OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

August 2021 Summer

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

CALENDAR OF EVENTS

- 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
- Intergroup meeting is Saturday, Aug 14th, Zoom meeting, 10:00am https://us02web.zoom.us/j/699026950, Meeting ID: 699 026 950 Password: 768958
- August 20-22, 2021 - **Sponsorship Day**, join OA members in your area to acknowledge the importance of sponsoring in our Fellowship.
- August 26-28, 2021 World Service 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.
- October 30, 2021 Fall Retreat is coming soon. **Skirting the Dubious Path to Triggers: Cultivating Calm**
  Session One: 9:00am to 11:00am
  Session Two: 1:00pm to 3:00pm
  Session Three: 4:00 to 5:30. Three speakers and more! Watch for the flyer in next month's issue of NEW BEGINNINGS! (Continued on right)

(Continued from left)

- Next intergroup meeting is 10 am September 11, Zoom meeting, https://us02web.zoom.us/j/699026950, Meeting ID: 699 026 950 Password: 768958
- 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 am 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

Pls contact Dee N. if links not working.

Save the date!

SOAR 8
Recovery Convention & Business Assembly
October 16 – 17, 2021

Tradition Eight: Fellowship

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept Eight: Delegation

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Step Eight: Self-Discipline

Made a list of all persons we had harmed and became willing to make amends to them all.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Self Discipline

I thought "will" would keep me out of danger from bingeing. It did not. I thought "self-discipline" was another word for will and related to artificial schedules made up by over-organized people who had time on their hands.

When life was bad, "will" would shout for me to back away from the foods that poison me and the other part would not or could not listen. The addict part marched up to the register, toxic choices in hand, punching the "don't do it!" voice in the throat. I lurked in my car, engine running and AC blasting, and shoved everything I could down my throat before I got home and tried to appear "normal". Everything I tried to discipline, train or will myself into not-doing just didn't work out.

That was before my program. Before the rooms that may be too hot, too cold, a little crowded or just right. Where we are all free to bring up all the ugliness that we don't think we can share elsewhere.

Step Eight directs us to make a list of those we have harmed and became *willing* to make amends. That step's spiritual principle is *self-discipline*.

Maybe the directions to

- sit and think long enough to admit we actually did do harm to others
- make a list (of ugliness we imposed on others and ourselves) and
- become willing to make amends with people

was the beginning of self-discipline within me.

How long does it take to develop self-discipline? Can I become willing to immediately recognize something I've done and make amends now with one person, but feel a tug of resentment and unwillingness to ask forgiveness from another? In my experience, that has been the case. It seems the easier admissions and amends build stamina and a willingness in me to more openly see the larger, deeper things I don't want to admit and make amends for. I think the practice of it also builds that stamina, or self-discipline. One day I notice I did something hurtful or unacceptable, and it reminds me of that other, deeper, thing. And suddenly I am willing to acknowledge that wrong and offer an amends.

I see self-discipline here as the ability to sit myself down and make that list, no matter how many times I try to walk away or avoid it. Maybe I have to keep coming back; maybe I need to talk and listen to my fellows and sponsor. Self-discipline holds a lot of repetition and reviewing my actions.

The whole concept of self-discipline, in practice, has been a brand new experience for me. I have been able to put order in my life in all sorts of places; some having nothing to do with overeating or harming and making amends with others. I usually keep my kitchen sink and counters clean, which makes me feel better. I am more conscientious about picking up my house and completing chores which I normally would rather let slide. And through all that repetition of action - the acknowledging harms, making amends, taking care of myself by taking care of my surroundings, I see there is a self-discipline to my life that was never present before OA. My self-discipline has established a smooth, comfortable routine that makes me feel good.

Will doesn't really come into the equation now. I see that my "will" could not protect me from destructive binges. Only the self-disciplined plan and actions I lay out for myself each morning and evening will keep me sane; keep the disease at bay. Annie M.

POETRY CORNER

The Craving Phenomenon

I am a shattered mirror
disfigured in my reflection. I've
been slowly destroying myself
not able to change my
direction.....
Visions in my head
and words detrimental to my heart
Drain me in apathy
and tear me apart.
An abnormal mind
sickened and incomplete
Craving what hurts me-
living only to eat.
Searching for other paths
that will keep me from myself.
I'm at the gate of death
Unwilling to admit that I need
help.
Deliberately making a decision
to be hidden and die
The phenomenon of my craving
turning the sound off inside.
Powerful, predictable and
pervasive
A manifestation of pain
completely invasive.
Cravings have no concerns
and I become mindless.
I am overcome with
anxiety and with sadness.
I have been brought to Myself
facing my burden and pain
So my mind may be cleared
letting go of the blame.
When I truly open the door
and see it for what it is
I will climb this mountain
and I will overcome this.

-Noly C.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Submitted: March 1, 2021
Big Book,
"There is a Solution" page 25:

"So many want to stop but cannot.
There is a solution"

So often The Big Book is not just my "how to" book of directions; it's also pretty great literature.
I have always loved the above quote because of the juxtaposition of one of the absolutely saddest most poignant lines in the Book followed by one of the most hopeful!

For so many years I was one of those who desperately wanted to stop but never could no matter how hard or what I tried. I lived in that "could not "category from about age 10 to age 50. That's a long time -reminds me of the biblical wandering of the Israelites in the wilderness for 40 years!
And that devastating statement is immediately followed by the powerful simple incomparably wonderful statement that there is a solution! So, I kept on reading, kept on coming back, kept on working the Steps. And the hope flowed on, the belief flowed on, higher power flowed in, as desperation and devastation flowed out. My soul came alive!
Trust God. Clean House. Help Others. -Anonymous.



IMPATIENT FOR A QUICK FIX?

In this fast-paced day and age, people are geared to a fast-paced way of life. Instant food can be quickly cooked in a microwave oven, food can be picked up at a drive-in restaurant, grocery stores now take on line orders so that your food can be picked up as soon as you arrive at the store. Now precooked or prepared food can be delivered to your home. Lots of places now deliver food with just a phone call or a click of the mouse. This is what might keep some newcomers from coming back to the meetings. They just want an instant fix or a quick fix. The reason for this has to do with being impatient. This also affects some of our regular OAers and sometimes our long-time people who have been abstinent for a long time. Recovery is not happening fast enough for them. If weight loss doesn't happen fast enough, then we look for the instant fix. This thinking sets us up for failure. As a compulsive overeater, going to other weight loss programs might cause us to lose the weight but once again as a compulsive over eater the weight loss doesn't stay off. "I can lose the weight, but I just can't keep it off." That is because we have a disease. The disease is food addiction. At some point food becomes more important than anything else. It consumes our thoughts. Our target should be progress not perfection. Sometimes we think that we have given up so much and changed so much, why is my recovery not happening fast enough? Why can't I drop the weight quickly? It is this thinking that can lead us down the wrong path of recovery. We need to be diligent and watch out for impatience. Impatience can affect my program and my abstinence. It has happened to me. My Higher Power, help me from being impatient. -Carlene

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

Visit Overeaters Anonymous YP on Facebook
https://m.facebook.com/OAinfo/
Thursday Night Phone Meetings 9:30pm ET
Ph. 605-472-5395 Access Code 378978#
Find Answers at www.oa.org

Delegation

Delegation is commonly defined as the shifting of authority and responsibility for particular functions, tasks or decisions from one person (usually a leader or manager) to another. This oftentimes enables the individual to whom a task is delegated, to see the "big picture." I might also add that the delegator is able to leverage their time, and perhaps delegate even more tasks to the same or different individuals.
What does delegation have to do with Overeaters Anonymous? Well for starters, it is the essence of Step 3 , which states, " (We) made a decision to turn our will and our lives over to the care of God as we understood Him."
Now this turns previous logic, where God is omnipotent, and usually commands/delegates us human beings the tasks to be done, as recounted in the Holy Bible. However, Step 3 informs us that indeed we are able to delegate control of our will and our lives over to God, as we understood Him. In essence we made a thoughtful decision to trust God with our care. Simply stated, "I can't; God can; I think I'll let God" (be in charge of our will and our lives.)
All these years, I believed that God delegated tasks to me (ex. the 10 commandments) which I could do or ignore. Now thanks to OA I see that for specific tasks, involving my self-will and my life, I can be the delegator and God is a willing delegate. In fact, I believe God stands ready to be asked for our help and we need to allow Him to deliver!
As a Beach Boys song that was referenced in the July newsletter states, "It takes a mess of help to stand alone."
So why be lonely, when God is awaiting your request for help? God will accept my delegation as long as the delegated task is honest and sincere. Who could ask for more? - Paul

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Wanderlust in August submission:

Serenity on the Road

Last summer, while most of the United States and most of the world were on lockdown because of the pandemic, I traveled 4000 miles between May 25 and July 20. I was worried about getting Covid-19, but I had a family member in trouble and that took precedence. I was lucky, too, because we have a camper. I was luckier because my spouse was willing to drive most of those miles and traveling together, despite our fears of illness and concern over family, we ended up having a pretty decent time. It helped, too, that since I was abstinent, I was not on edge or 1000 miles away in my head planning a junk food escape. I was present. That's a gift of my program. Presence.

I had been abstinent for a year and two weeks when we got called out. The pink cloud wasn't there anymore, but I was settled into my food plan, in regular contact with my sponsor and attending my meetings. Best of all, I was in frequent contact with my Higher Power, who I had just met three months prior. My canvas book bag held my favorite OA literature.

As we travelled back and forth across the country, first solo and then with my 91 year old ailing father, my food plan stayed the same. My basic food was in the tiny fridge or a couple of coolers. Thanks to the pandemic, we didn't try or even want to go into restaurants. We had a blast! For lunch or early dinner, we would stop at a rest stop under the trees if we were lucky, and sit in the heat, eat, then scamper back to drive a few more hours. Some days I would read my "For Today" and we'd have a brief discussion. When my program is strong, I always find lots of connections between life situations and what I read in For Today, or hear in the rooms. I found guidance in those pages, which helped me feel calm no matter how daunting my situation became. That serenity was like a suit that was on me day and night. It didn't get dirty or sweaty and it fit just right every moment of the day and night for the whole summer.

Those 4000 miles included a hospital stay for my father, and though visitors were refused, he needed help understanding the medical personnel and vice versa. So I was in the hospital, too. It was scary, seeing all the protocols being used by staff, and yet there I was, calm in my serenity suit. And I stayed virus-free.

The prior year I'd gone for outside help in the form of a five-day retreat. Our leader shared a story of a severe medical emergency with her son when she'd been abstinent just ten days. She told us her food plan and schedule to speak with her sponsor were what kept her sane while she was trying to support her child. She noted that was the one area of her life that she didn't need to think through or make decisions about. She had the meal plan down pat, she was crystal clear about "OK to eat" and "Stay Away" foods. When she told us that story, I couldn't really understand how that would work; I was only days abstinent with a long way to go. (cont. pg 5)

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(Cont from pg 4)

But on this trip, during a challenging summer, I leaned back into my food plan. Like my retreat leader the following year, life was tumultuous. I was terribly afraid for my father. I was a long, long way from home and my meeting fellows. Nevertheless, I leaned into my food, viewing it as the fuel I needed to get through another challenging day. It was the one place I didn't have to think about what to have or how to have it. I started eating my breakfast out in the yard at sunrise. It was still cool out, and peaceful with just the birds and me. Getting up early gave me time to consider my "For Today" reading. Those early mornings were my best times.

Keeping in touch with my sponsor, keeping my cooler stocked with staples and turning to HP when I got scared or just when I wanted to send thanks or a plea for help were the tools I used on my long journey. I stayed abstinent and even better, I felt great serenity. I had time to see and enjoy the country around me. By Annie M.

Tradition 8 Fellowship Kathy M

"Before joining OA Fellowship, our prayers, for help might have gone unanswered simply because we were never meant to face this disease in isolation." 12&12 of OA p 15-16

I came into the doors of OA to lose weight. Nothing else had worked and I was fed up from my toes up! I was over 330 pounds and could not stop eating. OA, through working the program, equipped me with the steps, tools, a sane plan of eating and fellowship to keep me on a journey of recovery that I could never imagine. Losing 100 pounds of fat and a million emotional pounds, my spiritual walk is light and bouncy with freedom from the bondage. Today, I count among my besties members of this fellowship. While attending meetings and working with my sponsor, I have experienced the miracle of relief from food obsession and loneliness. These fellow members, who have become my friends, are all over the world! I am a phone call, zoom meeting, or Face to Face meeting away from my tribe of people, who know what I feel, and have overcome their own pains; together we offer the gift of recovery and fellowship to those who are still suffering.

Prior to OA, being fearful and loaded with shame, it was difficult and uncomfortable eating around others. I knew I was different in the way I ate; I did not know why I was the only one. For years, in early days of my OA journey, I would cringe when on Saturday's a handful of us would gather at the local Denny's for an abstinent breakfast (and fellowship) before our morning OA meeting. My behavior around food was not something I was proud of, such as walking into a party or a gathering when the first stop was the buffet table to scope out what was there. Of course, there was also the pre-event snack in case they did not have my choices, as well as the post party plan for what I would eat once I got home and no one was looking. Fear of judgement and ridicule drove me to eat in isolation. My portions when I went out might be semi-normal, but my hunger was enormous. "If you knew how much of 'x' I wanted, you would hide it!" My waking thoughts at times appeared to be consumed with food.
Then through participating in those Saturday morning breakfast and attending various OA events, I began to notice how people in food recovery acted around food. I started to act "as if" and as my food started to become less, my feelings of fear and shame dwindled slowly. My ability to connect to my fellows began. Never in my wildest imagination could I see myself choosing today (2 decades later) to sit with fellows and share a meal. It was though attending, OA meetings and listening and hearing what others shared, I became willing to have the freedom and comfort to share in the laughter and identification of my fellows. Like a good virus, the more I attended meetings, the more I chose OA people to hang out with, the less I was obsessing about food. The less food I ate, the healthier food I chose to eat. I started to eat less food and it started to happen. The miracle was that I was not hungry any longer. The members who walked this journey with me, carried some of my bags of shame, guilt, and fear, until I could carry my own.
I put my hand in yours and together we can do what we could never do alone!

Kathy M - A Grateful Fellow.

Heard At A Meeting

Don't leave before the miracle happens.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

WSBC 2021 Policy Changes that Affect OA as a Whole – *the following is taken from A Step Ahead third quarter issue 2021*

Delegates to WSBC 2021 approved a number of policy changes that affect OA as a whole. You may want to go to https://oa.org/a-step-ahead/a-step-ahead-3/ to review policy changes on Abstinence and Recovery; Unity With Diversity; Diverse Voices, Special Focus Service Boards; Hybrid Meetings; Annual Events; and Young Peoples (see policy change) Committee. Those with HYBRID meetings should probably take a look ASAP.

Among registered groups, OA recognizes the following special focuses: hybrid meetings are a blend of virtual and face-to-face meetings, where some members attend in person and others attend by telephone or video conference. As the pandemic event at 2020 developed, many face-to-face groups that had gone virtual registered their virtual meetings as a new group. To fix the confusion this has caused, the existing hybrid meeting policy was amended to allow a face-to-face or virtual group (telephone or online) to become a hybrid group. Going forward, hybrid groups and all other groups will be registered only once with the world service office and will be assigned only one group number. Hybrid groups, however, will appear in both face-to-face and virtual meeting results in "Find a Meeting" on OA.org. This change to find a meeting will take effect once the world service office has made the necessary upgrades to find the meeting. **Stay tuned for that announcement.**

Self Discipline

Arrive there right now
Traditions, Meditation
Speaking and Action

\- Annie M.

Step 8 Trepidation/The HOW and why of it.

When I sat down to make my list of people that I had harmed, I really had to focus. There were lots of "yeah, buts" in my head, "if she hadn't said this" or "you don't know what I've been through…" etc. etc. My sponsor taught me that Honesty/Open-mindedness/Willingness would help. I first focused on honesty…Had I escaped pain by hiding the truth that I had harmed others? No. It wasn't worth hiding it if it meant staying in my disease. I acted "as if" I had an open enough mind to give this a chance. I decided that I was at least willing to be willing. Slowly the truth flowed. I didn't have to think about making my amends right then, just putting the names on paper was cathartic enough. My Higher Power gave me the strength to carry on. - Dee N.

Opportunity for Service: PARLIAMENTARIAN OA Central Florida Intergroup

If you've been asking for HP to find a way to keep your abstinence, this may be an answer to prayer. Please speak to your sponsor and decide if you might be a good fit for this position. This is an appointed position. Appointees do not have a vote. They should be persons who have attended intergroup meetings and are familiar with or have some experience with our bylaws.

Interested?? Questions?? Call Pam T. (603) 682-6267

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

Find the following at 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**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Are you interested in going to World Service Business Conference in 2022

but you don't think you can afford it? Your intergroup can apply to the Delegate Support Fund to send you. Decisions affecting OA for years to come are made each year at WSBC; they need input from all service bodies to represent OA as a whole. Talk to your sponsor and go to oa.org/document-library to find the 2022 Delegate Support Fund Application under category **"WSBC: Frequently Used Documents"**. Deadline for application to Region 8, is October 1, 2021 as it will take time to process in time to make the deadline to the WSO by November 1, 2021.

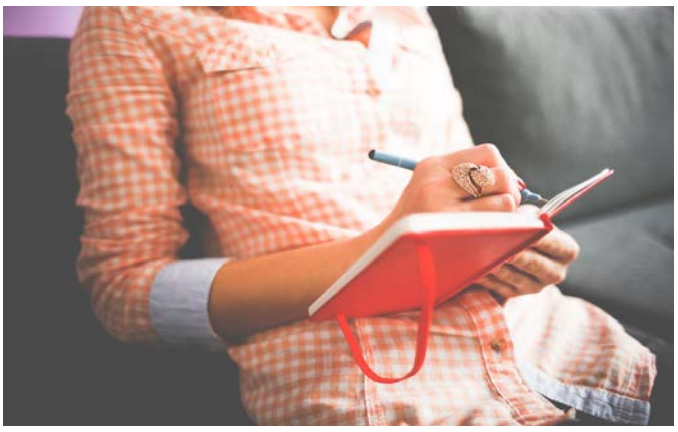
If you are interested in the World Service Business Conference 2021 Final Conference Report go to https://oa.org/world-service-business-conference

ARE YOU MULTI-LINGUAL???

Do you speak a language other than English fluently enough to translate the OA message into your own language??? Would you like to see literature in your language? If so, there are now two translation funds to help OA members translate OA literature into languages other than English. Find the application and other information on the WSO's translation web page. https://oa.org/search-results/?q=translation Complete the application and then email, fax, or mail it to the World Service Office. Funds will be allocated to eligible groups in the ensuing weeks. For more information about funding, contact region chair Pam T. or region trustee Andi Sherman and ask to join a translation or validation team. It is also helpful to read "Guidelines for Translation of OA Literature and Materials" found at oa.org/document-library under category "Translation".

HELP WANTED!

The Web-manager, Asst Web-manager, Parliamentarian, SOAR 8 Rep 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!



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 newbeginnings-subscribe@oacfi.org

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 up to 600 words. Send articles to newsletter@oacfi.org. Thanks! Dee

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**	**978-758-2084**
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 Zoom meeting ID – 813 0992 9345 Pw 193513 HYBRID MEETING 20641 Chestnut St. Fellowship Hall Dunnellon, FL 34431**	Gloria	**352-345-5638**
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**
7:00 pm	**V**	**01048**	**Church of the Ascension Zoom call in # Zoom only 1-646-558-8656 Zoom 974 978 3696 pw 36387 https://zoom.us/j/9749783696**	**Jacqueline**	**407-423-4086**
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**
			TUESDAY		
10:00 am		**50209**	**Chatham Rec Ctr 7415 SE 172 Legacy Ln The Villages 32159 (face to face)**	**Jim**	**603 502 6856**
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**

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5:30 pm	V	57273	Lost and Found Club 616 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 HYBRID MTG 215A Celebration, FL 34747 phone only 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 Zoom 903 944 002 pw 724968 https://zoom.us/j/903944002	Rosemarie K	352-638-6286
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		
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 https://zoom.us/j/82049067877	Lisa B	352-615-9155
6:00 pm	SS	52976	Port Orange Presbyterian Church Zoom only Zoom 822 2204 1043 pw 555867 https://us02web.zoom.us/j/82222041043	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 Thursday Virtual 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 Uber conference 407-553-2087	Jacqueline	407-423-4086
7:00 pm	BB	52586	Wekiva Springs Pres FACE TO FACE 211 Wekiva Springs Lane, Longwood Fl 32779 2nd 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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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	Tuscawilla United Methodist Church Zoom only (literature meeting) 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 FL 32162 (Jasmine Card Rm)	Judy S.	516 551-5269
8:30 am	V	46887	Ascension Church (Rm 108) HYBRID MEETING 4950 Apopka Vineland Road Orlando, FL 32819 Conference Line #407 553 2087	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) 1740 Bailey Trail (FACE TO FACE) The Villages, Fl 32162 (Jasmine Card Rm)	AnneMarie F	508-364-3933
			Sunday		
5:00 PM	V	48951	7th Day Adventist Church Zoom only Zoom 398 124 045 pw 024657 https://us02web.zoom.us/j/398124045	Patti D.	407-791-1999

Saved as meetings table with hyperlinks 7 23 21/OAMEETINGS STUFF dee's mac book pro

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Heard At A Meeting

Comparison is the opposite of gratitude.

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OA Literature Updates

With the conclusion of WSBC (World Service Business Conference) 2021 look for the following updates and changes in Overeaters Anonymous Conference Seal of Approval literature:

- *The Tools of Recovery* (#160) pamphlet – it has been updated.
- *A New Plan of Eating: A Physical, Emotional, and Spiritual Journey* (#144) pamphlet – this is a new pamphlet which is a combination of the previous Conference Seal of Approval pamphlets *Dignity of Choice* (#140) and *A Plan of Eating* (#145).
- *Voices of Recovery* book – this will be the second edition of this book (it should be released in early 2022) and the first edition (#986) which was published in 2002 will retain its Conference Seal of Approval.

Check out oa.org/document-library under category "Literature" to find the *OA-Approved Literature List.*

The *To the Young Person* pamphlet, updated with new stories and adopted at WSBC 2020, is now available for free download. The e-pamphlet is free. Click here: OA.org/document-library under the category "Young People"

- OA's Young People page on oa.org: https://oa.org/young-people/
- bookstore.oa.org in the "Digital Products category:
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  - Barnes & Noble Nook: https://www.barnesandnoble.com/w/to-the-young-person-overeaters-anonymous/113840715

Wanderlust in August Submission (continued from page 5).

Heard At A Meeting
Abstinence first.
AB-SOUL-UTELY

"Feelings have no power. They cannot dictate my actions."
For Today, July 23

I used food for a long time to alter my feelings. When I became abstinent, I climbed onto an emotional see-saw, swinging from giddily excited to depressed. I didn't know how to feel, forget and move on, because the disease kept hidden emotions altered for so long. Truthfully, feelings are necessary to lead a full life, but they no longer dictate my actions, especially eating!

By taking the Steps and adopting an authentic life, I learned that feelings have a beginning and an end. No matter what the disease may whisper in my ear, they will not kill me! And food doesn't make them better, only creating inertia which delays action I need to take. Sometimes nowadays, that action is to sit quietly and do nothing until I have time to process possible outcomes. At any rate, food surely won't help; overeating harms my emotional balance.

After an uneventful trip to Timothy Lake, we scored a lovely spot for the next two weeks. The WiFi isn't so hot but I won't be spending a lot of time on the computer anyway. My family lives not too far away and we'll be visiting as well as taking in the local sights. We're not far from the Poconos, and I'm hoping there will be some good street fairs and weekend markets. We love that sort of thing. Today we'll probably take it easy, but we do need to do some shopping. It will be great to see my family too.

I sure don't need to alter my feelings with extra or inappropriate food. Those days of trying to feel something different than what is, are truly gone. Thank you OA for giving me an authentic life!
Love, Gerri

Intergroup

Positions:	Name
Chair:	Pam T.
Vice-Chair:	Debby H.

Number	*Day*	*Group*	*Contribution*
48951	Sun	7th Day Adventist Church	

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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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Coming Intergroup Meetings

10 a.m. Saturday,August14, 2021 and September 11, 2021

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

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