OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OVEREATERS ANONYMOUS
CENTRAL FLORIDA INTERGROUP

October 2021 Fall

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

CALENDAR OF EVENTS

- OA Phone Marathons: Meetings every hour from 8 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.
- October 9, 2021 is this month's intergroup meeting at 10 am https://us02web.zoom.us/j/699026950, Meeting ID: 699 026 950 Password: 768958
- October 10, 2021 3:00 to 4:30pm EST Virtual Region Workshop: "**Applying the Traditions in Daily Life"** Zoom ID 891 6554 0024 pw: 120912
- October 15-17 Region 8 Convention and Assembly/**Unity With Diversity in Recovery** See flyer on page 7
- October 23, 2021 12:30pm – 2:00 pm EDT Virtual Region Workshop: "**Sponsor and Sponsee - A Unique Relationship"** Zoom ID 89165540024 pw 120912
- October 30, 2021 FALL RETREAT! **"Skirting the Dubious Path to Triggers: Cultivating Calm"** (see flyer pg 13) Zoom link: https://us02web.zoom.us/j/82980445587 Meeting ID: 829 8044 5587 pw: oacfi
- November 13, 2021 is next months intergroup meeting at 10:00 am https://us02web.zoom.us/j/699026950, Meeting ID: 699 026 950 Password: 768958
- November 14, 2021 3:00-4:30 pm EST Virtual Region Workshop: **"To carry the message to other compulsive overeaters"** Zoom ID 891 6554 0024 pw: 120912
- November 19-21, 2021 is International Day Experiencing Abstinence (IDEA).
- November 27, 2021 12:30 pm to 2:00 EST Virtual Region Workshop: "**Trudging the Road to Happy Destiny"** Zoom ID 891 6554 0024 pw: 120912
- Twelfth Step Within Day is December 12, 2021
- December 12, 2021 3:00-4:30 pm EST **"Connection is the Opposite of Addiciton"** Zoom ID 891 6554 0024 pw: 120912
- December 25, 2021 12:30 pm – 2:00 pm EST Virtual Region Workshop: Step 2 – "**Came to Believe"** Zoom ID: 891 6554 0024 pw: 120912

(Continued in the column on the right)

Concept Ten: Clarity

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

CALENDAR OF EVENTS

Continued from left:

- Overeaters Anonymous Birthday is January 21-23, 2022
- 1/14/22 – 1/16/22 – 32nd Annual Florida State Convention **Celebrate Recovery** at the Hilton Cocoa Beach Ocean Front at 1550 N. Atlantic Avenue, Cocoa Beach Fl. Registration flyer at: https://oapinellas.org/events/2022/01/FSC-Registration.pdf.

Canceled!

- **Unity Day** February 26, 2022

IMPORTANT!!! If you know someone who would like our monthly NEW BEGINNINGS Newsletter, please give them this new address to receive future issues!!! https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org

SEE FLYERS IN THIS ISSUE FOR MORE INFORMATION

Tradition Ten: Neutrality

Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

Step Ten: Perseverance

Continued to take personal inventory and when we were wrong, promptly admitted it.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

DRIVING FORWARD IN NEUTRAL

When do we learn that we don't need to understand?

How do we accept life on life's terms?

What difference does it make how we choose to be a man?

Or a woman who trusts our feelings, instincts, or guts?

When do we know that we don't have to ask why?

When do we know that we don't need to ***know*** why?

Our addiction is eating our spirits, personalities,
and psychic make-up.

Only a student is comfortable in knowing that he must learn.

He takes each day one step at a time,
not relying on Karma or the Torah.

He gets himself back up when all else fails
and when he appears to be burned.

Let's humble ourselves to walk the path
that our Higher Power designed.

Because it is better for us to follow
even if the path isn't visible in our mind's eye.

When do we know that we don't have to ask why?

When will we be clear that our sole purpose
is to love and be loved?

If love is sick; it will not last

It will not prosper

It won't be here tomorrow

It won't reach the skies

It won't leave us empty never knowing why.

- Tony B.

HAVE YOU SEEN THE NEW OACFI WEBSITE????
CHECK IT OUT!!!

Oacfi.org is up and ready and offers lots of ways to learn things about Overeaters Anonymous Central Florida Intergroup. Click on HOME to find out that

YOU ARE NOT ALONE ANYMORE!

Click on Meetings to find a calendar. You can click on the meeting you want to attend and there are links to bring you there from the calendar.
Click on EVENTS to discover what's happening down the road!
Click on RESOURCES to find the OA Newsletters, Tik Toks, and more!
Click on CONTACT US to find out who you might need to contact to share your information or update.
The website is awesome, and it took a lot of hard work.
Be sure to thank the website team! Jolene G., Annie M., Carrie C., and Jessica G. and Alix S. (from the virtual intergroup)

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**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CLARITY

"The twelve steps are simple, direct and always to the point. I begin by facing the condition I find myself in when I arrive." For Today, August 22nd

I was in very poor physical shape when I found OA but had no idea of my rough emotional and spiritual condition. I was much closer to suicide than I cared to admit, but I was fat; that was my obvious outward clue that I needed OA. Every diet failed (and there were a lot in my 43 years of life). Losing weight was one thing but maintaining it a whole different story.

I faced that outward condition, asked for help, and desperately followed the directions of my sponsor. Everyone who tries OA probably doesn't have that level of commitment, which compromises the ability to truly take very simple (but not always easy) Steps. For me, a huge part of Step One meant that overeating and certain foods were not an option anymore. I needed the clarity of abstinence for the rest of them to 'take'.

(Continued below)



(Cont from above)

I've sponsored many people who probably weren't ready to face their condition, and oftentimes, they don't stick around long. They do help me to stay abstinent and that has to be my motivation for sponsoring. God handles their results, not me. I followed the simple, direct instructions for each Step and help others to do that now too.

We had fun driving to and attending the corn festival yesterday. I happily was able to get exactly what I needed to eat, and we enjoyed all the craft booths. Today we're going to a neighboring bike trail after I attend a 9 AM zoom meeting from Region 5 (where I'm staying right now).

I don't complicate my simple life by falling back to pre-OA eating. I anchor every day though the maintenance Steps of 10, 11 & 12. My footing in OA remains strong and vibrant because I do the work. I have all the resources I need—God's help and the fellowship of OA. It's easy to face all life's conditions with the anchor of recovery to hold me steady and on the right path.
Love,
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

CONCEPT 10: CLARITY

When I'm clear, my eyes see surroundings and pictures in my head with amazing clarity, not unlike the fanciest television displays in stores. "How can this be so beautiful," I ask myself? I feel as if I can see every little detail. When I "see" a situation in my life or a friend's life, I can hear the words more clearly and visualize a way to proceed with simplicity and grace.

That's my life when I am abstinent, eating cleanly, and following my program closely. During those times I have great clarity in my life and when I hear from my fellows, I hear the message they convey rather than hearing what I think they are alluding to or, worse, what I may have to say in response. I have compassion for myself and others. The slippery slope is miles away; in fact, I don't consider things that may move me toward it.

Sadly, I don't have clarity all the time. Sometimes I wish for it 100 percent of the time. It's kind of funny; there is no forever and always other than birth, death, and of course CHANGE. Clarity ebbs and flows like tides for me, but that movement is not predictable.

I notice myself, and the more I participate in my program, the kinder I am to myself, clarity shows up for me. When I am not paying attention to it, there it is. But if I try to grab it, or hold onto it, or force it, it's gone like a thousand soap bubbles – off into a clear blue sky.

For me, shame plays a big part in my clarity disappearing. As much as I want to hold the clarity, I also want to lock out the shame in my life. I want to deny it, ignore it and kick it out of my clubhouse. When I deny or ignore shame – or another negative emotion, my clarity dissipates, almost like it's trying to stick up for shame! Like it is saying to me, "Annie, if you kick shame out then I gotta go too. Acceptance of shame, or anger or fear are part of this deal, just like clarity."

What it boils down to for me is that I need to take time out daily, sometimes more frequently, to acknowledge all of the feelings. When I notice the shame, and invite it in, acknowledge it, allow it to just 'be', it becomes one of those soap bubbles and poof! It is gone. And I feel clear. - Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

A Submission Re: How To Maintain Abstinence During the Food Based Holidays:

Holidays have changed for me….but not like I thought they would.

My extended family has gotten together for every holiday and on Sundays for dinner since before I was born. My grandma, mom, and aunts would plan out the menu, cook, and clean up. There was always lots of talking, laughing, and especially eating! Once I married, over 30 years ago, I became one of the planners and hosted often too. Everything was centered around food…Who would bring the traditional foods for that particular holiday and who was best at making each dish. Now that generations have come and gone, I have my own home with my own Sunday dinners and holidays. Most of the time, we have between 20-30 people.

When I found OA, I quickly knew that I was where I belonged! I told my children and grandchildren that while I was figuring out exactly how to define my abstinence, I wouldn't be able to plan the get-togethers. They were more than welcome to plan, cook, and come to eat, but that I would be an "observer". I wasn't exactly sure what this would look like or even if it would work. But I knew I had to try. This was part of my family culture that I really didn't want to give up.

For several Sundays, my adult children planned and brought all of the food. When it was time for desserts to be brought out, I would leave the room. One time I even had to leave the house. Where I was once a busy bee in the kitchen preparing food, dishing up food, or cleaning up, I now found myself trying to avoid being where the food was. It helped me remain abstinent, but separating myself from everyone else wasn't something that felt good. When the first big holiday since joining OA came along, I knew I needed to go to the next level in stepping out into the "real world". I went to my Higher Power for guidance on how I could have more balance in helping with the food and also connecting to the people there, and quickly knew what I should try. I sent out a message to my kids telling them that I would like to make a big green salad for the celebration (not something that usually takes center-stage at our gatherings). I was able to research new abstinent recipes, plan, and shop for all the ingredients. I made a big, hearty salad with amazing nourishing ingredients that helped me to feel like I was really contributing something worthwhile to the menu. I also knew that this would be at least one abstinent thing I'd be able to eat that day. When everyone showed up and started bringing food in, I was able to welcome them in one by one. I got to look them in the eye and give them hugs instead of hollering a hello from the kitchen.

Amazing things have happened. Before OA, I was consumed with prep, the menu, and of course eating a lot of everything. Now I was able to feel like I could still follow my family's long tradition of showing love through the food by making something healthy. Before OA, I was already planning out what to put on my second plate while I was still eating what was on my first one. Now I was able to have my loved ones be my priority and the part of the holiday that really mattered. I got to scoop up grandbabies and talk to some of the people sitting on the sidelines.

I soon realized that the dishes that I once planned around, were not even necessary to feel the love in the room. The conversations and laughter were what I focused on now. That's what I wanted to feast on…the presence of being with family and friends. I was also able to see everyone differently - more clearly. During dessert, instead of isolating, I brought a plate of food over to a neighbor who was sick in bed. I was now disconnecting from the food and connecting with what really mattered on a new level.

I can see now that things don't have to change as much as I had originally thought. My family can all still choose to bring and eat whatever they want, and that doesn't change how I am able to experience the holiday. We will still be able to continue all of the non-food holiday traditions of scavenger hunts, talent shows, nativity scenes, gift giving, singing, going to look at holiday light displays, etc. I'm glad that I slowly dipped my toes in to see how things would go with the smaller gatherings. Then when the time came for a big holiday gathering, I knew what was working and was able to let God show me how to go deeper.

Oh, and guess what! The next holiday that came up, my kids all begged me to make the same big salad. It was a hit! I am now looking forward to the next holiday gathering and seeing what else my Higher Power can teach me.

- Kym M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

A Checks And Balances Submission

ALONE WITH OURSELVES

Remember who you are. The image other people see of you may not agree with your self-image. What type of personality do you believe you possess? How important is knowing this towards your recovery from addiction? The truth of the matter is that The Steps will still work regardless of your understanding of your psychic make-up. Nevertheless, Steps Four through Seven give a clear picture of who you are. Why would this area of growth be critical towards you obtaining abstinence? Because, if you get an honest picture of how you feel, you'll have a better grip on why you eat and diet in the manner which you do.

One of the lessons a person may experience while trying to give up smoking cigarettes is when one writes down on paper the main reason, he (or she) wants to smoke. What triggers the urge? Are you more likely to smoke early in the morning or after you are more awake and relaxed? Do you smoke after meals or after you get out of work? Are you angry, tensed, stressed or anxious before having a cigarette? Pin-pointing these emotions is a key concept when one tries to understand one's personal make-up. Once someone can wrap their mind around their natural habits, they are able to gain a target to counteract bad behaviors. This method is similar with food usage and diet. Do you reward yourself with chocolate? Do you snack because of boredom? Do you associate certain television shows with eating? Are you one to endure gluttony alone but try to eat in moderation with the crowd? Understanding these truths about yourself gives you a window inside your guilt. Are you eating to stuff resentment? Do you walk away to eat to avoid a confrontation or deep needed conversation with a loved one? In the same manner that understanding your habits and behaviors can give you a check and balance system when it comes to smoking cigarettes, it also will work for your food addiction.

When you open the door to gain such knowledge, what becomes the next step? Replace bad habits with good ones. Believe me, this is an easier statement to write and say than to actually put into practice. Moreover, you can start with baby steps making slight changes towards a positive behavior to counteract your negative mode. Something as small as a silent prayer when seeing yourself about to indulge in a negative behavior. This prayer represents your willingness to change. You may simply pray for forgiveness and to not repeat the same bad act. Relationships and accountability are the key for growth based on self-awareness. It does no good to say, "I like eating ice cream out of the container while watching the television show 'Friends', if you're not willing to attempt to make a call to another member in the program the next time you're about to sit down to watch the show. This type of check and balance system is why Step Four and Five creates an opening. Then there is Step Seven; where we become willing to accept what we almost totally accepted when we grew through Step Two. The fact that we're not alone nor do we need to battle alone. - Tony B.

ATTENTION: LIMITED TIME ONLY!
Read real stories of recovery written by OA members for free on your computer or smartphone when you visit oalifeline.org. OAlifeline.org was the digital version of Lifeline magazine until the end of 2020. Now discontinued, oalifeline.org is free for any OA member to read while it remains online. Visit today and discover more than a thousand shares of experience, strength, and hope originally published in the pages of Lifeline magazine from 2016-2020.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

A Safe Space - Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

SPIRITUAL PRINCIPLE – NEUTRALITY

Our Traditions in OA may at times seem unnecessary...until we bump up against them. Have you ever been in a meeting where opinions about a certain food plan or non-OA approved publication, religious text, or political topics rocked the meeting? If you haven't, then you can thank OA's Traditions and Tradition 10 specifically. Although we look to our trusted servants to guide members away from outside issues in meetings, each of us in OA are indeed responsible for ensuring a safe space for our recovery from compulsive eating.

In the world of video meetings, we now have an added element that we need to consider with our profile photos that are used when our video camera is off. I was in a meeting and a member used a profile photo that could be construed as an outside political issue. As a trusted servant, a member contacted me and asked me to address the issue. Whether or not it was the best method, I chose to discuss the photo offline with the member and indicated I would do so to the member who brought it to my attention. As trusted servants, we look to the traditions to guide us and not to our personal opinions and beliefs. Sharing about how current political or world situations are affecting our serenity can be a sensitive area.

OA has no desire to influence, condone, or endorse outside beliefs, opinions, or causes that incite passion or unrest in individual members. Tradition 10 asks that we leave it at the door. You have every right to your personal beliefs, opinions or causes and may exercise them to your heart's content in venues other than an OA meeting or event.

Many of our members are involved in other 12 Step fellowships or recovery groups. OA has no opinion or recommendations for any fellowships or groups. Comparing OA meetings or OA practices to other fellowships or recovery groups can quickly sidetrack a meeting.

Some of our members enjoy a good debate about outside issues and causes while others may feel confronted or intimidated by a member professing their strongly held beliefs or promoting a product, service, or outside professional. In any case, such discussions are necessarily left out of our meetings. Soliciting OA members for outside campaigns is also an example of an activity prohibited in Tradition 10.

OA doesn't endorse specific food plans or bans on specific foods such as sugar, diet programs or medical interventions. As members we are all best served when we share in a non-specific way about the impact of these topics on our personal recovery.

Tradition 10 reminds us our very survival depends on OA! This Tradition directs us to guard against even the slightest connection with outside issues. Tradition 10 invites us to consider that each one of us has a shared responsibility to carefully guard against bringing up or allowing outside issues to impact our most sacred safe space in meetings. - Paul G.

Heard At A Meeting

It's not what you're eating. It's what's eating you!

If you'd like to read the Third Quarter Issue of **A Step Ahead** click here:
https://oa.org/news/read-the-third-quarter-issue-of-a-step-ahead/?news-category=0&page=0
or type into your url https://oa.org/news/read-the-third-quarter-issue-of-a-step-ahead/?news-category=0&page=0

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

ATTENTION

Important FALL RETREAT INFORMATION

There will be lots of opportunities to enjoy learning how to cultivate calm!

COME PREPARED

Bring a pen and writing/drawing paper,
or colored pencils and canvas,
or crayons and newspaper.
Whatever you like to write on!
Wear comfy clothes and make sure you have a yoga mat or soft flat floor covering. See pg 13 for the retreat flyer.
Can't wait to see you there!

Opportunity for Service: PARLIAMENTARIAN OA Central Florida Intergroup and NEXT GENERATION REP

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 one of these positions. In regards to the Parliamentarian 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**

Regarding the Next Generation representative, this position is great for you if you're a young person who's excited about sharing the OA message to those who're suffering in your age group.

GROUP SECRETARIES THIS IS FOR YOU!

I spoke with the WSO and made changes to almost ALL the meetings. If you are your group's secretary or contact person, you may not know that you're responsible for making sure the meeting is listed properly at the WSO's https://oa.org/ Find A Meeting section. Please check your meeting today. Here's how to change it if it's wrong: You can email Dee at newsletter@oacfi.org with GROUP # and ALL prior meeting info, and then ALL current changes. Please include all information. Don't leave anything out. OR, Make the changes yourself. Go to OA.org and click on Find A Meeting. Then go to Edit A Meeting.

If you're struggling, call Dee N. 407 489-0829 or email the WSO's meeting list contact at LLaurence@oa.org.

Heard At A Meeting

A man convinced against his will is of the same belief still.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW LINK FOR RECEIVING NEWSLETTER

IF YOU ARE ALREADY RECEIVING NEWSLETTERS YOU DO NOT NEED THIS INFO, IF NOT…

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 click on this link and follow the directions: https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org

Or type this in your URL

https://oacfi.org/mailman/listinfo/newbeginnings_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 500 words. Send articles to newsletter@oacfi.org. The topic in which I am desperately looking for a writer is:

November / Tradition **11: Anonymity – "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication**." If you need help with understanding what's needed, feel free to call.

Thanks! Dee

PERSEVERANCE

July 28

"I hate not knowing what's going to happen. I am in so much pain it feels as if I'm being burned alive." Nevertheless, I believe I can get through this. God's will will not carry me where God's grace will not sustain me.

When I came into OA, I heard about a power that could relieve me of the desire to eat compulsively. This relief was unconditional; my abstinence would still work even if something bad happened to me.

From "Seeking the Spiritual Path," Chapter 2 "It will be okay".

This is the story of a woman whose husband just told her he no longer loved her and how she is getting through it with OA.

That exact thing has never happened to me, but like all of us I have been through painful times and fearful times, not knowing what would happen.

The Big Book reminds me that either "God is everything or else He is nothing "; I have to make a choice.

If I have come to believe (Step2), then my choice must be God, and Step 3 will test my commitment to the 12 Step way of life.

God's grace will carry me through if I seek Him and do the footwork. God will move mountains for me but will not do for me that which I can do for myself—but even then, He Is generous in giving me "credit" for all my efforts!

Today I feel I have prayed well - some days my prayers are more perfunctory, but this morning I was inspired by the fellowship at last night's meeting and by this reading.

Thank you God for your healing strength. Trust God. Clean house. Help Others. Anonymous

IMPORTANT: How do I subscribe or unsubscribe to the intergroup news?

You can subscribe or unsubscribe from this list at any time by sending an email to: CLICK HERE

https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org.

OR GO TO https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org.

When you click on the link, you'll be prompted to enter your email address and choose a password.

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

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 *89068***	**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 20641 Chestnut St. Fellowship Hall Dunnellon, FL 34431**	**Gayle**	**603-306-6738**
5:00 pm	**V**	**39211**	**DeLeon Springs (Call contact person to verify location) 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 St (Call contact person to verify location) Crystal River, FL 34428**	**Jennifer**	**352-216-4110**
6:00pm	**L**	**56481**	**Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd 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 ON HOLD FOR NOW**	**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 *89070***	**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**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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** **Zoom only call 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 House in Celebration** **Call contact person for directions F*ace to Face*** **Celebration, FL 34747**	**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**
Noon	**BB**	**39536** ***89069***	**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** ***89071***	**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 meeting** **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 (Starting Hybrid in October)** **Zoom 154 974 236 pw 970404** **225 W. Guava Street** **Lady Lake, FL 32159** **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**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Noon	**BB**	**53167** *89072*	**Central Christian Church** **Zoom only Call in 312-626-6799** **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)** **4950 S. 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)** **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 not required** **https://us02web.zoom.us/j/398124045**	**Patti D.**	**407-791-1999**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS ANONYMOUS VIRTUAL REGION

2021 TOPICS

VIRTUAL REGION WORKSHOP

e-WORKSHOP Series

"4th Saturday of the Month"

5:30 to 7:00 PM BST (GMT+1 / UTC+1)
12:30 to 2:00 EDT (GMT-4 / UTC-4)

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)

May	22	"Service and Recovery"
June	26	"Anonymity as a spiritual principle"
July	24	"Bondage To Self"
August	28	"The Promises"
September	25	"Step 10 - How to Turn it Around"
October	23	"Sponsor and Sponsee - A Unique Relationship
November	27	"Trudging the Road to Happy Destiny"
December	25	"Step 2 - Came to Believe" (the date is subject to change)

https://zoom.us/j/89165540024 Password: 120912
ID: 891 6554 0024 Password: 120912

For United States or International numbers
https://zoom.us/zoomconference

For more information: oavirtualregion.org
(Sharlotte) workshop@oavirtualregion.org
(Lee) vicechair@oavirtualregion.org

Suggested workshop contribution €5

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

SPIRITUAL EXPERIENCE

You never know when, you never know where it will happen. You can't plan it. You can't force it. It just comes when it comes. She was at her son's place. He and his wife were moving to a new condo in a few weeks, and they needed a door installer to come install a new storm door on the old condo. The only time the man could come was when both her son and his wife had to work. She arrived, as requested, at 8:00 am sharp and took a seat on the couch. She played with the cats, even though she knew they'd get her allergies going. But they were so cute. When 8:30 came and went and again 9:00 came and went, she started to get concerned. She phoned her daughter-in-law, "They still aren't here." "Oh Mama, I'm so sorry! Let me call them." In a few minutes the problem was revealed. The installer had mixed up the second appointment with the first. "He'll be there at 10:00. Is that still okay?" She had nothing better to do, so she agreed to stay. By then it was after 9:30 so it wouldn't be much longer. She decided to work a bit in their very dirty kitchen. Her daughter-in-law had been embarrassed and she had reassured her that it happens to the best of us. The pots and pans were the first chore after emptying a sink and rinsing things. She was enjoying being part of the transformation from very neglected and a little smelly to bright and shiny. She washed and dried and moved things around and figured out where her daughter-in-law preferred things to go. Suddenly it dawned on her. "What is this feeling?" she put her hands to her face. "I usually would feel so angry if I had to do something like this. Why am I so absolutely happy right now?" she asked herself. Searching for the right word, she found out why. In her mind, she saw her daughter-in-law and her son working multiple jobs, both of them. She saw the two of them getting home and starting to fulfill orders that came in during the day while her daughter-in-law worked at the store. She saw her son trying to cook in the kitchen and spend a few precious moments playing with the kitties who had missed them ALL day and wanted attention. She knew then that neither of them had had any time or the willingness to sacrifice something so precious as time together as a family on the floor of the living room playing with the cats. "What is this feeling?" she figured it out. "Compassion." It brought a pang of sadness because she remembered how long she had self-righteously carried on in the past. Judging the kids for everything they hadn't done right, while she had hated herself for being over-weight and unable to control her food. But the sadness didn't take hold because the joy was so real. What had Overeaters Anonymous done for her? It brought her so much closer to a Higher Power that on this day, she was able to see things exactly as they had been. She was happy to provide service that her new healthier body could now handle.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Fall Retreat

"Skirting the Dubious Path to Triggers: Cultivating Calm"

October 30th

One Day Retreat on Zoom-Join Zoom Meeting
https://us02web.zoom.us/j/82980445587

Meeting ID: 829 8044 5587 - Passcode: oacfi
Dial by your location
+1 301 715 8592 US (Washington DC)
+1 929 205 6099 US (New York)

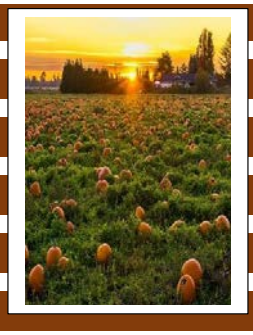
All are welcome. Registration is not required.

Claim your seat at: Secretary@oacfi.org

Any questions contact: Floridajan1961@gmail.com

Please bring paper, pen or pencil. Bring a yoga mat or be on carpet. Wear comfortable clothes.

Schedule/ Program



Time: 8:45 a.m. to 5:30 P.M.

8:45: Opening and rules

Session one: 9:00a.m. to 11:00a.m.

Session two: 1:00p.m. to 3:00p.m.

Session three: 4:00 p.m. to 5:30p.m.

Exit and closing 5:30 to 5:45

Donations can be sent via mail to: Intergroup P.O. Box 180293, Casselberry, FL 32718

Please Make your checks payable to Central Florida Intergroup OA Fall Retreat

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

Wonderful speakers, time for sharing, creativity, meditation,and information on journaling.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Calling All Sponsors! We Need Your Experience, Strength, and Hope!

OA is updating and reforming our current sponsorship publications. The new publication will provide guidance to sponsors, both new and veteran, who are being challenged to meet the needs of our increasingly diverse Fellowship.

We are asking all sponsors to share their experience, strength, and hope. Write about the ways you provide support and guidance to your sponsees, while keeping the focus on their recovery through the Twelve Steps and Twelve Traditions.

As you respond, please focus on one or more of the prompts below, answer one prompt at a time, and be specific. We are looking for targeted and concise submissions of 250 to 300 words in a story format. It is our intention that your responses will be the framework for this new publication.

1. How do you keep the focus on your sponsee's physical, emotional, and spiritual recovery through working the Steps?
2. What criteria do you use when deciding whether to sponsor a potential sponsee and/or for what reasons have you decided to end a sponsoring relationship? How did you handle the interaction?
3. How do you help a sponsee develop a plan to achieve abstinence, recovery, and a healthy body weight?
4. What is your experience when sponsoring members who live with a different expression of our disease than your own (e.g., overeating, under-eating, food addiction, binge eating, anorexia, bulimia, purging, weight-loss surgery, over-exercising, etc.)?
5. What is your experience when sponsoring members with different attributes than your own (e.g., age, race, creed, nationality, religion, gender identity, sexual identity, etc.)?
6. How do you ensure that you focus on your own experience, strength, and hope when you work with sponsees?
7. How have you responded to a sponsee's relapse or inability to maintain abstinence? If pertinent, include how you deal with taking them through the Steps in this situation. How has your relationship been altered when you have had a break in abstinence?
8. How do you focus on the Twelve Traditions, as well as the Steps, with your sponsees?
9. What do you do to encourage sponsees to sponsor and take on other types of service?
10. What are some of the obstacles to sponsoring you have encountered, and what solutions have you found?

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request that your name and/or location information remain anonymous upon publication.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 250-300 words are preferred.

Due by November 30, 2021

Email your story to info@oa.org with subject line "Sponsorship Story."

To receive a RELEASE FORM (it must be included with all submissions) please click on https://oa.org/app/uploads/2021/08/sponsors-publication-call-for-stories-color-flyer.pdf

OR contact: World Service Office
PO Box 44727 Rio Rancho, NM 87174-4727 USA
Tel: 1-505-891-2664 • Fax: 1-505-891-4320 • Email: info@oa.org
Web site: oa.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Call for Diverse Voices

OA is updating the existing publication A Common Solution: Diversity and Recovery and expanding the representation of OA's diverse membership. We are seeking stories that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

Race (Black, Asian/Pacific Islander, Indigenous, Latinx) • Male, non-binary, transgender• LGBTQ+ • Atheist, agnostic, Jewish, Muslim, Buddhist, or other religion • Young (under 30) • Nationality outside of North America • English not first language • Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery) • Disability or other health condition

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

Share your unique OA experience with us...

1. How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?
2. Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?
3. What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?
4. How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?
5. As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?
6. As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?
7. As a trans person, how has your recovery and membership in OA challenged or supported your transition?
8. Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?
9. Has living in a country outside of North America challenged or supported your recovery from compulsive eating?
10. How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc. 2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 500-800 words are preferred.

Due by October 31, 2021

Email your story to info@oa.org with subject line "Common Solution."

To receive a RELEASE FORM (it must be included with all submissions)
https://oa.org/app/uploads/2021/07/a-common-solution-call-for-stories-color-flyer.pdf

OR contact: World Service Office
PO Box 44727 Rio Rancho, NM 87174-4727 USA

Tel: 1-505-891-2664 • Fax: 1-505-891-4320 • Email: info@oa.org
Web site: oa.org

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
Co-Webmaster:	Carrie C.
Co-Webmaster:	Annie M.
New Beginnings Editor:	Dee N.
New Beginnings Co-Editor:	Kathy S.
PIPO:	Alyson T.
#1 WSO Delegate:	Pam T.
#2 WSO Delegate:	Debby H.
12# Step Within:	Christie H.
Next Generation:	OPEN
#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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Newsletter Email:	newsletter@oacfi.org
Literature Email:	literature@oacfi.org
Bylaws:	oacfibylaws
Policies and Procedures	oacfi p & p

Coming Intergroup Meetings

10 a.m. October 9, 2021 and November 13, 2021

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

August Treasurers Report

Number	*Day*	*Group*	*Contribution*
48951	Sun	7th Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church Leesburg	
39211	Mon	DeLeon Springs United Methodist Church	40.00
39535/89068	Mon	Central Christian Church 12pm	20.00
57175	Mon	Dunnellon Pres. Church	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	33.00
56041	Mon	Pimlico Rec Center, The Villages	40.00
56481	Mon	Port Orange Presbyterian	
89653	Mon	For Today Dedicated Virtual Meeting	12.00
01048	Mon	Church of Ascension, Orlando	
89609	Mon	Zoom Group Mon-Fri	
46213	Tues	Asbury United Methodist Church	20.00
50209	Tues	Chatham Rec Ctr. The Villages	
54196/89070	Tues	Central Christian Church	
39536/89069	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	90.00
52613	Wed	Fl Hospital Celebration Health, Kissimmee	
89384	Thurs	Body Image Zoom Meeting	125.00
89006	Thurs	Thursday Virtual Zoom Mtg	64.00
18502	Thurs	Church of the Messiah, Winter Garden	
52586	Thurs	Wekiva Springs Presbyterian, Longwood	50.00
52976	Thurs	Grace Episcopal, Port Orange	
54195/89071	Thurs	Central Christian Church	
54798	Thurs	Dunnellon Library Group	85.41
00936	Fri	Tuskawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	50.00
53167/89072	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	100.00
51142	Fri	REBOS Club, St. Cloud	
09016	Sat	Central Florida Intergroup	40.00
78235	Sat	Newcomer's Group, The Villages	
37491	Sat	Cathedral Church, St Luke	
38611	Sat	St. Richards Episcopal, Winter Park	20.00
39883	Sat	Asbury United Methodist Church	
46887	Sat	Ascension Church	
48952	Sat	Union Congregational Church, Holly Hill	
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	
51130	Sat	Hibiscus Village Rec Ctr–Newcomer	
		Unknown Group #	50.00

Individual Contributions (PayPal)	125.00
Individual Contributions (check)	50.00
Remaining Treasury	158.00
Step Workshop	50.00
Total Group Contributions	1222.41