

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 -See below. # 712-432-5200, PIN-4285115. **See below for more info.**

1. Sun. 5/2/2021, Orthodox Easter, Spiritual Principle of Tradition 4-Autonomy-How Am I Taking Responsibility for My Own Actions? **Telephone Marathon**, from 8 A.M. to 12 midnight EST.
2. 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.
3. Sun. 5/9/2021, Mother's Day, **Telephone Marathon**, from 8 A.M. to 12 midnight EST, Step 5 Spiritual Principle-Integrity-How Does Integrity Show Up in My Program?
4. 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.
5. Tues. 5/11/2021, EID al-Fitr: Ramadan Ends, **Telephone Marathon**, from 8 A.M. to 12 midnight EST, Day to Day Living in Steps 10, 11 and 12.
6. Mon. 5/31/2021, Memorial Day, **Telephone Marathon**, from 8 A.M. to 12 midnight EST, Spiritual Principle of Tradition 5-Purpose-How Do I Carry the Message of Recovery?
7. Sat. 6/12/2021, 10AM-www.oacfi.org-Central Florida Intergroup Meeting, Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID-699026950, Password: 768958.
8. Sun. 6/13/2021, Virtual Region Workshop, 3-4:30 EDT, The Sponsor-Sponsee Connection, ID: 8916554 0024 Password: 120912. Suggested contribution \$5.00.
9. Thurs. 26-28, 2021, World Service Convention, Title: Walking in the Sunlight, One Day at a Time, **See Page 9 for more info.**

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

May 2021: Spring



Step Five: Integrity

Admitted to God, to ourselves, and to another person the exact nature of our wrongs.

TRADITION FIVE: PURPOSE

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

CONCEPT FIVE

Individuals have the right of appeal and petition in order to ensure that opinions and personal grievances will be carefully considered.

Taken from the 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 newsletter@oacfi.org. Thanks-Carlene and Dee

Help Wanted

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



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.



Keep Working the Steps

"..... my longing to change my life is stronger than my fear."
For Today, June 19th)



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

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

"Taking these Steps is an ongoing process, revealing new truths each time around. It is an interesting search, and a rewarding way to live." This part of the reading also caught my attention, because here I am, studying the Steps again, and discovering new truths about myself. I don't like all I learn so much, but I can change.

Yesterday while doing my morning meditation, I contemplated why some things were bothering me so much and the lightbulb went off—I'm worrying about myself again too much. When I take the focus off helping others, I can climb onto a pity pot and stew. That is ridiculous, because my life is good, but I think I blow stuff out of proportion, because that is what I did my whole life. A minor disappointment or misunderstanding doesn't mean the world is out to get me, but you'd be shocked at how often my mind goes in that direction. Heck, I have most of my 43 pre-OA years to hone that thinking and it can come back in the blink of an eye. That's why I need to keep working the Steps, to remember who I was and appreciate who I am today. -Gerri

ON AWAKENING from Alcoholics Anonymous, pages 86-87



On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for God gave us brains to use. Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives. In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answer comes after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. But still being inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely on it. We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no requests for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why. From AA Big Book pg. 86-87

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

An Open Mind



Where there is an open mind, there will always be a frontier. Charles F. Kettering- Am I satisfied to be the way I am? I used to think the answer was No, but then why did I go right on being the way I always was, resisting change? To my compulsive overeater way of thinking, my opinions seemed to be truth and I never dreamed of changing them. But something happened. I found OA and was encouraged to have an open mind about some things. I did as I was told, and it brought me the gift of abstinence and an awakening to the presences of a Power greater than myself. The frontier I see before me today is limitless. For Today: My first priority is keeping my mind open to know God's will for me. -For Today, page 160



Taking Step 5

"After I completed Step Five many of my fears diminished, my attitudes changed and my defects troubled me less. Simply sharing my defects with a trusted confidant caused these changes in me."

Twelve Step Workshop and Study Guide, Step Five Session, (pg. 98 Voices of Recovery, March 20th)

Often OA members share fears about the 4th Step, and even more fear about sharing that inventory, but those fears are unfounded. I luckily went through the Steps rather quickly my first time around, thinking I'd finish twelve of them in twelve weeks and be done with OA, but as you can see, I'm still here 26 years later.

The experience of finally dumping that baggage I'd carried around alone is indescribable. Mine bordered on elation, finally able to step out of the lies my head had convincingly presented for most of my 43 years. Fear, anxiety and shame had less of a grip on me. I was able to see myself as worthwhile, having a purpose in life.

My inventory takes place daily now in my Step 10, which is keeping me in a constant state of improvement and reminding me of the benefits of self-disclosure. The evolution of Gerri would never have occurred without first taking a risk in my first Step Four and Five and the daily reinforcement with the Step Ten. -Gerri

A E I O U

A: Was I angry/resentful today?

E: What were my other emotions?

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

O: What did I do for others today?

U: What do I have unresolved

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).

SELF-IMPOSED ISOLATION



"Indeed, admitting the exact nature of our wrongs to another human being has been a frightening prospect for most of us..."

- OA 12 & 12, pages 47-48

Fear that people would know the real me kept me from divulging the real me. Why risk rejection? The irony is that, in wanting to avoid rejection, I isolated myself, which put me in the same solitary, lonely position that rejection from other people would cause. But I guess it's always different if I choose it for myself. I told myself it hurt less this way, by isolating, than by having people reject me. Then came my first Fifth-Step experience, and innumerable others since then, when I allowed people to know the real me, and they did not reject me. So, I had been living in my self-imposed isolation all along when, in reality, people would not have isolated me. This is one more example of my tendency to do more harm to myself than other people would do to me. And it's a perfect example of the way this loving program releases me from self-defeating behavior. - Voices of Recovery, page 314

Miracles and Service

"To me every hour of the light and dark is a miracle, every cubic inch of space is a miracle." Walt Whitman

There are many miracles in Overeaters Anonymous. It is a miracle that I am abstinent today, that I have the courage and faith to turn over the running of my life to God. It is a miracle that others who suffer from my illness have provided a place for me to go where I am accepted just as I am. And it is a miracle to have a path to follow that restores me to sanity. Perhaps now is the time to express my gratitude by offering what talents I have in service to OA. Organizational skills are needed at all service levels. A gift for speaking can attract many who still suffer to the program. Gentleness and understanding are qualities everyone wants in a fellow member. For today: The central miracle of my life is that I have been restored to sanity and usefulness. I may not have been asked, but if I look, I can find some service for which I can volunteer. -For Today, page 146

THE UP AND DOWN OF MY WEIGHT



Thank you, God, for this day of life and for being able to wake up to another day of your glory. Today's reading was on sponsorship. It tells me that the OA program is not about weight loss. A normal size body is the fringe benefit received during the process of reconstructing what is below the surface. I agree that inner change is the substance of the 12-step program. For years I tried other 12 Step programs where the focus was on a "normal size body". One program had a cookbook out for abstinent recipes. This program was very strict and filled me with shame. The program worked for some people but not me. Oh, I lost weight, but each time, it set me up for failure. I was still up and down with my weight...because of such restrictions. When I took the first bite, I was off and running...tasting all the foods that were forbidden. It has taken me quite some time to turn my thinking around. Some people think the OA program is not strict enough for them. My sponsor keeps telling me that she does not give advice about my food or how I should work my program. She will make suggestions which gives me the freedom to make my own choices. This gives me the courage to take responsibility for myself. As an addict, I have not been very responsible. Being in OA has helped me to like who I am for the first time in my life. I am more at ease but still I realize that the only person hard on me is myself. The program allows me to grow at my own speed. It focuses on the inner self and does not remind me of a past filled with diets. It's the first time in my long-lived life that I am not continually gaining weight. I may not be losing as much as is needed, but my progression in recovery is working. I never knew what it was like to go one day without gaining weight. Today my weight is stable because of sponsorship and all the other tools of the OA program. God, I thank you and I praise you. By Dolly

Page 4

Does My HP Witness My Step Five?



... And if my name was Spring; would I be transparent?
Would my smell be a pleasant fragrance in the wind?
Do the leaves belong to only the trees? Does the addict belong to the addiction?
Does the fruit of the tree make the tree good? Do dying leaves change the world around me?
I remember the damage done by an innocent, helpless, bag of potato chips. Diamonds & chocolate remain my lover, one feeds my body the other my hungry obsession.
Do I remember the barbecued ribs?
Can I self-medicate on a gallon of ice cream and blame it a hot summer day?
Do the Seasons and the air reflect the spirit of my persona?
Can "One Day at a Time" change my mood within the environment?
And, if I were a representation of the snow, would my character defects be clean?
Would my heart & spirit be pure?
Would I represent the clarity of fresh- tasting water? -By Tony



Perfectly Imperfect

If you're anything like me, you spend a fair bit of time thinking about how your body could be better. What needs to change? What is imperfect? So, I began to wonder, "What if we started balancing those critical, unconscious thoughts with grateful, conscious thoughts?" My arms are flabby. They jiggle and wiggle and move in ways I don't like; I think it's ugly. The stretch marks are obvious. But my arms give good hugs. My arms can carry furniture, make (many) abstinent salads and write "Lifeline" stories. My thighs are lumpy. No matter how thin I've been, even at three years old, I've had a lump of fat at the top of each inner thigh, and that lump isn't going anywhere. My thighs aren't symmetrical and commercials won't feature them anytime soon. But my thighs have never failed to carry my body around. They can hold a child when crossed on the floor, cradle my lover's hand and provide a folded foundation for prayer. My belly is goopy and saggy. As a teen I grabbed a handful of skin and fat and thought about cutting it off. The thought still crosses my mind as I watch the loose skin spill over my lap every time I sit on the toilet. But my belly connects my legs and torso and helps me stand tall. My belly sends me messages (via knots, butterflies and the like) that I could not understand prior to recovery. I could go on and on, as I'm sure we all could. Maybe that's a good idea! Be honest. I don't have a perfect body, but this imperfect body takes fine care of others and me. For this I am grateful. Amy B, Beaver, PA -Lifeline, May 2012



Integrity

"Nothing in us can be changed until we first accept it. Step five, by helping us to know and accept ourselves, makes it possible for us to change and recover." -12 & 12 of OA, page 48

Admitting the truth about myself requires honesty, the courage to tell the truth, and the willingness to accept it. Sometimes it seems like it is more than I can bear, but the only way to get it over with quickly is to go through it. If I do not accept that I am sick, then I am not likely to seek any kind of medical treatment. If I am not willing to take my medicine, then it is unlikely that I will change and eventually get better. It comes down to how much I am willing to pay. If my time, money, and energy are not worth much, then I am not likely to pay the price. If living in recovery, enjoying life, and reaping the benefits are my primary concerns, then I am willing to pay the price and grow from that opportunity. -Voices of Recovery, page 122

"My life consists of single moments. I occupy them one at a time, savoring the fullness of each, and find there is no room for fear." -For Today, page 293

THE PROMISES

From pages 83-84 Alcoholics Anonymous, the Big Book of AA
If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them. From AA Big Book



How to Use PayPal-Follow these steps.

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For today: The true spirit of giving to myself and to others is in keeping it simple: to let nothing complicate my abstinence and my OA way of life. For Today, page 345

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

Abandon Yourself to God

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God Bless you and keep you - until then." -AA Big Book, page 164

Putting my Hand out to Reach for You. You are always there.

Dear God,
Thank you for this day of life! If I didn't make this commitment to write to you each day, my thoughts would go elsewhere. I would not stay focused. I would easily forget to stop and realize how important it is for me to connect with you. Today's reading is on prayer. When I don't pray, I certainly don't get very far with anything in my life. My connection at times feels weak. Those are the days I double down on my meetings, my writing, and my connection to others for support. If I don't follow those guidelines, I feel an empty and alone. Just for today, when I'm holding on by a thread, my thoughts must be of you, of all of your gifts and the gratitude I feel knowing you are with me continuously on my journey.

As I write, I'm very much aware of the bottom line in my program...Why am I not as positive today? Is it because I strayed from my path of knowledge about this disease? Yes, I had something I should not have eaten yesterday. However, before I make this action so monumental and bring out that hammer, I choose to write about it and give it away to my sponsor. I see such a difference in my thinking when I go astray, even for a little bend in the path. I know that a bend can become a curve, and a curve can become that long road heading back into my disease. So here I am God, pouring it all out to you. You have your hands full looking out for me, but when I put my hand out to reach, you are always there for me. God, I thank you and I praise you.PS - Each morning, my energy is renewed, and I start singing my happy song again ...thus setting the stage for making more right choices. 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 our reduce isolation.



Finding an Attitude of Understanding in OA



Early on in my OA journey I discovered an inner voice that guides me. Some call this the still small voice of God; others call it intuition, Higher Power or Higher Self. Whatever it's called, it seems to serve the purpose of being my guide to sanity. To the degree I find I can trust this voice is the degree with which I am able to accept that there is, in fact, a source guiding me out of my personal darkness.

Trusting people had become unnatural for me and trusting myself, especially around food, was a sincerely heart-breaking. For so long, I found myself sadly flagging in the wind, and no matter how thick my body became, my inner being felt thin and worn. For too long I felt alone and detached as if the earth held no gravity for me. Gathering with my friends and fellow OA members became a reprieve from that alone state. Within OA I found an atmosphere of understanding, acceptance, and love like I have rarely known in my day- to- day life.

Starting from that very first meeting I discovered just what a lie I had been telling myself about my state of suffering alone. Once I recognized this shift in consciousness, I was able to inwardly move from a place of solitude to unity. As I have heard so many times in the meetings, "We are stronger together". There are still times I feel a bit lonely. There are moments when the meeting is hours cold and the phone is no longer ringing. These are the moments in my recovery when my inner knowing is most vital. This is when my Higher (HP) wants to call me to Him. This is when that still small voice reminds me to relax, fall back in trust, and remember the first three steps of OA. I find myself powerless over food. I believe a Power greater than myself can restore me to sanity, and I make the decision to turn my will and life over to the care of God as I understand Him. Taking these steps with a sincere heart puts me in check with my HP and provides me with the ability to make the decision to trust the friend within. By Tisha

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. - Georaia

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**.

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 Literature Email: literature@oacfi.org
 Bylaws: [oacfi bylaws](#)
 Policies and Procedures: [oacfi p & p](#)

Coming Intergroup Meetings

10 a.m. Saturday, May 8th 2021 and June 12th, 2021

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

All members are welcome!

March Treasurers Report

Number	Day	Group	Contributions
48951	Sun	7 th Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	DeLeon Springs United Methodist Church	
39535	Mon	Central Christian Church 12pm	5.00
57175	Mon	Dunnellon Pres. Christian Church	
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	30.00
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	
50209	Tue	Chatham Rec Ctr., The Villages	
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	5.00
25110	Wed	Christopher Hall-, Ocala	
39536	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	76.00
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	
54798	Thurs	Presbyterian Church, Dunnellon	
89384	Thurs	zoom group 89384	10.00
89006	Thurs	Virtual Speakers Meeting	50.00
00936	Fri	Tuskawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	50.00
53167	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	5.00
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	40.00
39883	Sat	Asbury Methodist Church	
46851	Sat	Men's Meeting, St. Marks Presbyterian (Closing)	
6887	Sat	Ascension Church	
48952	Sat	Union Congregational Church, Holly Hill	5.00
50419	Sat	Hibiscus Village Rec. Ctr 10:00am 12 Steps, The Villages	
51130	Sat	Hibiscus Village Rec. Ctr.-Newcomer	262.00
51142	Sat	REBOS Club, St. Cloud	
		Unknown group #	100.00
		Individual Contributions (PayPal)	15.00
		Individual Contributions (check)	75.00

Total Group Contributions - 758.00

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	Kathy S	
Noon	BB	57175	Dunnellon Pres. Church, 20641 Chestnut St., Fellowship Hall, Dunnellon, FL 34431 (Literature Study)	Gloria	
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=MU5BYnQwIkkT252Ykh1bTVSOU1RQT09 ID: 87612295859 PW: 852346	Peggy B.	
6:00PM		53032	Meadowcrest Park in Crystal River, FL.	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=MU82SnFvVjdWR6WVJwLyBRWxmQT09 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 Jacqueline or +1 646 558 8656 Meeting ID: 9749783696 PW: 36387		

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 -Closed for now see Mon at 6PM	Jennifer	
6 PM	V	57077	Cascades, 1515 E Silver Springs Blvd., Ocala 34470, Room 125	Cassandra	
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	Gerri 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=NFZlbnRhdG50Z2x0OGMrRndrbjduQT09 Meeting ID: 903 944 002 Passcode: 724968	Rosemarie K	
10:30 AM	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. 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=ZnovcG5iMExEcm9JRFBaWXYyVENOUT09 ID:82049067877 PW: 257520	Lisa B	
6PM	V	38170	Asbury United Methodist, Temp. Closed	Betty	
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room) Zoom Mtg. https://us02web.zoom.us/j/82222041043?pwd=dUhpXl4NH1dFA2MXi5MEi0NjUdmUT09 ID: 82222041043, PW: 555867	Tom H	
6PM	D	89384	Zoom Mtg. Body Imag- Recurring Meeting https://us02web.zoom.us/j/82375409368?pwd=cFFUVDYyMjYyZWVjL3NnZ0E0V3VnUT09 ID:82375409368 PW: boai8	Kathy L	
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=NlFhZnhqWSs1UG0xR3E1Y1p1N1MzZz09	Gail	
10AM	D	45611	Lady Lake Library, 225 West Guava Street., Lady Lake 32159- Zoom mtg. https://us02web.zoom.us/j/154974236?pwd=MfH6VnF3Vjg5eEduaEJ3a1N1NYmprZz09 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 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)	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	Betsy D.	

9:15AM D 48952 Union Congregational Church, 1050 Daytona Ave., Holly Hill 32117 (Fellowship Hall)
 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.)
 1:30PM SS 37491 Cathedral Church St Luke, 130 N. Magnolia Avenue, Orlando 32801 (Activities Rm.)
 2PM SF 46851 St Mark's Pres., 1021 Palm Springs Dr., Altamonte Spr. 32701 (Men's Mtg.)

Sue H
Gloria

AnneMarie F.
Jacqueline

Denny

Sunday

4:30PM N 51353 7th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)
 5 PM V 48951 7th 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

Cheryl K
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 tooncese@yahoo.com asap. Thanks-Carlene

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 - Sneaker oaefi.org/Meetinglist.pdf for most up to date list Uber Conference #407-553-2087

New Literature & Newly Revised Literature Available-Take a Look

In OA, Recovery is Possible: about Compulsive Eating and the OA Program of Recovery (#135) available in print at the OA bookstore and as e-book on Amazon, Barnes & Noble & Apple platforms for \$2.00.

A Lifetime of Abstinence: One Day at a Time (#155)

available in print at the OA bookstore and as e-book on Amazon, Barnes & Noble, & Apple platforms for \$1.00.

Is Food a Problem for you? Are you 18 to 30 years of Age? A young Adult?

- 😊 Visit Overeaters Anonymous YP on Facebook
- 😊 Thursday Night Phone Meetings 9:30pm ET
- 😊 Ph. 605-472-5395 Access Code 378978#
- 😊 Get Connected-Get Support
- 😊 Find Answers at www.oa.org

Registration is Open for the 2021 World Service Convention Aug. 26-27



This August, we will see the largest face-to-face celebration of recovery from compulsive eating and compulsive food behaviors that we have seen in years. From August 26–28, 2021, we will be “Walking in the Sunlight: One Day at a Time” at World Service Convention in Orlando, Florida USA, and we will be renewing our recovery in the spirit of this amazing Fellowship.

Convention registration and hotel reservations are now open. Our hotel and venue are the Renaissance Orlando at SeaWorld®, and OA members will enjoy a special room rate that extends before and after Convention. Registration this year is limited to full attendance only (no day passes). Visit the [World Service Convention web page](#) for registration and hotel reservation links, plus a tentative schedule of events and links to the most current safety, sanitation, public health, and travel information issued by the hotel and venue, City of Orlando, area attractions, and the State of Florida. Stay on top of the latest Convention news by sending your email address, first and last name, and country to conventioninfo@oa.org. Your information will be kept confidential to the World Service Office.

From: Linda, Vice Chair Convention 2020, 727 647 8280 Convention 2020 registration and lodging are NOW OPEN! For details, please visit the Convention page at <https://oa.org/members/events/world-service-convention/>. To receive Convention updates, email conventioninfo@oa.org and provide your name, state/country, and email address.

THE HOPE IS IN
THE HOPE IS IN
THESE ROOMS
THESE ROOMS



Dear God.

Thank you, God, for this day filled with gratitude, hope and the willingness to change my mind- altered thinking from this disease. In the reading today it says, and I quote, “I used to take the long way around, avoiding problems, escaping feelings...” That’s a hard truth that is not easy to digest, but so true...The manipulation, the control, the hostages I took in my life, the different adventures, the excessive shopping, the debt, and the irresponsibility. I even went as far as running away and moving to a different state hoping for a new start in a new location. My mind kept telling me that I had the answers...Well guess what, God, nothing helped because I took myself with me and never asked for help. I had all the answers...and it only made me miserable. I was irresponsible like a child who never grew up. I’m grateful for all of this awareness because it made me who I am today.

Once someone told me the answers were in a 12-step recovery program. After pouting for months, I decided to go to a meeting suggested by a friend I admired. This friend always had a smile on her face and twinkling eyes; her calmness was overwhelming. She suggested that I come to a meeting if I wanted what she had. That was a Monday morning at West Chester State College. I sat and cried because I finally heard someone tell my story. Can you imagine, a total stranger, and I connected with her!! I felt so much love and acceptance at that first meeting. And thus began my journey into a 12-step program. The steps allowed me to let go of a lot of garbage that I carried around with me. What a heavy load! The steps have changed me and my thinking. They have taught me how to live and that I am OK just the way you made me, God. Many years have passed since that Monday morning meeting. I’m so grateful to have had the experiences I have had.... because there are so many people in pain out there who do not know about 12- step programs. The hope in these rooms is passed on from one person to the other. God, I thank you and praise you. BY Dolly