every day to live my life from a place of contentment, acceptance, and gratitude or I can choose to live the day (or moment) from a place of worry, angst, anger, arrogance, and isolation. Every moment I remember that I do have a choice, I accept responsibility for that choice as I make it.

I accept my shortcomings and my missteps and mistakes as part of my humanness. I accept that there will be times when I don't see them, when I don't accept them, when I am captured by them – falling away from my truest self and from the Divine presence and influence in and around my life.

I WANT- I want an ever-growing relationship with and reliance on my Higher Power, that Divine presence and influence.

I want to experience every day a spiritual life of practice that is alive, radical and unstoppable.

I AM WILLING TO- I am willing to get back on the conveyor belt, back in the river, back in relationship with this work when I fall off or fall away.

I am willing to not give up on myself when the turn-around times are long or bumpy.

I am willing to turn myself back over to my Higher Power each day, to feel the gratitude which that small action affords me every time I consciously make that decision and take that action.

I am willing to observe myself honestly and with kindness in order to know my shortcomings and ask for help/relief in order let them be polished by that Source into useful resources on my journey.

I CAN- I can prioritize and cultivate my relationship with my HP.

I can study literature and resources that support that relationship with my HP, my relationship with myself, and my relationships with others.

I can stay connected to others who are traveling similar paths and rest in their wisdom and love, recognizing their importance in my life – revealing myself to them in honesty and humility and receiving their kindness, affection, and love. Posted in [OA W.O.W.](#)

LOOK! *New Meetings!*

- * Tuesday @ 5:30P.M., Group 57273, Face to Face meeting, The Ocala Group of Overeaters Anonymous, at the Lost and Found Club, 616 S. Pine Ave. Ocala, FL 34471, contact Evan K, # 832-444-4977
- * Zoom only. Meeting number 00936 Friday nights at 7:00pm MEETING ID: 297 035 614 PW: 028590 PHONE: +1 646 558 865 for people to call in. Contact Gloria 352-422-3189 for more info. The link is: <https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTB1OUN0dz09> BK: "Overeaters Anonymous", third edition (OA3 -the basket weaving cover)

Opening the Door to Recovery

Dear God,

Thank you, God, for life today. The "Just for Today" reading is about acceptance. Why did I always want to be someone else? I grew up in the Twiggy years...where thin was in, and if you weren't thin, you surely didn't measure up. When I think of all of the money that I spent on losing weight... Thoughts of food and being thin consumed my mind. 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. Diet pills were given out freely back then. I even went to a dentist who hypnotized me; driving home I almost drove through my garage door. I was so desperate that I drove out of state to find new doctors after I had exhausted all the available ones in my state. I remember one morbidly obese doctor giving out pills like they were candy. Talk about insanity! After starving myself for three days, I would go through the weigh-in process. Since there was always an hour wait to see the doctor, I would leave the office and go to the nearest food establishment and stuff myself. The doctor would see my weight loss in the chart and readily give me more pills. It was a vicious cycle – get the drugs, binge for four days, starve myself for three days, and go back to the doctor's office for more pills. Now if that's not craziness, I don't know what is! Today I have the gift of acceptance. I do the best I can and accept my imperfections. I love who I am today. Thank you, God, for opening the door to recovery for me. By Dolly



WILLINGNESS

Back of tranquility lies conquered unhappiness. -David Grayson

"Be optimistic ... look on the bright side." I have often tried to follow that advice, but it seldom brought solutions to my problems. It is difficult to get in touch with my feelings, hold them up and examine them in the light of sobriety and abstinence. But what a difference it makes! The great phantoms of misery vanish under scrutiny, not because I've given them a coating of optimism, but because I worked my way through to the source of my unhappiness. I know that I cannot do it alone. I need this program, my fellow OA members and my Higher Power with me every step of the way. Only with that help am I able to deal with my difficulties and turn over what I cannot handle. Serenity is letting go and letting God. For Today: Am I taking advantage of all the help OA offers in trying to get at the root of my unhappiness? Many choices are open to me: I can ask someone to sponsor me, go to a meeting, write an inventory or take steps five through nine. "For Today" - page 50

Step 5 and Secrets



*"In what ways is Step Five important and how will it benefit us?"
Twelve Step Workshop and Study Guide, Step Five Session, pg. 98*

I had no idea of how this step would bless me until I took the risk. I had been working with my sponsor for about a month and trusted her. When I hear someone's inventory, I always try to make sure it's in a quiet, safe place. We sat on a secluded park bench on a Saturday morning after the OA meeting.

I don't hear too many Fifth Steps nowadays because everyone I work with is virtual. We text and call, but it would be wrong of me to cheat them from the beautiful experience of sharing with someone face to face.

I felt so free when I finished, and she didn't go running. Instead, she hugged me. And she has not run from me since. We are friends to this day.

This Step was in conflict with how I was raised, to keep the 'family business' to yourself. "Don't talk like that", my parents would say, and for the next forty years, I kept things to myself that should have been shared. And it took a lot amount of food to hold those secrets down.

I no longer keep secrets. As a matter of fact, I'm quite transparent, and it is a much better way to live. Things don't fester in me anymore—I share it, rather than wear it. By 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 Webmaster, Retreat Chair 2021 are available now 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

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Coming Intergroup Meetings

10 a.m. Saturday, June 12, 2021 and July 10, 2021

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

All members are welcome!

April Treasurers Report

Number	Day	Group	Contributions
48951	Sun	7 th Day Adventist Church	546.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	DeLeon Springs United Methodist Church	40.00
39535	Mon	Central Christian Church 12pm	50.00
57175	Mon	Dunnellon Pres. Christian Church	200.00
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	120.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	30.00
56041	Mon	Pimlico Rec Center, The Villages	133.00
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	210.00
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	100.00
48700	Wed	Lady Lake UMC	22.00
52613	Wed	FL Hospital Celebration Health, Kissimmee	
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	70.00
54798	Thurs	Presbyterian Church, Dunnellon	
89006	Thurs	Virtual Speakers Meeting	101.00
89384	Thurs	Zoom meeting	70.00
00936	Fri	Tuskawilla UMC, Casselberry	70.00
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	12.00
53167	Fri	Central Christian Church	50.00
54490	Fri	Shepherd of the Hill Church, Clermont	15.00
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	546.00
46851	Sat	Men's Meeting, St. Marks Presbyterian	
6887	Sat	Ascension Church	
48952	Sat	Union Congregational Church, Holly Hill	55.00
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	
		Unknown group#	51.97
		Individual cont. pay pal	20.00
		Individual cont. checks	185.00
		Literature	19.50
		CFLOA Step Workshop	85.00

Total Group Contributions 2851.47

-Meetings in red are closed. People should subscribe to the intergroup news list or go to oacfl.org to learn about locally hosted virtual meetings. Mtg.in BIK FACE to FACE

Monday

Time	Type	Grp. #	Location	Contact	Phone
10AM		56041	Pimlico Recreation Center, 530 Belvedere Blvd., The Villages 32162 (face to face)	Marilyn D.	
10AM	Zm	89653	Zoom Mtg. only ID: 6935850119 PW: 123123	Rosemarie	
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	Kathy S	
Noon	BB	57175	Dunnellon Pres. Church, 20641 Chestnut St., Fellowship Hall, Dunnellon, FL 34431 (Literature Study)	Joleen G.	
5:00 PM	V	39211	DeLeon Springs United Methodist Church, 265 Ponce de Leon Blvd. DeLeon Springs, FL. (face to face)	Chris	
6:00PM	L	56481	Hybrid meeting in June, Port Orange Pres. Church 4662 S. Clyde Morris Blvd. Port Orange https://us02web.zoom.us/j/87612295859?pwd=MU5BYnQwllkT252Ykh1bTVSOU1RQT09 ID: 87612295859 PW: 852346	Peggy B.	
6:00PM		53032	Meadowcrest Park in Crystal River, FL. (Across from Chronicle Bldg.) face to face	Jennifer	
6:30 PM	D	53479	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703 (meeting face to face)	Laura F	
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=MU82SnFVdVJjdWR6WWJwLyBRWxmQT09 or Meeting ID: 86837813267 PW: grace	Connie 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) face to face	Jim	
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	
5:30 P.M.	V	57273	Lost And Found Club, 616 S Pine Ave. Ocala, FL. 34471 Face to Face Meeting	Evan K	
6PM	V	46213	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11) - Zoom mtg. 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) temp closed	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=NFZlbnR0d090Z2x0OGMrRndrbjduQT09 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	Kathy S	

Thursday

Noon	BB	54195	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, 20641 Chestnut St. Dunnellon, FL 34431 (face to face) and also Zoom Mtg. Hybrid meeting https://us02web.zoom.us/j/82049067877?pwd=Zn0vcG5lMEh0c09JRFBaWVXcyVENU0UT09 ID: 82049067877 PW: 257520	Cecile B.	
6PM	SS	52976	Hybrid meeting in June, Port Orange Pres Church 4662 S. Clyde Morris Blvd and Zoom Mtg. https://us02web.zoom.us/j/82222041043?pwd=dUhpXl4NH1dFA2MXi5MEi0NUdmUT09 ID: 82222041043, PW: 555867	Cecile B.	
6PM	D	89384	Zoom Mtg. Body Imag- Recurring Meeting https://us02web.zoom.us/j/82375409368?pwd=cFFUVDYyMDB4YVYjL3NnZ0E0V3VNU09 ID:82375409368 PW: boai8	Kathy M	
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	54490 Zoom mtg. ID: 87054391380 PW: 077677, +13126266799, https://us02web.zoom.us/j/87054391380?pwd=NlFHZnhqWSs1UG0xR3E1YlplN1MzZz09	Gail	
10AM	D	45611	Lady Lake Library, 225 West Guava Street., Lady Lake 32159- Zoom mtg. https://us02web.zoom.us/j/154974236?pwd=MFh6VnF3Vjg5EduEJ3a1NnYmPrZz09 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	Kathy S.	
7PM	L	00936	Tuskawilla United Method Church- Zoom mtg. only https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09 ID: 297035614 PW: 028590 Phone +1646558865 using OA book 3 rd edition OA3-the basket weaving cover	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

8:30 AM	V	46887	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108) Uber conf.:407-553-2087 Hybrid MTG	Gerri B	
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm.) (face to face)	Judy S	

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 Hybrid Mtg	Carole M Sue H Chery S
9:00 AM	D	48952	Hybrid meeting in June, & face to face Port Orange Pres. Church, 4662 S. Clyde Morris Blvd, Port Orange also zoom mtg as well	
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	
10AM	SS	50419	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm.)	AnneMarie F.

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	Patti D.

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 to Carlene or Dee

Meetings in Bold are recent changes. KEY: 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**

Men of OA - You're not alone!

Are you the only man in your meeting?
Do you have trouble sharing freely?
Do you want to make contact with other men?

OAMEN.ORG

- Men's Face-to-Face Meeting Schedule
- Men's Phone and Online Meeting Information
- OA Men Email Discussion Groups
- OA Men Phone Outreach List

Willingness-For Today Page 116

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.

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**



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



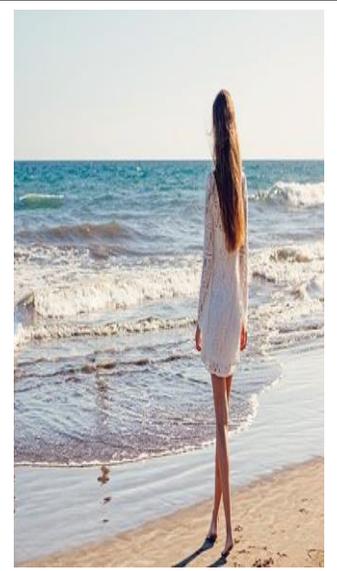
891 6554 0024
Password: 120912

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

Five New Young Persons Podcasts Now Online

The Young Persons' Committee and some individual young OA members who joined our program by age 30 have produced five powerful new podcasts. These are shares that shine with hope for recovery through OA's Twelve Steps while speaking to the concerns and experiences of younger OA members. Even if you are of "average age" in our program you will surely find a lot to love in these 20–40-minute podcasts. Listen to them now at oa.org/young-persons-podcasts/ and find them on the [Podcasts page](#).

Go to the [Young Persons Podcasts page](#)



World Service Convention 2021

Our 2021 World Service Convention: [“Walking in the Sunlight: One Day at a Time”](#) will be held as planned [August 26–28, 2021, in Orlando, Florida USA](#). Like so many OA events, Convention planning has been subject to local public health restrictions, and in Orlando, restrictions have been sufficiently relaxed such that public gatherings, currently tempered by a mask-wearing mandate and social-distancing recommendations, are possible. Web links to the most current public health and safety measures in effect for the Renaissance Orlando at SeaWorld, our hotel and venue; the City of Orlando and its area attractions; and the State of Florida, including guidelines for out-of-state travelers, are available on the [World Service Convention web page](#) to help you make an informed decision about traveling to Orlando and participating at Convention. Together, we can make tentative plans to attend and then turn the outcome over to our Higher Power as these next five months progress. Hotel reservation and Convention registration information and announcements are forthcoming, and the best way to get this information early is to sign up for our Convention email list. [Send your full name, email address, and country to \[conventioninfo@oa.org\]\(mailto:conventioninfo@oa.org\), and you will be added to the list. Your personal information will be kept confidential to the World Service Office. Let's set an intention for a face-to-face Convention! See you in Orlando!](#)



STEP SIX ON THE HORIZON

There is a great distance between Step Six and Step Seven just as there is a vast distance between the land and the clouds. During the humbling and honest experience of Step Four, our Higher Power helps us to face our character defects. When we openly share our inventory in Step Five, we are blessed with our sponsor's unconditional love and mercy. This path between Step Four and Step Five lays the foundation for our program. It is here where we prepare our hearts for a tremendous transformation. Step Six clears our eyes to see our real selves. We have seen the damage our addiction has done to our character, personality, and even our soul. Step Six is a pause. We realize that we don't have to be ready to change or even be responsible for this change in our lives. Nevertheless, an honest and clear view of who we are and why we need to change is established in Step Six. In Step Seven, we readily accept the grace that comes from knowing that we are not responsible for this transformation in our lives. We move into a new day with our Higher Power continuing to renew us and awaken us spiritually. -By Tony

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Willingness is an Action

Any Change to Improve Our Nature