OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OVEREATERS ANONYMOUS
CENTRAL FLORIDA INTERGROUP

January 2022 Winter

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.
  - January 1, 2022, New Year's Day, **Step 1 Spiritual Principle – Honesty ~ Surrender is Winning!**
  - January 6, 2022, Epiphany, **Hope, Faith and Love _ Which have You Received From the Program?**
  - January 15, 2022 OA's 62nd Birthday, **Celebrating Recovery**
  - January 17, 2022, Martin Luther King Jr. Day, **Be A Champion For Your Recovery!**
  - February 1, 2022, Chinese New Year, **Tradition 2 – Spiritual Principle – Unity ~ Together We Get Better!**
  - February 6, 2022, **Super Bowl Sunday, Common Welfare Comes First**
- **January 8, 2022 Angel Card / Words To Live By Event** From 9:00 am to 12:00 pm EST Meeting ID: 853 5068 7616 PW: together https://us02web.zoom.us/j/85350687616
- Overeaters Anonymous Birthday is January 21-23, 2022
- 1/14/22 – 1/16/22 – 32nd Annual Florida State Convention Celebration at The Hilton Cocoa Beach Oceanfront at 1550 N Atlantic Avenue, Cocoa Beach Fl. Registration flyer at: https://oapinellas.org/events/2022/01/FSC-Registration.pdf.

Canceled!

(Continued to the right)

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- January 5, and January 12, 2022 from 6:00 to 8:00pm EST are Level 2 zoom security classes. Please send an email to newsletter@oacfi.org to receive a zoom invite to this class. The number of attendees is limited to 15 people. There is a pre-requisite to set up your personal zooms a certain way. Only 1 night per person is necessary.

****ATTENTION THE DATE FOR THE INTERGROUP FOR JANUARY IS CHANGED****

- January 15, 2022 is this month's intergroup mtg at 10:00 am https://us02web.zoom.us/j/699026950, Meeting ID: 699 026 950 Password: 768958
- February 13, 2022 is next month's intergroup mtg at 10:00 am https://us02web.zoom.us/j/699026950, Meeting ID: 699 026 950 Password: 768958
- **Unity Day** February 26, 2022
- **2022 FALL RETREAT IS FACE TO FACE!** Save the Date ~ October 28 – 30th at Lake Yale!

Tradition One: Unity

Our common Welfare should come first; personal recovery depends upon OA Unity.

Concept One: Unity

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Step One: ~ Honesty

Admitted we were powerless over food – that our lives had become unmanageable.

IT'S NOT YOUR FAULT, ITS YOUR PHALT
PAIN HUNGRY ANGRY LONELY TIRED
BE VIGILANT!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Tradition One : **UNITY**

"Our common welfare should come first; personal recovery depends upon OA unity."

The spiritual principle of this Tradition is Unity

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When I joined OA 22 years ago, we rarely read the Traditions at meetings, and when we did, there might be a groan or two. There just did not seem to be the same level of thoughtful study that there is nowadays.

I am no expert on the Traditions but the OA and AA 12 and 12 are. I hope you will read both. But what I can share, are my thoughts and experience with this Tradition which has taught me so much about how to behave in my OA world and in the "outside" world as well.

To me, Tradition One is really a two-part tradition. The first part reminds me that the welfare of the Group as a whole must come first if it is to survive. An OA group is itself a spiritual entity dedicated solely to helping its members and the still suffering compulsive eater become and stay abstinent. Accomplishing this primary purpose requires unity . It becomes critically important that the divisiveness, outside issues, factions, cliques, controversies, politics, and other disruptions of the outside world can have no place in our sacred meeting space.

To ensure the unity of the group, we place our reliance upon principles rather than personalities . We follow the principles of the Steps rather than the popular postings of social media stars or diet gurus. If I want OA to continue to be around for me, for those who came before me, and those yet to come, I must do all I can to ensure that unity prevails. As the AA 12 and 12 states: "We stay whole or A. A. dies" and "Without Unity, the heart of A. A. would cease to beat;"… (p. 129).

We also ensure unity by creating and following rules for our meetings (meeting formats and decisions based on group conscience) rather than giving our egos free rein to talk out of turn or longer than recommended: "Tradition One tells us to curb those impulses for the sake of the group." (OA 12 and 12, page 92). Thinking of myself first does not support the common welfare; being in love with my own opinion does not give others a full and fair hearing. I must have the humility to think of myself as simply one among many.

The second and also critical part of this Tradition is where "the rubber meets the road" so to speak. Clearly, Tradition One is not just about how I behave with others. It also very clearly tells me that my **personal** recovery depends upon OA unity: "the unity of OA is a matter of life and death to us." (OA 12 and 12 page 92)

Like so many of us, I have tried so many times to do this alone; doing it alone is not possible for me. I cannot recover without you. I need the strength of being one out of many; I need the ego deflation and humility that comes with following the rules and not seeking to stand out rather than to blend in. Every time I put my ego in check I'm gaining more recovery.

Note that the concept of Unity is so important to OA that we have set aside a day to honor and celebrate the Unity of our Fellowship. Unity Day is officially celebrated the last Saturday in February during even years and the last Sunday in February during odd years at 11:30 a.m. local time.

Finally, as the OA 12 and 12 points out, for most of us, recovery began "when we got out of isolation and into an OA group" (page 91) and that "We are not alone. We are connected to our fellow human beings. Our emotional and spiritual health depends on the health of our relationships." (p. 97). In OA "we are learning to connect with other people in ways that nurture all of us as we recover together".

Simply put, I need you; you need me. Together we get better. - Anonymous

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). ANYONE FROM THE TEAM CAN HELP YOU LEARN TO NAVIGATE THE WEBSITE IF YOU HAVE QUESTIONS.

A new Parliamentarian for next year has been appointed!

Please welcome Annie M. to her new position!

We are so grateful she has stepped up to provide service in the manner.

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

"What If?"

Backed up with action, "what if…" might just be the two most powerful words in the language. For nearly forty years, while I was in my disease, my "what if" questions were not backed up with much action. They were simple, almost dream-like: What if I lost XX pounds by this day? What if I fit into size X? What if I was thin(ner)? Before OA, in my mind, the answer to each of these "what if" questions was the same. I was sure my life would be near perfect if I lost XX pounds, fit into size X, and was thin(ner).

Now, nearly 20 years in program, my "what if" questions are backed up with action (most days). My "what if" questions are less dream-like and more the adult aspirations of someone willing to do some work. And, the questions are different; they've gotten much bigger like: What if I am not the only person who knows what is best for me? What if I surrendered to what that is? What if I accepted people for who they are and myself for who I am? What if I practiced the principles of OA in *all* my affairs? What if I turned my will and life over to the care of God as I understand God? Somehow, reframing my "what if" questions and backing them up with actions like: doing 12 steps and using OA's tools – things I never thought I would do - have radically changed my life.

Anonymous

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

Honesty

What is honesty? I'm not sure if I really know. I've lied so much in my life. I've become accustomed to lying whenever I'm feeling "less than" someone else… afraid to tell the truth for fear of shaming, or punishment. I actually have to think about it.

I think I can really remember incidences where I lied because I was afraid that I'd be abandoned. Early on I became good at making up excuses (lies) to prevent punishment.

If I think about it, I became so proficient at lying, I did it whenever I wanted something that I'd justified was okay because of my uniqueness. Also, I lied for excitement and adventure. I never seemed to worry about the consequences of my lies now that I think about it.

I didn't seem to care who I hurt by my lies. Especially me! It became so easy to justify that I really didn't consider it lying but rather *embellishing* the truth, so I measured up to someone else or to impress someone. I can think of it now as more incidents flood my mind. I wanted to be special, admired. The sad part is that now I realize how much of the things I bragged about were given to me by my Higher Power. I don't blame anyone and want to forgive myself.

I want to stop the little lies that my disease continues to suggest! I want to stop trying to be perfect…to stop the negative mental chatter that is my disease.
I no longer want to identify as those "incapable of being honest with themselves!" (page 58 BB)

I want a new manner of living. I want to recover!! Dear God, help me to be willing to change my lying behaviors of my past. Let me hear your voice reminding me that I'm worthy of honesty and truth! AnnMarie K

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

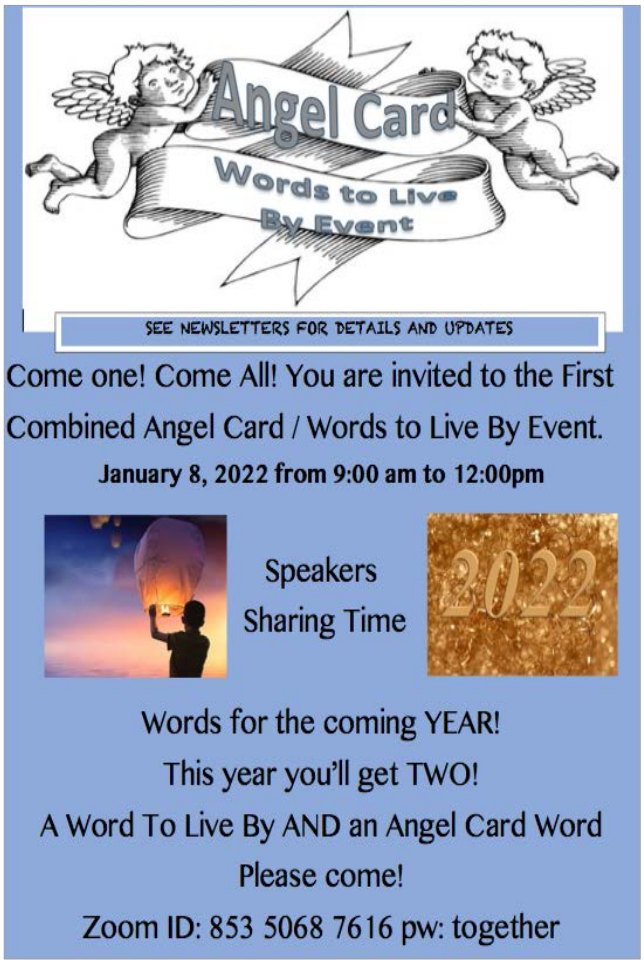
Visit Overeaters Anonymous YP on Facebook
https://m.facebook.com/OAinfo/

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



"My eating habits were deeply ingrained."
Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous (page 32).

I spent most of my 43 pre-OA years using food as a solution for life's challenges. I now have 28+ years of abstinence and recovery, but sometimes I still have a fleeting thought of food when one of those challenges pop up. It's easy to see why—inappropriately using food has way more years of experience than recovery. Of course, my reflex thinking may go back to what worked for so long. Well, even when it stopped working, I still did it. But my actions are what's important.

I encourage newcomers to have some compassion for this thinking, but to use OA's Tools of Recovery as an alternative to sticking one's hand into a rattly bag. In my early recovery days, I called so many OA buddies; I still do as a matter of fact. We just shouldn't be surprised when the thought comes. The important thing here is a different action for a different result.

This is why I think it is so important to break the eating cycle as part of Step One's work. I cannot successfully take the next two Steps if I'm still overeating. Food would still be a power greater than myself.

Yesterday's ultrasound required that I fast, and by the time they were over, it was nearly lunchtime. Good thing I planned ahead, brought my coffee and an easy go-to meal. Can you imagine that—I didn't starve to death and survived the caffeine headache! My head can be such a liar sometimes. I love the slogan; if I fail to plan, I can plan to fail. Later yesterday, our daughter came by to visit and we enjoyed lunch out in the sun. A few neighbors stopped by to chat while walking their dogs. I love days like that.

Today we're going to a craft festival in Cocoa Village. Our daughter is joining us! I'm planning a late breakfast as we'll probably eat lunch in town. My legs have recovered from all that walking at EPCOT a few days ago, thank goodness. My recovery disciplines are overtaking those long-ago eating habits. What a much more wonderful way to live. Gerri H.

Heard at a Meeting (Laughtrack)
Be careful when you follow the masses; sometimes the "m" is silent.

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 FLYER ON pg NINE FOR MORE INFORMATION

Heard at a Meeting
Do you know why HP didn't allow our pets to speak? Because HP wanted to show us that Love and Loyalty are best revealed with actions not words.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

SAVE THE DATE!!

Overeaters Anonymous
Fall Retreat
Is FACE TO FACE
At Lake Yale in 2022

If you Save $5 per week until then, you'll have it!

Have you been missing seeing each other in person? We have too!

Please mark your calendars for October 28-30th and join us for the fall retreat.

Watch future newsletters for more information!

Want to help?? We need volunteers!

Text Jacqueline R. or Elaine V.

407 929-7723 or 407 273-7500

ZOOM SECURITY ADVICE

There will be two Level 2 security classes in January for zoom security. If you are interested, please send your email to newsletter@oacfi.org as the presenters require less than 15 people. In the meantime:

- First – have the meeting originator change their settings. Settings to change: Make it so only host can screen share, only the host can give permission to screen share, require a code to claim host, do not allow for virtual or video backgrounds, make sure co-hosts know how to remove someone being disruptive.
- Practice with the choices under the security icon – many turn off attendee's ability to share screen, unmute themselves, and chat until specific times during the meeting. This minimizes disruption.
- Make sure that someone Claims Host with the code if the usual host is not there in the meeting. Make sure someone comes early (10 - 15 minutes?) so, they can claim host and select co-hosts before bombers arrive. DO NOT SHARE CODE WITH ANYONE YOU DON'T KNOW.
- Check your zoom settings. Make sure to enable a waiting room. Watch it closely for people waiting to be admitted.
- Assign a person to be co-host and ask them to watch the waiting room and admit people with whom they are familiar right away. Others can be told through the chat with the waiting room to that they will soon be admitted. You cannot ask them questions, because they can't answer until a setting is changed. In the January classes, they will teach us how to change a setting to allow for chatting with those in the waiting room.
- If a person is showing pornography, Remove them and Report them. Do not report them if it is a teenager because they or a parent could be a Compulsive Overeater looking for help someday if not now. If they are reported, their zoom account gets frozen. We need to be careful not to break Tradition Four.
- Talk to your group conscience regarding whether you want to lock the meeting after the first ten to fifteen minutes to prevent further interruptions and allow your co-chair who is providing security to be a part of the meeting. IF you often have latecomers, you may not want to do this.
- If someone is a zoom bomber, click on their square , and the three dots in the upper corner and choose "Remove" in the drop-down menu. If you're not sure, you can prevent their ability to unmute, chat, or share screen. If there is no doubt that they are nefarious, proceed to move them to the waiting room. They will usually leave on their own if this is done.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

ON UNITY

CONCEPT 1

The first Concept of OA World Service is Unity. Unity requires me to abandon self-will and focus on what will preserve the program so that it may be carried to the overeater who still suffers. As Benjamin Franklin is purported to have said, "we must hang together, or we shall surely hang separately." We OAs have no chance at survival unless we are united in our common purpose.

Before recovery, when I occasionally dabbled in OA, I struggled with the term "abstinence." I knew if I could just find out what abstinence means, I might achieve it. I asked individuals after the meetings, "What is abstinence for you?" I received all sorts of answers from daily exercise, to long lists of foods to avoid. I was even more confused. How could I achieve this thing that had different definitions depending on who you talked to?

Then, I dropped in on Central Florida's noon meeting via Zoom. They really spent some time reading things aloud at the beginning of the meeting, and I wondered when we would get into the important stuff… until I heard, "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors." Oh! I thought, here is the definitive starting point. Now I can move on to identify, in particular, what compulsive eating is for me, and what compulsive food behaviors are, for me.

Here in conference-approved literature are the ground rules, the foundation stones for building a program for life. The literature conveys what we are about, and what we are not about. As I'm sure Dorothy would tell you, 'you can't follow the yellow brick road if you can't find it.'

At every meeting of my Central Florida group, we spend significant time reading conference approved literature. Perhaps this sounds like it would be awfully repetitive. For me, I hope that the truths of the OA program are taking root in my DNA due to the repetition. I know through these readings that "We are not a diet club." I learned that our members may exhibit different symptoms, from binging to purging, to restricting to over-exercising. We may look different on the outside, but thanks to the diligence of our trusted servants, we are united on the path of recovery offered by Overeaters Anonymous.

My OA group often has group conscience meetings at the end of the month. We discuss proposals such as format changes and sharing protocols. We do not vote for our personal preferences, but for the things that are best for OA as a whole. That way, the OA program will be preserved for the newcomer, and the message will still be carried effectively.

In group conscience meetings and other service functions, we can observe our fellows peacefully making real-world decisions, despite having different opinions. Here is evidence that we can carry the program into *all* our affairs. I want and need personal recovery that works in all my affairs. To that end, I hope to keep my focus on our common welfare. Because I need you here. After all, I can't do this alone.

Anne W.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

"Honesty"

This 7-letter word has so many different meanings to people through-out the world. When in reality there is only one true meaning for me and to me it means serenity. One could wonder how I came to that conclusion. It wasn't easy, but such as in life, what we work for comes with great reward. When I started the program, after I admitted my powerlessness over food, I thought the rest would be a breeze. Say some things, read some things, and do some things. "Work the Steps". That was my perspective in the beginning. Oh, how I was so wrong.

It was suggested for me to make a food plan, diary, and make a list of my faults, and people I may have done wrong. I thought I had completed the task; the key word was "thought" because as I was doing this, my life was being turned upside down. Talk about being confused. I had asked someone in the program, "Is this the way this was supposed to work?" If this was the case, I was going to leave the program. It was too difficult to be so open.

Then one day I was having a conversation with another OA family member, and she mentioned the words complete honesty to me. She had asked if I was being completely honest with my program. I believe that was the first time since being in the program I told the complete truth by saying "no". Maybe I hadn't been quite honest with myself when I'd admitted I was powerless over food, because I was still taking the power away from my Higher Power when it came down to the exactness of measuring my food. I reflected on the little white lies I told when it came to my part in situations. Or even worse, when I lied about my own food plan. Sure, I would say what I was having, but the amount may have been wrong. I may have conveniently forgotten to tell my sponsor about a snack that I had at midnight.

Let's not forget when I was talking about my feelings. Oh, how I didn't want anyone to know the truth regarding how I actually felt about things or about myself. I started to rework my program but this time I am/was being completely honest. I am feeling the rawness when I bare the truth. I find myself growing a better relationship with my HP. I am not just working the steps honestly, I am living them honestly.

The walls that I have spent 45 years in building are actually starting to come down. Heck, I lost my job during the pandemic and took a massive pay cut. The funniest thing is that now in my life I have serenity, and that only came when I was being HONEST. So, bare the truth, feels the rawness, and just be honest and like me, you will find the reward and that, my family, is SERENITY.

Robin G

ATTENTION
New consideration for group conscience meetings:

Please continue to discuss whether you may want to change your old face-to-face group number to a virtual meeting number if you're staying virtual. It would be nice for your meetings to show up when people are looking for an online meeting at OA.org. The World Service office has done a great job with the issue of meetings that want to be temporarily virtual and keep their face-to-face group number. But people still sometimes show up to the physical site. If your address shows on the OA.org website and you are only meeting virtually, please consider taking your address off. It shows as "hybrid" and there is a note there saying it is only virtual for the time being.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

A NEW ME IN JANUARY

A small but huge change in my life this year is recognizing when I am in over my head with something and asking for help; it takes the shape of boundaries. Pre-abstinent-me would have joined committees and groups with full self-assurance that I would be present and a giving member to the committee. When something happens, like a car accident that limits my activities, I start juggling everything I can, and I don't say a word to anyone that I am struggling. In this case, I'm abstinent now and experiencing pain from a collision. The pain gets worse with sitting, time spent on the computer, or reading, or pulling weeds and gardening or even cooking. These are all things I either love or the things I need to keep my abstinence.

This summer and fall I was on two intergroup committees that I was really excited about. I found places where I could share my skills with my fellows. But when a car accident left me in terrible pain that could not be stopped, I started to shut down. I was fortunate to keep my abstinence, but I started missing committee meetings. I didn't acknowledge what was happening at first. I was close to repeating old behaviors like when I'd get stuck in a bad situation and I would pretend I was okay.

Pre-abstinent-me would have made up an excuse (LIED) and disappeared from meetings, not opening emails or answering calls. If I thought I was failing at a task that I'd volunteered for, pre-abstinence me would make everything relating to my failure "disappear".

Abstinent-me, accompanied by clearer thinking, was able to communicate my needs (boundaries, eww!) like shorter meetings, hard stop times, letting my fellows know how I could best proceed and what I needed to limit while still being part of the group.

At first, declaring a "hard stop" to a meeting felt so awkward. The final 30 minutes was excruciating. It's possible if I wasn't in so much pain, I would have hung around even though I'd said I needed to leave. But in this case, I told them at the outset when I needed to leave the meeting, and at the noted time I spoke up, let them know I was exiting, and I left. It FELT GREAT! I still had the pain, but my heart was light as a feather. I'd declared a boundary and made it happen, and I was exultant and at peace as I shut down my computer and walked away to get ready for bed.

Another experience this fall happened when I completed the work on my other committee, which entailed being present off and on for a whole day. I let my fellows know if I disappeared from the computer screen I was still in the room, just lying down with an ice pack. I was still listening and moderating or time-keeping, just not on screen. At the end of that day, I felt light as air. Our whole group was present and working hard. I was still able to do my share after adapting my work style. What a great feeling.

Pre-abstinent-me was somehow incapable of seeing that I needed boundaries, or I was unable to think of adequate ones when I finally recognized and accepted the need. Now I am frequently aware of them. I notice both boundaries and accepting responsibility when I see it in others and I say something. Maybe I say something just to myself or my partner, but I acknowledge it. Boundaries are still new to me and I sometimes struggle with them. I notice how good and clean I feel when I practice them, so now I set up scenarios in my head to practice some more.

Annie M.

Host: Has the trauma you've endured made you stronger?
Guest: Trauma IS capable of building strength. It can make us sink or swim and I have no intentions of sinking.

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

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

GROUP SECRETARIES THIS IS FOR YOU!

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 meetings 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 Carrie C. 781 867-1071 or email the WSO's meeting list contact at LLaurence@oa.org.

Opportunity for Service: 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.
The Next Generation Rep 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.
We are looking for someone who is excellent with social media and unafraid to do outreach. Shy? It's okay, this position will bring you out of your shell! We have a Facebook page, Instagram, we even have a TikTok presence!
Please speak to your sponsor and decide if you might be a good fit for one of these positions. Interested? Questions? **Call Pam T. (603) 682-6267**

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.

Willing to provide content? Great, I really need you!

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 topics that I am most desperately looking for a writer are:
"Hope (STEP 2)"
"Conscience (Concept 2)"
"How I've experienced Love in the OA program"
If you need help with understanding what's needed, feel free to call. Thanks!
Dee

Heard at a Meeting

Perfectionism is spiritual abuse.
Comparison is the opposite of gratitude.

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) ZoomID: 693 585 0119 **Call contact person for password please** https://us02web.zoom.us/j/6935850119**	**Rosemarie K**	**352-638-6286**
Noon	**SS**	**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 **Call contact person for password please** 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 **Call contact person for password please** 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**	**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 (Rm 11) Zoom only call in #l 646 558 8656 Zoom 314 478 076 **Call contact person for password please****	**Dee N**	**407-489-0829**
7:00 pm	**V**	**52613**	**North Village Pool House in Celebration Call contact person for directions (FACE 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**	**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	**V**	**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 898 1338 0543 pw 005668 https://us02web.zoom.us/j/89813380543**	**Lisa B**	**352-615-9155**
6:00 pm	**SS**	**52976**	**Port Orange Presbyterian Church Zoom only meeting Zoom 822 2204 1043 **Call contact person for password please****	**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**	**Thursday Evening Virtual Speaker Meeting 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 **Call contact person for password please****	**Gail**	**352-348-1004**
10:00 am	**D**	**45611**	**Lady Lake Library (HYBRID) 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**

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 Sandy**	**845-325-2031 407 973 0374**
Noon	**N**	**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 **Call contact person for password please** 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 **Call contact person for password please** 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 **Call contact person for password please** 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 **Call contact person for password please****	**Patti D.**	**407-791-1999**

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Your Trusted Servants For Central Florida Intergroup

Positions:	Name
Chair:	Pam T.
Vice-Chair:	Debby H.
Treasurer:	Kathy M.
Secretary:	Carlene D.
Parliamentarian:	Annie 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: Kathy M. (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. January 15, 2022 and, February 13, 2022

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

November 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	-
89068	Mon	Central Christian Church 12pm	30.00-
57175	Mon	Dunnellon Pres. Church	-
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
48859	Mon	Grace Presbyterian, Winter Springs	25.00-
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	-
56041	Mon	Pimlico Rec Center, The Villages	-
56481	Mon	Hospitality House New Smyrna	-
89653	Mon	For Today Dedicated Virtual Meeting	-
01048	Mon	Church of Ascension, Orlando	-
89609	Mon	Zoom Group Mon-Fri	75.31-
53032	Mon	Coastal Library, Crystal River	-
46213	Tues	Asbury United Methodist Church	20.00-
50209	Tues	Chatham Rec Ctr. The Villages	-
54196/89070	Tues	Central Christian Church	10.00-
39536/89069	Wed	Central Christian Church	-
48700	Wed	Lady Lake UMC	16.00-
52613	Wed	Fl Hospital Celebration Health, Kissimmee	25.00-
89384	Thurs	Body Image Zoom Meeting	-
89006	Thurs	Thursday Virtual Zoom Mtg	45.00-
18502	Thurs	Church of the Messiah, Winter Garden	-
52586	Thurs	Wekiva Springs Presbyterian, Longwood	-
52976	Thurs	Grace Episcopal, Port Orange	-
54195/89071	Thurs	Central Christian Church	75.19-
54798	Thurs	Dunnellon Library Group	-
00936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Luke's UMC	-
45611	Fri	Lady Lake Library	-
53167/89072	Fri	Central Christian Church	75.01-
54490	Fri	Shepherd of the Hill Church, Clermont	-
51142	Fri	REBOS Club, St. Cloud	-
09016	Sat	Central Florida Intergroup	-
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	50-
48952	Sat	Union Congregational Church, Holly Hill	-
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	100.00-
51130	Sat	Hibiscus Village Rec Ctr–Newcomer	80.00-
		Unknown Group #	-

Individual Contributions (PayPal)	70.00
Individual Contributions (check)	65.00
Remaining Treasury	
Retreat Income	55.00
Big Book Study Sunday	
Total Group Contributions	836.51