

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNING



July 2021 Summer

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

Hello, I'm Dee and I am now providing service as your New Beginnings editor. I wanted to take a moment to introduce myself. I am 56 and am married 32 years to my best friend. I have three adult children that I am closer to now than I ever have been thanks to this program. I have released nearly 70 pounds in two years and am so grateful for the fact that I get one day's recovery in one day's time. My children are the seventh generation of native Floridians. Because I'm starting this service and my first issue is July, I thought I'd write about my lifelong favorite thing in Florida, the summer storm. A summer in Florida has gifts for me nearly daily. Of course, I'm not talking about the fact that it's a jillion degrees, or I have to mow every five minutes. I'm not sure at what age thunder storms became an image of the power of my HP (I'll call God from here on) to me. I have memories of huddling together in the hallway of our mobile home as it shook and cried out during a hurricane. The sounds of metal bending and windows rattling like the shuddering palmettos in the high wind surrounded the four of us. We sat silently in the green shag carpeted hallway, listening. The bright flash of lightning and the rolling rumble of its announcement – "I am this far away," gives me the same feeling of awe today as it did back then. I heard stories of my great grandfather, who had once been caught with a team of oxen, yoked together, during a thunderstorm, himself so frightened that this weathered old farmer would hide under the covers. For me, I stand as close as I can, even when the power company's transformers are exploding in blue arcs nearby, I am attracted as a moth to a flame. I am unafraid, and I'm captivated at the chance to be that close to my powerful God. I am so grateful for this opportunity. Thank you, Dee N.

Step Seven: Humility (see pg 7)

Humbly asked Him to remove our shortcomings.

**CALENDAR OF EVENTS:**

- Sunday, July 4, 2021 Telephone Marathon, Independence Day, Step 7 Spiritual Principle - Humility – What Do You Do When Food Thoughts And Cravings Occur, 712 432-4200, Conf ID: 4285115#
- Saturday, July 10, 2021 at 10am www.oacfi.org – Central Florida Intergroup Meeting. Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 6950 Password: 768958
- Sunday, July 11, 2021, Virtual Region Workshop, 3-4:30pm EDT, What Does It Really Mean To Surrender, [Zoom code 891 6554 0024 pw: 120912](https://us02web.zoom.us/j/699026950)
- Sunday, August 8, 2021, Virtual Region Workshop, 3-4:30pm EDT, A Threefold Disease: Physical, Emotional, and Spiritual, [Zoom code 891 6554 0024 pw: 120912](https://us02web.zoom.us/j/699026950)
- Next intergroup meeting is Aug 14th, Zoom mtng, <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 6950 Password: 768958
- August 26-28, 2021 [World Service Convention](https://www.oa.org/convention) "Walking in The Sunlight: One Day at a Time", Renaissance Orlando at Seaworld. Send your email address with your first and last name and the country you're from to conventioninfo.oa.org for more information and updates.
- 1/14/22 – 1/16/22 – 32nd Annual Florida State Convention, Celebrate Recovery, The Hilton Cocoa Beach Ocean Front at 1550 N. Atlantic Avenue, Cocoa Beach Fl. [Click here for registration flyer](#). Room rates \$164 plus taxes and fees for up to 4 people per room (12% additional, Total Rate: \$183.68 per night.
- OA Phone Marathons: Meetings every hour from 8 a.m. to 12 pm midnight EST, 712 432-5200, pin-4285115# Contact Padma for more information at 2020oamarathons@gmail.com or call 828 620-0521. To sign up visit www.signupschedule.com/oamarathons.
- April 9-10, 2022 SOAR 8 Business Assembly, To register or pay, visit www.oaregion8.org. Using snail mail send your completed registration and a check payable to OA Region 8 to SOAR8 Treasurer, PO BOX 242522, Little Rock, AR 72223. For more information contact Melissa H. at vicechair@region8.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Dear God,

A Prayer

Thank you, God, for this day of being able to see your glory. To quote the last paragraph of today's reading "Prayer is the only means of truly opening my mind and spirit, once clamped shut by pain and self-pity. A once grim and stony path is now lightened by love." It is funny, God, when I was first told I was self-centered, I didn't know what that meant until it finally came to me. When I was in the food, all I could think of was myself. Yes, the food may have been comforting, blocking out the past, today and the future. What I didn't realize was how much time I spent in self-pity. Never gave it a thought to turn to you, God. I was so absorbed in gaining weight, beating myself up, what are people going to think of me when they see me heavier. Oh, I know, I can go on a starvation diet!!! I would tell myself I could lose all of the weight I put on. Let me tell you one scenario. Yes, I can do it. I gained twenty-five pounds....Oh, I can easily lose it if I starve myself...The wedding is a month away...Three days before the wedding...Oh, I can do it in three days so my dress will fit me....Back to the store to buy a larger size, of course buying two or three outfits to see which one would fit the best, meanwhile hating myself when I looked in the mirror. So, I began to see how much time I spent on myself trying to rearrange the show. Months, days, weeks went by with the "I'll do it tomorrow attitude". There are no tomorrows!!!! So, I could start to see what was meant by self-centeredness and self-pity. It took up all of my thoughts. I was in my thoughts constantly all day long. #1 was the food, #2 focusing on myself. Where was there any time for you, God, for prayer, to ask for your help? No, I did none of that. You, God, never entered my mind because I was trying to control everything myself. Had I turned to prayer back then, a lot of misery could have been avoided. Yes, I coulda, woulda.. It's all in the past. In your time, God, and with the steps, you have shown me how to reach out for help. There is only one God, and it's not me. I thank you and I praise you.

-Dolly, Clermont

Member Poetry**A Power Greater Than Myself**

When pain struck me, I had nowhere to go.
 I sat in silence, and could not let it go...
 This world grew bigger, and I felt so very small.
 All of me disappeared, through it all...
 Walls were built that were very strong.
 I hid behind them, for so very long...
 The hurt was so big, I didn't know where to place it.
 The pain was so intense, I didn't want to face it...
 A power greater than myself, was looking down.
 I saw myself as lost, but to Him I was found...
 A power greater than myself, held my every tear.
 And embraced me, as I trembled with fear.
 He was there, but I didn't see
 A power greater than myself, watching over me.
 I don't feel it; my heart might not accept.
 I struggle with believing it, not finding it yet...
 I am sure, that I must fight alone.
 I am a bleeding warrior, whose insides have turned
 to stone.
 A power greater than myself whispers to rest,
 But I don't hear it, as I tend to forget.
 A power greater than myself, tells me to use Him as
 my protector.
 He can help me and be my shelter.
 I can hide behind Him, and lay my hurt to rest –
 A power greater than myself that I tend to forget.
 - Noly C.

If you would like to submit poetry, please email your submission to newsletter@oacfi.org.
COMING SOON!!! SEE BELOW!! WE NEED YOU!

Dee needs writers for the following projects. Please know that all 400 – 500-word articles should find a way to add elements of what you've learned in OA to the story. **Wanderlust in August** – A story regarding a summer travel trip and attending meetings or maintaining abstinence while traveling. **Remember September** – A story regarding someone who is no longer in your life, of whom you have important memories. **Being a Member In October thru December** – A story (or stories) about the struggles of getting through these holiday months with your abstinence intact. We will print multiple submissions. Send to newsletter@oacfi.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Celebrating Our Freedoms

Stepping into Freedom

Entering the rooms of OA nearly three decades ago, I anticipated that I'd be given a diet based on restriction and deprivation. I never dreamed I'd be given a life-enriching recovery program and the freedoms in each of OA's Twelve Steps:

Step One: Admission of my powerlessness means freedom from my mental obsession with food, allowing expanded space in my heart and head so I can become teachable regarding the OA recovery program.

Step Two: Coming to believe in a Power greater than myself means freedom from self-obsession, control, and perfectionism, allowing me to experience a more balanced relationship with God and my OA fellows.

Step Three: Turning my will and life over to God's care means freedom from my difficulties, allowing me to develop faith in God's guidance and foster my own intuition as I live in recovery, one day at a time.

Step Four: Making a moral self-inventory leads to freedom from pain and remorse, allowing me to begin to change as I move out of the shadows and get out of my own way. Reparations to my fellow humans have begun as I courageously take this Step.

Step Five: Admission of my wrongdoing leads me to freedom from my isolation as I honestly admit my mistakes and open myself up to healing relationships with others.

Step Six: Being entirely ready for God to remove character defects means freedom from the fear of change as I trust I can be well without my defects.

Step Seven: Humbly asking God to remove my shortcomings means freedom from the parts of me that have kept me stuck (and in my disease).

Step Eight: Listing people I've harmed and becoming willing to make sincere amends to them means freedom from guilt and harsh judgments as I practice forgiveness toward myself and others and ready myself to make amends.

Step Nine: Making those amends means freedom too. As the "OA Twelve and Twelve" Second Edition says, "This Step has freed us from the shackles of our past mistakes in a miraculous way" (pg. 63). This release allows me greater closeness to my Higher Power and a sense of peace with myself and the world.

Step Ten: Continuing to take personal inventory means freedom from harmful feelings that may cause a backward slide in my recovery. Steadfastness in my program is maintained when I promptly and honestly make amends whenever they are needed.

Step Eleven: Seeking conscious contact with God thorough prayer and meditation means freedom from the pitfalls of thinking I can run my life better than God. It keeps the spiritual part of my program alive and healthy.

Step Twelve: Carrying the message of recovery to others and practicing these principles throughout my life means freedom from fear of the future. It keeps me grounded in the sacred principle that I can't practice healthy recovery unless I share my experience, strength, and hope with my fellows.

-Debbie A., Minnesota USA

This writing taken from the July 2018 issue of "Lifeline A Meeting on the Go".

Tradition Seven: Responsibility (see pg 8)



Every OA group ought to be fully self-supporting, declining outside contributions.

Concept Seven: Balance (see page 7)

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A: the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

“Our common welfare should come first; personal recovery depends upon OA unity.” *Tradition one of The Twelve Traditions of Overeaters Anonymous*

“Service in OA has been a surprisingly powerful factor in our recovery.” *From “The 12 and 12 of OA” (pg. 101)*

“When I first joined OA, I shied away from service opportunities. I told myself several things: ‘I am too new,’ ‘I don’t know enough,’ ‘It will take too much time from my work or family.’ ‘In the past, I have given too much of myself and my time to other organizations. Since I don’t know how to give in a healthy way, I’m going to be very cautious now.’” *Taken from- “Voices of Recovery” (pg. 90)*

In addition to the above excuses, I truly had no time. At the beginning of my OA experience, I worked three jobs. This went on for years. That was not the only reason I did not volunteer for service. I never felt good enough about myself to think that I could do a good enough job. I did not think that I could do the job and felt that there was a better person out there to do the service. When I was asked to be our meeting representative at my local meeting, I did not want to do this. I felt there was someone better out there but there was no one else to do the job so I went. I soon met other people in OA intergroup and made some connections. I did not feel as isolated as I thought I would. People were friendly and welcomed me. This was new to me because I am an isolator. As time progressed, our “New Beginnings” editor was planning to leave her position for other positions and the group was asking the fellowship for volunteers. I raised my hand to say a lot of people do not have the necessary software to do the job. Pam, our chair, stated that she would see to it that I had the software. I then said that I was not computer literate and did not have the skills to do the job. Our editor spoke up that she would help me and show me what to do. So that took my excuse away. I was off and running with the newsletter. Relying on the limited computer knowledge, I told myself that I would do the best that I can and leave the rest to my Higher Power. There were many times that I made mistakes, and this humbled me. My perfectionist attitude took a big hit, but this taught me to ask for help and not worry about the past. But it also taught me I was not perfect and forced me to accept that I was not perfect. Once I got into setting up the newsletter, I was able to use my talent of creativity. I found it to be a lot of fun to do. I then learned more about what was going on in OA and was able to fill our local group in to what was going in the region and in the OA world. I have learned so much since taking on the newsletter that I would not have known had I not taken on this service.

“In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery.” *Taken from “Voices of Recovery” (pg. 90)*

Another benefit from this service is that I would not have met so many wonderful people and made some new friends at Intergroup. I have seen several people who were shy and timid when joining, and like a butterfly, have blossomed into lovely, outgoing people. Service pays off in OA. It is one of the tools that helps our recovery. Give it a chance. You won’t regret it. I have had a lot of fun being the editor of our “New Beginnings” Newsletter but will be stepping down soon and Dee will be stepping up in my place. I hope you will help her and be kind to her. I have moved into the Secretary’s position and will look for your kindness, support, and advice, too. I have learned that I don’t have to be perfect as long as I have the help of the fellowship. As we pull together, let this be the year of years to pull together. We are one, united. -Carlene D

How do I subscribe or unsubscribe to the intergroup news? You can unsubscribe from this list at any time by sending an email to: oacfi_intergroup_news-unsubscribe@oacfi.org. You will receive an email confirmation of your request; simply reply to the confirmation and you will be removed from the list automatically. -->If you change your mind, you can re-subscribe by sending an email to: oacfi_intergroup_news-subscribe@oacfi.org.

**Heard at a meeting
Came for the VANITY, stayed
for the SANITY!**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Big Book,
“More About Alcoholism”, (pg. 32):**

“Though there is no way of proving it, we believe that early in our drinking careers most of us could have stopped drinking. But the difficulty is that few alcoholics have enough desire to stop while there is yet time.”

To me this quote explains why being absolutely desperate was such a gift and hitting bottom was so essential to my recovery. Being young generally seems to lead to “bulletproofitis” — there was always time to get serious and really go on a strict diet!

Years ago, I read this amazingly rich, enthralling, exciting, romantic, and historical novel about India. Part of the story involved a young woman who was very impressionable; she became infatuated with a much older British soldier of fairly high rank. He was what they called in those days a “dissolute reprobate” of very poor character who seem to live to eat and drink.

While waiting for her to return so they could be married, he became increasingly lazy and self-indulgent, licentious, and utterly dependent upon alcohol and food. He kept thinking he would have time to sober up and lose weight before she arrived, but of course, he never made any progress in that direction. The fateful day arrived, but of course, he was at his absolute worst!

The whole time I was reading the book I realized I was just like him. I thought I had plenty of time to fix myself. I was always going to lose weight in time for some event; the event would happen, but I never lost the weight.

Many years passed until, finally, I was given the gift of desperation when my time ran out, I hit bottom and I came into OA and my life hasn't been the same since. I thank God for that gift of desperation and that my bottom wasn't as tragic as it could have been.

Trust God. Clean house. Help Others.

Anonymous



“Freedom’s just another word for nothin’ left to lose...” Rockers from the late 60’s will recognize this as a line from “Me and Bobby McGee”, the road trip anthem written by Kris Kristofferson and made famous by Janis Joplin when I was about 17. Back then, I had only fantastical daydreams of what freedom might be for me. Back then, freedom probably meant doing what I wanted, when I wanted. It probably also meant eating what I wanted, when I wanted. Back then, my notion of freedom was so very limited.

Fast forward 30 years – 30 years of doing what I wanted, when I wanted and eating what I wanted, when I wanted. By then, I was obese, angry, miserable and desperate, and I took my first step into an OA meeting where I heard the phrase, “gift of desperation”. Somehow, I got the concept immediately. Back against the wall, no hope, nothin’ left to lose, and there I found a tiny bit of willingness to sit down, shut up and listen. I didn’t get abstinent right away but I kept showing up. Week after week, I sat and heard ideas, some of which sounded crazy, some rubbed me the wrong way, sometimes even infuriated me, but in that place of desperation, I found I was more open, dare I say freer, to abandon what I thought I knew for what seemed to be working for others.

Now, nearly 20 years in, when I hear Janis Joplin belting out, “Freedom’s just another word for nothin’ left to lose...” I hear them as a recovering 12-stepper, someone who has experienced freedom from the crippling obsession of food addiction *because* I had nothin’ left to lose. I was so desperate I was willing to try anything. Each day, I pray to remember how that desperation felt because I know I can go back there in a second if I forget.

- Laura F.

Heard at a meeting

The elevator to abstinence is broken....take the STEPS!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

July is the month of Freedom/Independence. I recently spoke with an OA member who told me about a song. Can you guess who sang the following lyrics?

"You Need a Mess of Help to Stand Alone"

*I need a breeze blowing softly
To keep my wind vane from standing
I need a whole lot of sunshine
To keep my sundial advancing
I need some soil 'fore my grass will grow
I need some spark to make my candle grow*

*Relief I cried
Ain't no shuck 'n' jive
I need a mess of help to stand alone*

*I need a spark by a fire
To stop the cold of my winter
I need a burst of your raindrops
To keep a flow in my river
I need a call for my phone will ring
I need a song for my voice will sing*

*Please realize
I'm not half alive
Without a mess of help to stand alone.*

Did you guess it???

This song was sung by The Beach Boys!

Contributed by Paul B



**"When you have faults, do not fear to abandon them."
(Confucius)"**

"Twelve Step Workshop and Study Guide", Step Six,
(pg 105), as quoted from "For Today" 11/03

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

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

So why would I expect my character defect to be different? It is a process, brought about by wanting to be of use to God and those He puts in my life, rather than constant self-focus. That is the intended results of taking the Steps—change for the better, starting with my eating and then continuing with improving my character.

Rather than be discouraged, I'm grateful for any improvement. I never turn to food, which is a good thing, and with God's help and continued step-work, the defects will melt back into assets with time.

- Gerri H.

HOW TO USE PAY PAL

Follow these steps:

1. Log on to your Pay Pal 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

Heard at a meeting

The enemy of a good decision is the promise of a perfect decision.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Step 7 - Humility**

Arrogance is the idea that I am better than you. Self-pity is the idea that I am less than you. These character defects keep me locked in a self-centered relationship with myself, you, and my Higher Power. I want to feel special...admired. Pride and conceit cloud my judgment and opinions. Even if I somehow get all these things, the satisfaction is fleeting. Soon, I will need you to feed my hungry ego again. It is an example of the disease of 'more' that plagues me while in my disease.

There is the other side of this cycle. If I do not feel special, I feel worth less than you. I assume that you are more special than me. I am consumed by my inferiority and self-pity. I forget about you and how I can help you. Only my Higher Power can pull me out of this cycle of insane thinking. Humility is the way out of insanity. While I was initially angry at the realization, I am now relieved to know that I have EXACTLY the same value to HP as everyone else who walks this earth. Humility means waiting in line, waiting my turn, letting others go first and doing something kind when no one is watching. Humility is not the same as meekness or making myself small. It is not the same as humiliation, a cruel judgement of one person by another. Chapter 6 of the AA Big Book – Into Action [pages 83-84] reminds me of the difference between humiliation and humility – “We should be sensible, tactful, considerate and humble without being servile or scraping. As God’s people we stand on our feet; we don’t crawl before anyone.” There is no place for judgment or humiliation in our program. The purest form of OA fellowship offers only love, guidance, tolerance, and patience. Humility is also admitting that I cannot control others; that HP is in charge. Since I am still learning to be humble, I can slip into the character defect of arrogance again and again. I have the impression that I have the answer to any problem that another person encounters. My motive is to be helpful but also admired. I have expectations that you notice how helpful I am and these turn into resentments. When my HP removes the bondage of self, my ears and mind are open for instructions for my day. I can walk the earth looking for ways to be HP’s humble representative.

-Anne F.

OUR JOURNEY FINDS JUSTICE

If we continue to hold on to the guilt, we cannot totally accept forgiveness. Why do I make this bold statement? Because, without allowing myself to embrace the grace which comes from knowing a loving Higher Power, I will never be able to fully work through Step Two to Step Seven. I need to accept the truth that although it may not be my fault that I am an addict, it is my responsibility to work the steps of my recovery. I will not get this concept exactly right on all points. This reality should not limit my acceptance of freedom from food addiction. This existence of abstinence does not come because I put it there. No, by no means; it is truly a humble awareness of grace from a loving, wise, powerful, and good Higher Power. I must believe that the desire for my abstinence first resonates in my relationship with this Higher Power, plus understand that it is graciously lavished upon me. I did not earn it. I did not accomplish this goal somewhat as a professional achievement. Rather, I submit to a higher-level lifestyle which is also good. This good nature is bestowed upon me from my Higher Power and establishes a pathway of freedom. This pathway in itself is a journey, not a destination. It is a path which I walk daily, one day at a time, every day. When I lay my head down to rest every evening, I claim my independence based on my abstinence. This contentment of independence I acquire through acknowledging an ongoing relationship with my Higher Power. This relationship frees me from the consequences of living an active addictive lifestyle.

- Tony B

Concept Seven - Balance

Working the Steps has been the major factor in my three-fold recovery. Before coming to OA, I tried to control my weight through willpower alone.

After working the Steps for thirteen years, I know that I need God’s power to continue recovering. This means letting God determine my weight and size, something I once monitored with intense dedication. Letting God do this freed up time and energy for working Steps Four through Seven. These steps taught me how to take responsibility for myself. Secretly, I had wanted someone else to make the hard decisions.

Step Five caused the biggest change in my physical recovery. After more than two years, I finally became honest with another person about my food quantities. The physical recovery began, and the obsession lifted. Sponsors have kept me accountable. I have maintained a twenty-nine-pound (13-kg) weight loss for the last eleven years. Maintaining my recovery on all three levels involves regularly attending to Steps Four and Five. Steps Eleven and Twelve keep my spiritual balance. I need to surrender my will to God to work the Steps in full. Practicing these principles in all my affairs is one way to be the person God wants me to be, and it is a convincing way to carry the message. I might meet someone today who needs my message of recovery. Of course, I attend meetings regularly.

– Edited and reprinted from *The Stepping Stone* newsletter, Northeast Wisconsin Intergroup, May/June 2011 and most recently taken from “Lifeline Magazine”, August 2013, under section “Maintaining Recovery” (pg 14).

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

“Every OA group ought to be fully self-supporting, declining outside contributions.” [Seventh Tradition]

Spiritual Principle: Tradition Seven - Responsibility

The first time I worked the 12 Steps with a sponsor I was so happy to be done! That was some of the hardest work I had ever done in my life. Now, I thought, I could coast a bit.

Ah, but then my sponsor said, “OK now we will study the Traditions.” So much for coasting!

I didn’t know much about the Traditions at all, then being less than a year in the program. The only Tradition I could recite from memory was of course the Seventh Tradition because it is read at every meeting when the basket is passed. Over the years I came to learn a lot more.

The spiritual principle of the Seventh Tradition is “Responsibility” which is the moral obligation to behave correctly toward or in respect of something; a duty if you will. That’s what this article is all about - responsibility with respect to the Seventh Tradition

So why do we have a Seventh Tradition? Fulfilling our primary purpose of helping others takes money- from running the smallest meeting, to Intergroup, Region, and to World Service. True, OA groups have their own expenses to cover. But as group members who also share the benefits of those other service bodies, it is our responsibility to pay our fair share of those expenses too. If we are not helping pay for the services we receive from Intergroup, Region and World Service we are not self-supporting.

Why don’t we let non-OA members (who can be quite generous and well-motivated) help us with our expenses?

There is an old saying that ***“the golden rule is: he who has the gold makes the rules”***.

Having the Seventh Tradition does several things:

- It keeps OA free of outside influences (like the man with the gold) that may divert us from our primary purpose. We are learning to place our dependence upon a Higher Power, not on an outside donor who may have conditions attached to that donation that could compromise the fulfillment of our primary purpose.
- We do not charge dues or fees. Instead we rely on the generosity of every OA member; as members in recovery we learn it is our responsibility to support OA at all levels. We avoid the pitfalls of financial dependency.
- Financial independence is a mark of the emotional and spiritual maturity we gain in recovery. This helps me be more committed to my own recovery

But the responsibility of the Seventh Tradition goes beyond financial matters. We must also be responsible for our share of the service work necessary for our group to fulfill its primary purpose. For example, our group needs to provide the necessary services of sponsorship to those who need one. How disheartening must it be to the newcomer who finally gets up the courage to try OA to be at a meeting and find that no one raises their hand to volunteer to serve as a sponsor!

The long form of AA’s Seventh Tradition from which we derive ours states:

“Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.”

We avoid such controversies and disputes when we are self-supporting through our own contributions. It isn’t the amount of the contribution that matters. What matters is that by fulfilling our Seventh Tradition responsibilities we keep alive the spiritual connection of our common peril and the common solution found in the 12 steps that unites all of us as we help each other trudge the Road of Happy Destiny.

Sources: AA Big Book, OA 12 and 12, AA 12 and 12.

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 need to do is send an email to:

Willing to provide content?

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 less than 500 words. Send articles to newsletter@oacfi.org.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10:00 am	L	56041	Pimlico Recreation Center 530 Belvedere Blvd (closed summer mts) The Villages FL 32162(Face to Face)	Marilyn D	978-658-2084
10:00 am	L	89653	For Today Dedicated Virtual Meeting Zoom only Zoom: 693 585 0119 PW:123123 https://us02web.zoom.us/j/6935850119	Rosemarie K	352-638-6286
Noon	SS	39535	Central Christian Church Zoom call in Zoom only 312-626-6799 Zoom: 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S.	678 429 1286
Noon	BB	57175	Dunnellon Pres. Church 20641 Chestnut St. Fellowship Hall Dunnellon, FL 34431	Jolene G.	352-425-2339
5:00 pm	V	39211	DeLeon Springs United Methodist Church 265 Ponce de Leon Blvd. DeLeon Springs, FL (face to face)	Chris	609-744-8104
5:30 pm	V	53032	Coastal Region Library FACE TO FACE 8619 W Crystal Street Crystal River, FL 34428	Jennifer	352-216-4110
6:00pm	L	56481	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd HYBRID MTG Port Orange, FL 32129 Zoom 876 1229 5859 pw 852346 https://us02web.zoom.us/j/87612295859	Peggy	478-973-6573
6:30 pm	D	53479	Holy Spirit Episcopal 601 S. Highland Avenue Apopka, FL 32703 (Face to Face)	Laura F	407-484-7736
7:00 pm	SS	45648	Casa De Fe Y Bendicion Zoom call in # Zoom only: 1 646 558 8656 Zoom 974 978 3696 pw 36387 https://zoom.us/j/9749783696	Terry C	407-414-5298
7:00 pm	V	16681	Gloria Dei Lutheran Church 130 Lone Oak Drive FACE TO FACE Leesburg, FL 34748	Rosemarie K	352-638-6286
7:30 pm	V	48859	Grace Presbyterian Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace https://us02web.zoom.us/j/86837813267	Connie H	407-353-7589
7:30 pm	V	01048	Church of the Ascension Zoom call in # Zoom only 1-646-558-8656 Zoom 974 978 3696 pw serenity https://zoom.us/j/9749783696	Jacqueline	407-423-4086
TUESDAY					
10:00 am		50209	Chatham Rec Ctr 7415 SE 172 Legacy Ln	Jim	603 502 6856

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

			The Villages 32159 (face to face)		
Noon	D	54196	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
5:30 am	V	57273	Lost and Found Club 661 S. Pine Avenue Ocala, FL 34471 (FACE TO FACE)	Evan	832-444-4977
6:00 pm	V	46213	Asbury United Methodist (Rm 11) Zoom only cal in #l 646 558 8656 Zoom 314 478 076 pw serenity https://zoom.us/j/314478076	Dee N	407-489-0829
7:00 pm	V	52613	North Village Pool Pavillion 215A Celebration, FL 34747 Uber Conference Line 407-553-2087	Geri B	407-557-7055
			WEDNESDAY		
10:00 am	BB	48700	Lady Lake UMC, HYBRID MTG Corner of hwy 27/441 and McClendon St Lady Lake, FL 32159 Zoom 903 944 002 pw 724968 https://zoom.us/j/903944002	Rosemarie K	352-638-6286
10:30 am	V	25110	Christopher Hall 1 st UMC 1510 SE 3 rd Ave Ocala, FL 34471 (Temporarily Clsd)	Joleen	352-425-2339
Noon	BB	39536	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S.	678-429-1286
			THURSDAY		
10:00 am	V	56981	Riverbend Recreation Center 1833 Corbin Trail The Villages 32163 (Temporarily Clsd)	David R.	978-500-9475
Noon	BB	54195	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
4:00 pm	V	54798	Dunnellon Presbyterian Church 20641 Chestnut Street HYBRID MTG Dunnellon, FL 34431 Zoom 820 4906 7877 pw 257520	Lisa B	352-615-9155
6:00 pm	SS	52976	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd HYBRID MTG Port Orange, FL 32129 Zoom 822 224 1043 pw 555867 https://us02web.zoom.us/j/8222204103	Cecile B	407-617-7062
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 https://us02web.zoom.us/j/82375409368	Kathy M	407-252-7575
7:00 pm	SP	89006	Zoom only Zoom 863 7071 7790 pw 654321 https://us02web.zoom.us/j/86370717790	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only	Jacqueline	407-423-4086

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

			Uber conference 407-553-2087		
7:00 pm	BB	52586	Wekiva Springs Pres FACE TO FACE 211 Wekiva Springs Lane, Longwood FL 32779 2 nd flr Reformation rm	Phyllis D	386-717-9721
			FRIDAY		
9:00 am	V	54490	Shepherd of The Hills Lutheran Church Zoom only Zoom 870 5439 1380 pw 077677 https://us02web.zoom.us/j/87054391380	Gail	352-348-1004
10:00 am	D	45611	Lady Lake Library Zoom Only Zoom 154 974 236 pw 970404 https://us02web.zoom.us/j/154974236	Ilene H	352-753-2333
10:45 am	D	51142	REBOS Clubhouse – Zoom only Zoom 328 754 4837 pw 628465 https://us02web.zoom.us/j/3287544837	Helen	845 325 2031
Noon	BB	53167	Central Christian Church Zoom only Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S	678-429-1286
7:00 pm	L	00936	Tusawilla United Methodist Church Zoom only (using OA book 3 rd Edition) Zoom code: 297 035 614 pw 028590 https://zoom.us/j/297035614	Gloria	407-340-2008
7:00 pm	L	20088	St. Luke UMC Phone only Uber Conf 407-553-2087	Jacqueline	407-423-4086
			SATURDAY		
8:30 am	N	51130	Hibiscus Village Rec Center 1740 Bailey Trail (FACE TO FACE) The Villages 32162 (Jasmin Card Rm)	Judy S.	516 551-5269
8:30 am	V	46887	Ascension Church (Rm 108) 4950 Apopka Vineland Road Orlando, FL 32819	Geri B.	407-557-7055
9:00 am	D	38611	St. Richards Church HYBRID MEETING 5151 Lake Howell Road Winter Park, FL 32792 The last Saturday is a speaker meeting Zoom 896 1851 4937 pw PassItOn https://us02web.zoom.us/j/89618514937	Carole M.	407 616 8908
9:00 am	D	48952	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd HYBRID MTG Port Orange, FL 32129 Zoom 847 4637 5252 pw 508205 https://zoom.us/j/84746375252	Sue H.	386-253-7411
9:30 am	D	39883	Asbury United Methodist Zoom Only Zoom 784 066 770 pw serenity https://us02web.zoom.us/j/784066770	Cheryl S.	407 221-5928
10:00 am	SS	50419	Hibiscus Village Rec Center Outside at the picnic tables (for now)	AnneMarie F	508-364-3933

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

			1740 Bailey Trail (FACE TO FACE) The Villages, FL 32162 (Jasmine Card Rm)		
2:00 pm	SF	46851	St. Mark's Presbyterian 1021 Palm Springs Dr (ON HOLD FOR NOW) Altamonte Springs, FL 32701 (Men's mtg)	Denny	407-415-5065
			Sunday		
4:30 pm	N	51353	7 th Day Adventist Church 2800 N Orange Avenue Orlando, FL 32804 (Across from FL Hosp) (Temporarily Closed)	Chery K	407-895-1252
5:00 PM	V	48951	7 th Day Adventist Church Zoom only Zoom 398 124 045 pw 024657 https://us02web.zoom.us/j/398124045	Patti D.	407-791-1999

Book BB- Big, D – Discussion, N-Newcomers, SS – Step Study, V- Varied, L-Literature, SF- Special Focus, SP-Speaker

Meetings List 6 24 21 ****/Desktop/OA MEETINGS/Dee's macbook pro

HELP WANTED!The Webmaster, Asst Webmaster, Treasurer and Retreat Chair positions are available now. Please consider giving service for your intergroup. Service often makes staying abstinent easier, try it on for size, you'll be surprised!

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

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. 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, and you will be added to the list. Your personal information will be

FIVE NEW YOUNG PERSON'S PODCASTS 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 our younger OA members. Even if you are of "average age" in our program you will surely find a log 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 Podcast page

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Your Trusted Servants For Central Florida Intergroup

Positions: 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
 PIPO: Alyson T.
 #1 WSO Delegate: Pam T.
 #2 WSO Delegate: Debby H.
 12# 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.

Central Florida Intergroup / CFI Board Members

Chair: Pam T. (603) 682-6267 (chair@oacfi.org)
 Vice Chair: Debby H. (414) 491-3277 (vicechair@oacfi.org)
 Treasurer: Tim Z. (407) 242-5675 (treasurer@oacfi.org)
 Secretary: Carlene D. (407) 360-9120 (Secretary@oacfi.org)

7th Tradition Contributions by check may be sent/mailed to:

Central Florida Intergroup

P.O. Box 180293, Casselberry, FL 32718

Or pay by PayPal – Click on your own Pay Pal 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, July 10, 2021 and August 14, 2021

May Treasurers Report

<i>Number</i>	<i>Day</i>	<i>Group</i>	<i>Contribution</i>
48951	Sun	7 th Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church Leesburg	
39211	Mon	DeLeon Springs United Methodist Church	40.00
39535	Mon	Central Christian Church 12pm	
57175	Mon	Dunnellon Pres. Christian Church	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	80.00
56041	Mon	Pimlico Rec Center, The Villages	
56481	Mon	Port Orange Presbyterian	51.00
01048	Mon	Church of Ascension, Orlando	
89653	Mon	For Today Dedicated Virtual	
53032	Mon	Meadowcrest, Crystal River	
46213	Tues	Asbury United Methodist Church	150.00
50209	Tues	Chatham Rec Ctr. The Villages	
54196	Tues	Central Christian Church	
39536	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
18502	Thurs	Church of the Messiah, Winter Garden	
52586	Thurs	Wekiva Springs Presbyterian, Longwood	
52976	Thurs	Grace Episcopal, Port Orange	67.32
54195	Thurs	Central Christian Church	
54798	Thurs	Presbyterian Church, Dunnellon	
89006	Thurs	Thursday Virtual	60.00
89384	Thurs	Body Image Meeting	10.00
51142	Thurs	REBOS Clubhouse	
00936	Fri	Tuskawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	
53167	Fri	Central Christian Church	20.00
54490	Fri	Shepherd of the Hill Church, Clermont	75.00
37491	Sat	Cathedral Church, St Luke	10.00
09016	Sat	Central Florida Intergroup	
20088	Sat	St Luke United Methodist Church	
38611	Sat	St. Richards Episcopal, Winter Park	
39883	Sat	Asbury United Methodist Church	630.00
46887	Sat	Ascension Church	
48952	Sat	Union Congregational Church, Holly Hill	75.00
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	
51130	Sat	Hibiscus Village Rec Ctr – Newcomer	
		Unknown groups	295.00
TOTAL			\$ 1563.32

Individual Contributions (PayPal)

\$

30.00