

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OVEREATERS ANONYMOUS[®]

CENTRAL FLORIDA INTERGROUP

April 2021 Spring

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.
 - April 2, 2022, - Ramadan Begins - Step 4 - Spiritual Principle ~ Courage - How Do I Find the Courage to Change?
 - April 15, 2022, - Passover Begins Good Friday - Breaking the Bonds of Self-will
 - April 17, 2022, - Easter - Tradition 4 - Spiritual Principle ~ Autonomy - Do I Take Responsibility for My Actions and Avoid Trying to Control Others?
 - April 24, 2022, - Orthodox Easter - Which Tools Do I Want to Refresh?
 - May 1, 2022 - EID al-Fitr - What Makes Me Feel Nourished and Satisfied?
 - May 5, 2022 - Cinco De Mayo - How Do You Practice Diversity in Your OA Program?
 - May 8, 2022 - Mother's Day - Step 5 - Spiritual Principle ~ Integrity - Admission of Our Wrongs to Keep Integrity Strong
 - May 30, 2022 - Memorial Day - Tradition 5 - Spiritual Principle ~ Purpose - How Do I Define My Purpose As A Member of OA?
- April 9, 2022 is this month's intergroup mtg at 10:00 am <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958
- **2022 FALL RETREAT IS FACE TO FACE! PERSEVERANCE - DON'T QUIT BEFORE THE MIRACLE HAPPENS! SAVE THE DATE** October 28 - 30th at Lake Yale!
- SOAR 8 Spring Convention and Business Assembly April 1-3, 2022.
See flyer on page 2. To see a better image of the flyer, go to Click on the link below
<https://oaregion8.org/assemblies/2022/04/Save-the-Date-SOAR8-Assembly-Spring-2022.pdf>
Presented by: GOLD COAST INTERGROUP

(Continued on the right)

(Continued from left)

- April 22, 2022 - 30th, 2022 World Service Business Convention. This is a virtual event. Click here for info: <https://oa.org/world-service-business-conference/>
- April 21, 2022 - July 28, 2022 ~ Thursday nights from 6:30 PM to 8:30 PM (Suggested Donation \$15.00). A 15-session workshop designed to help participants achieve and maintain abstinence through working ALL 12 steps.
- World Service Convention Dates August 21 - 23, 2025. Location: Renaissance Orlando at SeaWorld - 6677 Sea Harbor Drive, Orlando, FL 32821 - 407 351-5555

*I need help for the May issue! Writers: 400 - 600 words on Concept 5 ~ CONSIDERATION, **HELP ME OUT PLEASE** And Tradition 5 ~ PURPOSE. For June, I need Tradition 6 ~ Solidarity The writing prompt that I need for the month of June is: Surviving the Lonely Desert of Tragedy, Loss, and Heartache)*

Tradition Four: AUTONOMY

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept Four: EQUALITY

The right of participation ensures equality of opportunity for all in the decision-making process.

Step Four: COURAGE

Made a searching and fearless moral inventory of ourselves.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Courage – Step 4

**Made a Searching and Fearless Moral Inventory
Of Ourselves**

I have never thought of myself as being a courageous person or having even an ounce of courage. I'm one of those people who are afraid of most new things. I stand back and let others take the first steps. Courage is for others, not for regular people like me. So, what is courage? Siri says, "Courage is the ability to do something that frightens one." Susan Jeffers wrote a book called "Feel the Fear and Do it Anyway." When I think of someone being courageous, I see several scenes as they play out in my head. The hero is faced with a horrible situation where courage is needed to survive. He needs courage to make it through. He needs courage to come out alive, but is that courage or is it that faith? When someone is frightened and makes a courageous move, doesn't that prove they have some spark of faith? If they didn't believe they could possibly be successful, wouldn't they curl up in a corner instead?

If I think about it, to me courage and faith are the same to me. Those of us in this program step out in faith and give our will over to our Higher Power. We have courage that our HP will see us through. We have hope that we will survive. We have faith that he will take control and we will give up our will. That is courage. If we continue growing in faith, we are also growing in courage or vice versa. So, all of us who enter into this program of working the Steps and accepting we are powerless and give our addiction over to our Higher Power as we see fit have courage. Just like Glinda the Good Witch of the North, tells the cowardly lion in her honeyed voice, "You have had it all along." We are so much stronger than we have thought. We step out in faith; we step out and courage. Through our higher power we become courageous.

- Jill

Heard at a Meeting:

"What I learned through all my years of being a super slipper is that every bottom has a trap door, and I kept falling deeper and deeper."



SOAR 8 Business Assembly and Recovery Convention
Fri, Apr 1, 2022, 6:00 PM – Sun, Apr 3, 2022, 11:00 AM CDT

[CLICK HERE TO REGISTER](#)

AN ALL VIRTUAL EVENT!!!!
JOIN US FOR SPEAKERS, RECOVERY WORKSHOPS, AND ENTERTAINMENT

Registration Deadline: March 25, 2022

If you have any questions, we're happy to help!
Contact us at oamemphis.convention@gmail.com or call +1-901-295-8182
Spanish and Portuguese Interpreters will be provided

**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

HOW TO USE PAY PAL

Follow these steps:

1. Log on to your Pay Pal account
2. Select Send
3. Type in oacfitreasurer@gmail.com
4. Enter the amount with the group name, number, and meeting day. Select Continue
5. Review and select Send Payment Now

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**ABSTAINING FROM CHAOS**

When I came into OA my life was completely unmanageable. I didn't know how that related to my food. What did the chaos in my life have to do with what I was eating? Yes I had an issue with food but that doesn't have anything to do with my relationships at home, on the job or with friends. Hiding in isolation had nothing to do with my eating or not eating. My life was chaotic. Focused on what other people were doing. Trying to keep the home under control the job under control and the kids under control. Forget the dating. That was nonexistent. Didn't understand why I was gaining weight uncontrollably. Why was I not able to let these items go? I had to have them every day. Even if I had nothing else. I couldn't take care of myself. I had to take care of everyone else. Even those that did not really want my help.

Then I came into the rooms of OA. I got a sponsor and started to deal with life on life's terms. Acceptance. Letting go and letting God. Who does that? I do, now. With the guidance of my Higher Power of my understanding. It was the slogans that helped me take One day at a time. Helped me to stop attending every party, I mean argument, I was invited to. 'You might be right.' Then I tasted a little peace. A little serenity. Then I was able to keep the focus on myself. I would cook for myself and make sure I had 3 meals a day. I could send a gratitude list to my sponsor daily and start to see the sunlight in my life.

When I started abstaining from the chaos of my life I started to abstain from the food. With the help of my higher power. Going to meetings helped me to hear the message a new, like fresh dew on my spirit each time. Phone calls to other program members expanded my world to allow me to be social, make friends and start hobbies. When I abstained from the chaos I abstained from the food and when I abstained from the food I was able to abstain from the chaos. It was a circle of energy that needed each other for me to grow in the program. My life and relationships transformed, my honesty came out from hiding. I was honest about my food and about my feelings. I could now allow others to have their feelings also and stop people pleasing. I was starting to learn how to please myself.

Just for today I can keep the focus on myself and not think about what I will eat tomorrow otherwise the chaos will return.

-Jacqui

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TIPS TO ABSTAIN FROM CHAOS

1. Breathe... Sometimes taking a brief moment to meditate, pray, and calm down can make all the difference.
2. Admit that you're anxious or angry... Half the battle is knowing what you're fighting, accepting that how you are feeling is appropriate, and knowing that it is temporary.
3. Challenge your thoughts... Is this really as bad as it seems? What part of it necessarily involves me? Can I leave the parts that are not mine to handle to someone else and let it go? What parts can be resolved later and which parts absolutely require my attention right now?
4. Release the anxiety or anger... Stand up and shake out your arms. Punch a pillow. Take a walk. Find a way to expend some energy. Expend some adrenaline.
5. Visualize yourself calm... Listen to meditative music and say quietly to yourself in a humming tone. I am calm. I am at peace. Everything is okay.
6. Think it through... What things can you do immediately to organize your thoughts and make decisions? Make a list with checkboxes? Make notes on your phone about things that need to be done. Schedule some action in your calendar. Anything that can make you feel as if you are making progress and handling things in an orderly way.
7. Listen to music... If the meditative music calms you down, keep it up as you get busy, or play something upbeat and move around as you clean up the problem. Music can satisfy some of the feelings that we label as hunger. If you are feeling the desire to cave in to food, turn the radio on.
8. Change your focus... This is just today. Tomorrow will handle itself. Focus on one day at a time. If that doesn't help, go hourly. What is the next right action in the next 15 minutes, and do that over and over until you feel better. Chaos is usually not as bad as it seems. Put things into perspective. Is it really worth all the feelings you're feeling? I know it feels like it is and it's okay to express how you're feeling, even if it is irrational. Go ahead and say, "This is irrational thinking but I feel like we will never get this resolved." Ask for what you need, a hug, a snuggle with your anxiety blanket, a nap. It's okay to focus on some basic needs until we are calm and can get things done. Then, set a timer for 20 minutes and tell yourself you can stop in 20 minutes if you need to. Turn the voice memo in your phone on as you work when you think of things, tell your phone. Do this so you don't have to stop the momentum; and usually, once you get going, you keep going until a lot gets done.
9. Try whistling while you work, it worked for the 7 dwarves!

Try to ignore the desire to call others simply to tell them how upset you are. Avoid blaming those around you. These things FEEL like they're helping, but usually they are just causing you to "replay the movie" and often the replay is worse than what actually happened. We get upset and just fan the flames when we do this. Later, we feel regret. And for me, regret is potentially deadly because the first thing I want to do is to comfort myself with my compulsion. Don't forget your tools can be helpful during those times too.

Just because I write it, doesn't mean I do it though. Therein lies the crux.

-Anonymous

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

IMPORTANT!!!

If you know someone who would
like our monthly NEW
BEGINNINGS Newsletter, please
give them this new address to
receive future issues!!!
Click on the link below!

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Tradition Four: “Each group should be autonomous except in matters affecting other groups or OA as a whole.” Spiritual principle: Autonomy

In OA we are encouraged to remember the debt of gratitude we owe to AA for establishing the 12 Traditions, which have been adapted for our use. Thankfully, AA’s Traditions are not abstract principles, but tried and tested solutions that apply to and benefit our Fellowship as well.

Autonomy simply means “freedom from external control or influence; independence; having the ability to manage one’s own affairs”. Group autonomy is fiercely guarded in both OA and AA. Many of us like nothing better than being in control; ironically, it seems to be a characteristic of addiction. In OA, we recognize the need to give individual Groups as much freedom and self-control as possible. Even the Board of Trustees has no right to dictate the actions of a Group.

But Group autonomy is not unlimited. As a spiritual principle, autonomy must be balanced with responsibility. There is no autonomy in matters “affecting other groups or OA as a whole”. What action might a Group take in managing its affairs that could negatively affect other Groups or OA as a whole?

Suppose, for example, a Group decides to change the wording of the Steps, replacing “Him” with “God” in Steps 3, 7 and 11? While some or even many may think there are good reasons for making these gender-neutral changes, doing so would not be in harmony with Tradition 4. Only the Fellowship as a whole can change the Steps. The OA Inc. Bylaws provide for the exclusive method for making changes to the Steps. Were individual Groups to have the right to make their own changes to the Steps, this would lead to confusion, disharmony, and controversy. Allowing these simple changes could lead to further changes, making the Steps practically unrecognizable to other Groups. We remember that Tradition 1 reminds us that our personal recovery depends upon OA unity. We cannot afford the disunity and confusion that could be created by individual Groups changing the Steps at will.

Is a Group free not to read the Steps at all at its meetings? Yes! A Group is not required to read the Steps at its meetings and may opt for other forms of OA literature. However, the key thing to remember here is that while Groups are strongly encouraged, but not required, to read the Steps at their meetings, Groups **are** required to practice the 12 steps to be recognized as an OA Group. (See Note 1 below).

May a Group use the Lord’s Prayer as a closing prayer.? While this particular prayer is not recommended for use, a Group may use it— presumably if approved at a Group Conscience meeting and without objection, without running afoul of Tradition 4.

In OA we do what works. As is often said, Tradition 4 gives individual OA Groups the autonomy and right to be wrong, to make mistakes and learn from them, and to share what they have learned from their mistakes with others for the unity, life, and growth of OA. Tradition 4 ensures that this autonomy is tempered with a responsibility that keeps us unified in our primary purpose to protect our personal abstinence, so we may help the compulsive eater who still suffers.

- Anonymous

NOTES

In point of fact there are other limitations on Group autonomy based on the requirements that must be met to meet the definition of an OA Group (see below).

For example, a Group can have no affiliations except for OA and no one member can be required to practice any particular action in order to be a member of OA.

Therefore, an OA Group affiliated with the church that provides its meeting space or that requires its members to have 30 days of abstinence to share would also not be in harmony with Tradition 4.

BYLAWS OVEREATERS ANONYMOUS, INC. SUBPART B

ARTICLE V – OVEREATERS ANONYMOUS GROUPS

Section 1 – Definition

These points shall define an Overeaters Anonymous group:

- a) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
- b) All who have the desire to stop eating compulsively are welcome in the group.
- c) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- d) As a group they have no affiliation other than Overeaters Anonymous.
- e) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Section 2 – Composition

- a) A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Overeaters Anonymous Twelve Step Workshop

Presented by Gold Coast Intergroup

A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps

April 21, 2022 - July 28, 2022

**Thursdays from 6:30 PM to 8:30 PM
Online Zoom Meetings**

<https://oaregion8.org/events/2022/04/GCI-12-Step-Workshop.pdf>

Suggested Donation: \$15*

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

LESSON OF THE GEESE

Next fall when you see geese heading south for the winter, flying in their familiar "V" formation, you might be interested in knowing why they fly that way. Science has learned that, as each bird flaps its wings, it creates an uplift for the bird immediately behind it. By flying in a "V" formation, the flock together gains over 70% more flying range than if each bird flew on its own.

Like the geese, people who share a common direction and a sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.

Whenever one goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone. It will quickly try to get back into formation to take advantage of the lifting power of the birds in front. *If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.*

When the lead goose gets tired, it rotates back in the wing, and another goose takes over the point position. *It pays to take turns doing hard jobs!*

The geese from behind honk constantly, as you've no doubt heard whenever a flock passes overhead. They do this to encourage those up front to keep up their speed. *An encouraging word goes a long way.* Finally, when a goose gets sick or is wounded by a gunshot and falls out of the formation, two geese follow it down to stay with it and protect it. They stay until it is either able to fly again, or dies. They then launch out on their own or with another formation to catch up with the group. ***If we have the sense of a goose, we will stand by each other.***

~ Author Unknown

The story came from a daily AA newsletter called "the Daily Ponderables".

<https://app.getresponse.com/click.html?x=a62b&lc=S5MnAE&mc=CK&s=BzWeF2t&u=T5K&z=EtiSCYK&>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

WORKSHOPS!!



Concepts & Traditions

Sunday 10th APRIL 2022

7:30-9:00AM MELBOURNE, AUSTRALIA TIME ZONE*
NOTE: THIS IS SATURDAY 9TH MAR, 5.30PM IN USA (EST)

This month topic:

TRADITION 7 & 8

ZOOM ID: 200 540 624 (no password)

www.ad4l.info

Hosted by A Design for Living (Big Book OA)
*You can find your time zone on www.timeanddate.com

VIRTUAL REGION WORKSHOP
2ND SUNDAY OF THE MONTH
SERVICE KEEPS US IN PROGRAM
APRIL 10TH 2022
3pm New York
11pm London/UK
Zoom ID: 891 6554 0024
Passcode: 120912
<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHJyZRRRejkdz09>
For more information go to oavirtualregion.org



2nd Sunday of the Month Workshop Topics

Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month
8:00 - 9:30 PM London (UTC)
3:00 - 4:30 PM New York (UTC -5)

- January 9th - Surrender: Deciding to Cooperate
- February 13th - Spiritual Connection
- March 13th - The Next Right Thought or Action
- April 10th - Service Keeps Us in Program
- May 8th - Dealing with Guilt & Shame
- June 12th - Gratitude as an Action Word
- July 10th - Steps 10 - 12: Continue, Improve & Practice
- August 14th - Practicing these Principles in all our Affairs
- September 11th - Being Entirely Ready for HP to Change Us
- October 9th - How to Twelve Step a Problem
- November 13th - Step 11: Prayer & Meditation
- December 11th - Sponsorship

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting
Meeting ID: 891 6554 0024
Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHJyZRRRejkdz09>

For United States or International numbers <https://zoom.us/j/zoomconference>
Suggested workshop contribution \$5
<http://oavirtualregion.org/region/seventh-tradition/>

FOR MORE INFORMATION:
<https://oavirtualregion.org>
info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org

WE DO BETTER TOGETHER IN QA

April 3, 2022 2:00PM ET

Zoom ID: 891 6554 0024
Passcode: 120912

How do land-based service bodies and virtual service bodies work together to carry the message?
Workshop in English, French, Greek, Portuguese, Spanish to share our experience, strength and hope.

**APRIL IS THE MONTH TO DIG INTO THE PROGRAM!
SERVICE KEEPS US ABSTINENT!**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**We Are Beautifully Knitted Together; CONCEPT 4 (EQUALITY)**

We live in a culture and generation whereby the subject of equal rights is visibly noticeable. Whether one notices segregation based on race, or age, or gender, everyone is fighting for the same opportunities and hoping for a common level of equality. Equality means each individual or group of people is given the same resources or opportunities. It is a little more than a matter of fairness. It has become a means of equal justice for all or lack thereof. When we travel on the road towards our destination, we must realize that we share this road with our common neighbors. The highway belongs to no one individually. The issue of traffic is everyone's responsibility. We need to feel empathetic and exhibit patience along our journey on the road, and in life

This analogy works in the rooms of many twelve-step programs. This OA concept [Concept 4 – The right of participation ensures equality of opportunity for all in the decision-making process.] opens doors for all who choose a program of recovery. As for me, once I was able to accept the reality that I was an addict and my eating habits were a problem, then the solution was given to me gracefully and unconditionally by my fellow members of OA. We all see ourselves as carved from the same cloth here in the rooms of OA. We see the bigger picture of equality as the greater good for all addicts who are seeking abstinence. The Fourth Concept speaks of the equal rights we have as members to make decisions as one united in a group conscience. As a unit, we can make plans and regulate procedures to spread the message of recovery to all addicts. This is a reflection of The Fifth Tradition. The spirit of unity ties together all purposes for our program to exist.

I remember how loved I felt when I was accepted in OA even when I was in the throes of my addiction. When I saw that I could be open and honest with another like-minded and loving human being; I was humbled. We know that no one is better than another within the 12 Step recovery rooms of OA. This level of equality and acceptance is the foundation for OA and our gift of abstinence. In OA, the Fourth Concept is apparent when we see the level of unity we have. This unity reveals a common bond for the greater good; holding the meaning of recovery close to the heart of fellowship.

Tony S.

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

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.

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.

If you'd like to read the Fourth 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-fourth-quarter-issue-of-a-step-ahead/?news-category=0&page=0>

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



HEARD AT A MEETING!
You're not ready until you're all out of excuses.

HEARD AT A MEETING!
NOTHING CHANGES WHEN NOTHING CHANGES

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

FALL RETREAT 2022
WE NEED YOUR HELP!

Committees that need volunteers:

- | | | | |
|--------------------|----------------|-------------|-------------------|
| * Program Planning | * Registration | * Promotion | * Fundraising |
| * Entertainment | * Hospitality | * Boutique | * Meditation Room |
| * Decorations | * Literature | * Greeters | * Clean-up |

➤ If interested in volunteering, please attend BOTH of these Zoom meetings:

Wednesday, April 13 at 7:30 pm AND Wednesday, April 27 at 7:30 pm

<https://zoom.us/j/84477398454> Meeting ID: 844 7739 8454; Password: serenity

➤ For more info. on volunteering, contact Co-Chair Jacqueline R. at 407-929-7723, Co-Chair Elaine V. at 407-273-7500, or Alicia R. (Program Planning) at 443-754-0503

In-Person Fall Retreat--OCTOBER 28-30, 2022 at:

Lake Yale Baptist Conference Center, 39034 County Road 452, Leesburg, FL 34778

PER SEVERANCE—

Don't Quit Before the Miracle Happens!



***IF your meeting is light blue, please check it and make sure it is all correct. Email me at newsletter@oacfi.org to let me know it is all correct or what changes need to be made.

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 Password: 123123 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	Trish	540-454-4600
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)	Carrie C.	781-867-1071
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	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
5:30 pm	V	57273	Lost and Found Club 616 S. Pine Avenue Ocala, FL 34471 (FACE TO FACE)	Evan	832-444-4977

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

6:00 pm	V	800293	Many Faces / One Solution (Formerly Asbury) Zoom only call in #1 646 558 8656 Zoom 314 478 076 **Call contact person for password please**	Tina S	407-864-6992
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
FRIDAY					
9:00 am	V	54490	Shepherd of The Hills Lutheran Church 13600 Caspian Lane Clermont, FL 34711 Zoom only (HYBRID) Zoom 870 5439 1380 **Call contact person for password please**	Gail P	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
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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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	Tusawilla 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 Wint800324er 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	800324	OA For Today Saturday 9:30 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	7 th 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

<u>Positions:</u>	<u>Name</u>
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:	Annie M.

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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 Literature Email: literature@oacfi.org
 TikTok channel: [@oacfi](https://www.tiktok.com/@oacfi)
 Bylaws: oacfi bylaws
 Policies and Procedures: oacfi p & p

Coming Intergroup Meetings

10 a.m. April 9, 2022 and May 14, 2022

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

February Treasurers Report

<u>Number</u>	<u>Day</u>	<u>Group</u>	<u>Contribution</u>
48951	Sun	7 th Day Adventist Church	-
39211	Mon	DeLeon Springs United Methodist Church	-56.00
39535 89068	Mon	Central Christian Church 12pm	-33.50
16681	Mon	Gloria Dei Lutheran Church Leesburg	-
57175	Mon	Dunnellon Pres. Church	-
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
48859	Mon	Grace Presbyterian, Winter Springs	-5.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	-20.00
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	-
53032	Mon	Coastal Library, Crystal River	-
46213 800293	Tues	Many Faces One Solution	-175.00
50209	Tues	Chatham Rec Ctr. The Villages	-
54196/89070	Tues	Central Christian Church	-37.00
39536/89069	Wed	Central Christian Church	-37.00
48700	Wed	Lady Lake UMC	-80.00
52613	Wed	North Village Pool House / Fl Hosp Celeb	-25.00
89384	Thurs	Body Image Zoom Meeting	-20.00
89006	Thurs	Thursday Virtual Zoom Mtg	-20.00
18502	Thurs	Church of the Messiah, Winter Garden	-
52586	Thurs	Wekiva Springs Presbyterian, Longwood	-20.00
52976	Thurs	Grace Episcopal, Port Orange	--
54195/89071	Thurs	Central Christian Church	33.50
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	-87.00
54490	Fri	Shepherd of the Hill Church, Clermont	-276.00
51142	Fri	REBOS Club, St. Cloud	-
09016	Sat	Central Florida Intergroup	-
37491	Sat	Cathedral Church, St Luke	-
38611	Sat	St. Richards Episcopal, Winter Park	-40.00
39883 800324	Sat	OA For Today Saturday 9:30 meeting	-175.00
46887	Sat	Ascension Church	-50.00
48952	Sat	Union Congregational Church, Holly Hill	-
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	-
51130	Sat	Hibiscus Village Rec Ctr--Newcomer	-60.00
		Unknown	

Individual Contributions (PayPal) 0.00
 Individual Contributions (check) 0.00
 Remaining Treasury
 Retreat Income
 Big Book Study Sunday
 Total Group Contributions 1,250.00