

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS **OVEREATERS ANONYMOUS** CENTRAL FLORIDA INTERGROUP

June 2022 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.
 - **June 11, 2022 Gay Pride Celebration** – Step 6 – Spiritual Principle ~Willingness; What ways do I practice Willingness in my OA Program?
 - **June 19, 2022 – Juneteenth, Father’s Day, Summer Solstice** – Tradition 6 – Spiritual Principle – Solidarity – Together We Can Do What We Cannot Do Alone
 - **July 4, 2022 – Sponsorship Day** – Tradition 7 – Spiritual Principle ~ Humility - Finding the Humility to Accept Help From Others
 - June 11, 2022 is this month’s intergroup mtg at 10:00 am <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958 July 9, 2022 is next months meeting. See link and password above.
 - August 14, 2022 OACFI 15-week 12-Step Workshop
 - October 21-23, 2022 Region 8 (SOAR) Business Assembly and Convention
 - **2022 FALL RETREAT IS FACE TO FACE! PERSEVERANCE – DON’T QUIT BEFORE THE MIRACLE HAPPENS!**
SAVE THE DATE October 28 – 30th at Lake Yale!
 - BELOW IS THE LINK FOR THE FALL RETREAT
- ***** <https://oacifallretreat22.eventbrite.com>
- World Service Convention Dates ~ August 21 – 23, 2025. Location Renaissance Orlando at SeaWorld – 6677 Sea Harbor Drive, Orlando, FL – 407 351 5555
(Continued to the right)

(Continued from left)

- April 26-29, 2023 World Service Business Conference
- The Workshop Series (Virtual Region) 8:00-9:30 pm London (UTC) 3:00 – 4:30 PM EST 3:00-4:30 pm New York (EST)
Meeting ID:891 6554 0024 Password 120912
- June 5, 2022 Relapse Prevention Workshop 3:00 – 4:30 PM EST
- June 12: Gratitude is an Action Word 3:00 – 4:30 PM EST
- July 10: Steps 10-12: Continue Improve & Practice 3:00 – 4:30 PM EST
- August 14: Practicing These Principles in All Our Affairs 3:00 – 4:30 PM
- September 11: Being Entirely Ready for HP to Change Us 3:00 – 4:30 PM EST

Tradition Six: Solidarity - An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six: Responsibility - The World Service Business Conference has intrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Step Six: Willingness - Were entirely ready to have God remove all these defects of character.

HEARD AT A MEETING

Abstinence is ALL my Higher Power wants from me today.
HP will handle the rest.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

THE OTHER SIDE OF SOLIDARITY; The Sixth Tradition

The idea behind our Sixth Tradition is that we are all unified with our focus and the purpose of our program. It reveals the fact that issues outside of the OA program should not distract us from our primary purpose of OA recovery. The word “*solidarity*” is the shadow of this tradition. The shadow of a substance is the reflection revealed behind the substance after light shines upon the substance itself. Although the shadow is there and visible, it is not considered the reality of the object. However, the object itself is what is considered real. The Webster Dictionary defines the word solidarity as “complete unity as of opinion, feeling, etc...” The idea is that we as a group are unified in our understanding of seeking the same purpose of recovery. Together we can build a solid foundation for a program of recovery to grow from having a food addiction.

Why, you may think or ask, is this concept so important that it needs to be stated in our traditions? Isn't it obvious for us to understand? To those looking at our program from the outside or even those who are members of OA, it may seem clear that our program of recovery is our focus point for being a member of OA. However, this point is so pure and keen in nature that it can easily be lost or off sighted if we don't intentionally make it a point to remain on target. We cannot be naïve or unwise to believe that we as individuals will not be distracted from the point of our program in OA by allowing aspects such as marketing or lending our name to support other programs, businesses, companies, or purposes. This may cause us either as a whole or even as individual members to believe or think something is more important than the addict arresting their disease and seeking lasting recovery from food addiction for the rest of their lives. This aspect of our program is the key dimension of why we are OA members. This concept also agrees with our Fifth & Third Traditions. All our traditions are binding us as a group together towards seeking the same purpose. The Sixth Tradition helps us remain united and solid to the purpose of our cause. We cannot afford to lose the heart of this point at any cost. Therefore, the idea behind The Sixth Tradition being stated reflects the solidarity of our program. This is big enough to stand by itself as a key component to our program of recovery.

Tony

HEARD AT A MEETING
 Release what does not bless you.
 Keep what sparks joy!

Poetry Corner

If Only

If only I could be more willing
 For more than food to be my filling.
 To open the door to my Higher Power
 and let all the good things flower.
 To work the Steps every day,
 To be abstinent come what may.
 To take my feelings, write them,
 and let them go,
 This too shall pass, Serenity can flow.
 Willing to make an action plan,
 Willing to take baby steps when I can.
 For willingness, I know, I can always pray,
 The Serenity Prayer, I can always say.

By Alicia R.

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

OA MEN!

*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

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Step Six: Were entirely ready to have God remove all these defects of character. Spiritual Principle ~ Willingness

I've done this step many times. Maybe I haven't noticed before how willing or unwilling I am to complete it. To be willing to stop eating means being ready and on guard to fight that part of me that wants to eat inappropriate foods or amounts of foods. I have a hard time doing that, but abstinence has made it easier. Sometimes my disease wins, and I eat something abstinent that isn't on my plan for the day. These compulsive behaviors make me feel that I have failed in my abstinence. So how does this relate to Step Six? If I struggle fighting my inner self that wants the fast and fleeting comfort that there is *with* compulsive eating, how much more will I struggle with fighting the self that wants to stay the same? The self that is so frightened of change because *this* life is "the devil she knows". A different life may be worse, and this life has already been more than she can handle. My rational self says, "It's completely irrational to be afraid that a change for the better will cause you to lose more." But the little girl in me is so frightened of loss. She's suffered enough. Of course, I have felt entirely ready many times. But it's true. What I was ready for was for God to remove the defects AND make me deaf to their pleas. I wanted Him to do ALL the work too!

So, although I have thought that I was "entirely" ready before, I want to realize that the conflict inside me is what keeps the character defects hanging around. If I jump off the proverbial high dive and ask for them to be removed, when God sends me a warning "You're about to screw up, stop!", I must respond by stopping! It's completely on me if I don't.

After I fail to do that, I stand there screaming, "Why haven't you fixed me?" Am I not truly WILLING to have HP remove my character defects, if I fail to react to HP's interventions? If the answer to that is "Yes," what's the solution? How do I grow up? How do I let go and let "God" heal me and then do my part to respond when I'm warned? It can only be done with practice. And that means I must answer that message from my HP that tells me to stop, pray, and use my tools. When I successfully do that, the agony I am expecting to come when I don't succumb and eat, never comes. I am at peace twenty minutes later, my abstinence intact. If it doesn't work, I need to ask myself what feeling I'm trying to numb or if I am truly hungry. Then I need to concentrate on what the program has done for me.

My character defects are improving. My selfish frustration is with the fact that they are still here at all, and I want to move to Timbuktu and start over where no one knows the old me. In the 12 and 12, Step 7 says to be patient with the process. That God will change us in His timing. But in Step 6 on page 47, it says that saying "progress not perfection" too much delays our recovery. Which is correct? I say it depends. Am I doing my best? Then what it says in Step 7 is true; be patient with the process. If I am procrastinating, I need to remember NOT to use "Progress not perfection" as an excuse when I am warned by my HP that I am headed down the primrose path.

I must realize that both are true. Growth and change are a lifelong process. I am either along for the ride, with reins in my hands, or I am sitting backwards on the horse longing for the past with my reins dragging in the mud. So, what's next? Have I submitted each defect to close scrutiny? What made me impatient? What made me judgmental? What made me dishonest? What does each do for me? What does each do TO me? Am I willing to accept that what it does TO me is worse than what it does FOR me? If not, I won't ever let it go. What am I getting out of it? Is it a feeling of safety, security, attention? Yes, all of these. So, what will I get from a new life that is free of character defects? When I have identified the reward, is having it worth it? Of course it is, no matter how long it takes. Dee N.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Concept Six: Responsibility

“The World Service Business Conference has entrusted the Board of Trustees with the primary RESPONSIBILITY for the administration of Overeaters Anonymous.”

When I first accepted this article assignment, I was thinking of my responsibility to the program, to myself, to my fellows. Before I started writing I figured I’d better actually read the concept before proceeding.

As I read it, we are talking about WSBC (a worldwide group of our fellows who meet regularly) entrust the Board of Trustees (consisting of another group of our fellows) to administer – or operate, OA. These people will hear and decide upon various issues that have bubbled upward from our regions and intergroups to help us all move in unison. This concept enhances our process over and over by operating, for the most part, by ourselves, for ourselves.

Ensuring our own fitness-for-duty in terms of appropriate abstinence and involvement in our local meetings is a big personal responsibility to begin with. Besides the responsibility of successfully operating our own program, we are vouching to ourselves and others that, “Yes, I am filling my personal obligations to be present and active in my local OA life as well as helping to operate this worldwide program”.

I haven’t participated in World or Trustee activities (yet!) but as I have started engaging with my intergroup and now my region, I realize more and more I need to be following my daily program closely. I need to review my daily activities, mentally or physically running through those last few steps to ensure my willingness, dedication, and ability to continue another day. Asking for help from my fellows and my Higher Power is included in this daily activity for me.

Just like the pyramid form of our organization, we start with our local home meetings and outward from there, bringing information from single groups to intergroup and onward, and also carrying information from intergroup (or world or region) back to our home group. That responsibility is replicated again and again, not unlike an old-fashioned paper doll cutout. And we are all charged with that responsibility, in my opinion. As hard as it may be sometimes to express an opinion or preference, to carry it outward or inward, is a responsibility we all share to ourselves and our fellows.

As I think about it now, it seems like an activity that will enhance what may be for some of us brand-new habits within ourselves, to make the effort to carry information inward or outward; to be honest and open. To develop the intention and follow through to do anything from following the group conscience in any meeting, to being honest and upfront about the state of our abstinence or involvement in our home groups. To be honest, to communicate, to bring that message inward or outward.

Annie M.

Poetry Corner (cont)

Willingness

Soaring high, gliding effortlessly,
in peace.

Freedom calls.

Too heavy, too busy, too broken,
too late.

Can I let go?

Will I fall...hard...again?

For a moment, self steps aside,
Melts away, Allows.

The body is led, the body follows,
Unquestioning, trusting.

Something is happening and I’m
still here.

Susan S.

**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

When is enough plenty?

Before OA I never had enough. I was one large gaping hole of emptiness. I would try and fill it with so many objects to try to make myself feel like I mattered; clothes, jewelry, prestige, attention, and of course FOOD! When I was a kid, I always compared myself to others. I had many wonderful qualities, but I didn't recognize that others saw them in me. I felt that I always had to explain, validate, and always second guess myself. When it came to just trying to live day by day, I didn't have a clue. So, I would take on any aspect of character that I thought would impress others, just as long as I didn't have to admit I didn't know it all!

I was to a great extent unteachable. So, in my mind, why would anyone love or really want to be with me? My relationships were very conditional. Finally, last year, at age 68 I came to realize that I had had enough! My HP brought me to my senses, and I actually took a risk to trust! It's funny how I can now reflect on those behaviors of wanting to fill the hole. OA has shown me the truth of who I am! I'm no longer a victim, unworthy of self-love. I know now that the only thing that would cure my need for more was to surrender myself... to fill the emptiness with the true understanding that my HP loves me and will give me everything I need! I won't be emotionally hungry. I'm not alone.

I'm not unique in these old sick thoughts. Today, via the steps I have a clear path to freedom from self-defeating thoughts and actions. Today, 24 hours of serenity is enough! It gives me the ability to live life on life's terms, it reminds me I'm enough and that's plenty enough for me.

Annamarie K

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

**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, and 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!

It's not what you're eating.

It's what's eating you.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



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.

PODCASTS AND VIDEOS are on oa.org/podcasts/
YOUNG PEOPLE'S PODCASTS:

<https://oa.org/blog/podcasts/young-peoples-podcasts/>

PODCASTS IN ESPAÑOL

<https://oa.org/blog/podcasts/podcast-en-espanol/>

INTERVIEWS, READINGS, MEETINGS

<https://oa.org/blog/podcasts/interviews-readings-and-meetings/>

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.

Recordings from the spring convention can be found at:
<https://oaregion8.org/assemblies/2022/04/Memphis/-OA-Recovery-Convention-Zoom-Links.pdf>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OACFI Retreat

Lake Yale Baptist

Conference Center

39034 County Road 452

Leesburg, Florida 34788

October: 28-30, 2022



**Perseverance-Don't Quit
Before the Miracle Happens**

RETREAT INCLUDES:

- Speakers
- Workshops
- Entertainment
- Meditation
- Boutique (not during sessions)
- Gift Baskets
- Meals/Lodging
- Fun/Fellowship
- Rest/Sharing

Registration includes:

Two nights lodging and, five meals:

Friday dinner through Sunday Breakfast.

Questions: Call Elaine V 407-273-7500

Or Jacqueline R. 407-929-7723

**OVEREATERS
ANONYMOUS
CENTRAL FLORIDA INTERGROUP**

**Make checks to OACFI Fall Retreat
and Send checks to: Treasurer OACFI,
P.O. Box 180293 (remember to mark
retreat) Casselberry, Florida 32718**

E-mail: Retreat@oacfi.org

- ✓ Early Registration ends Sept. 14th
- ✓ Registrations received after Sept. 14th will have an additional fee of \$20.00
- ✓ No refunds after September 28th
- ✓ Cost of single rooms: (\$220.00)
- ✓ Cost of Double rooms: (\$170.00) ea.

Please check all that apply:

- I would like a single room-\$220.00
- I would like a double room-\$170.00 ea.
- I am willing to lead a workshop- Requirement 6 mts. abstinence
- I will help in the boutique (closed during meetings and workshops)
- I am willing to do service on a committee.
- I will help in registration.
- I am enclosing a donation of \$_____ toward the scholarship fund.

Registration Information

Name: _____

Address: _____

Phone: _____

Email: _____

If Double Room, name of Roommate: \$170 ea.

Special Needs: _____

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



OVEREATERS ANONYMOUS[®]
CENTRAL FLORIDA INTERGROUP

Committees that need volunteers:

- Program Planning
- Entertainment
- Literature
- Decorations
- Registration
- Fundraising
- Boutique
- Greeters

If you are interested in volunteering, please attend these Zoom meetings:

➤ ID# 844 7739 8454 PC: serenity

➤ **Dates for June attendance:**

1. Wednesday, June 08 at 7:30 P.M.
2. Wednesday, June 22 at 7:30 P.M.
3. Saturday, June 11 at 11:15 A.M.

ID# 699 026 950 PC: 768958

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

Lake Yale Baptist Conference Center, 39034 County Road 452, Leesburg, FL 34788

***** <https://oacifallretreat22.eventbrite.com>

PERSEVERANCE—Don't Quit Before the Miracle Happens!



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



**CENTRAL FLORIDA INTERGROUP PRESENTS:
A ZOOM OA STEP STUDY WORKSHOP**

**DATE: WEDNESDAYS 6:30-8:30 PM BEGINNING AUGUST 24.
WORKSHOP RUNS FOR A TOTAL OF 15 WEEKS (ENDING BY
DECEMBER 14.)**

**NO NEW MEMBERS MAY JOIN AFTER THE AUGUST 24
INTRODUCTORY SESSION. ZOOM INFORMATION WILL BE
EMAILED DIRECTLY TO PARTICIPANTS BE AUGUST 17.**

Participants will need their own copies of the following OA-approved literature which will be used in workshop sessions and weekly homework assignments:

- The Twelve Step Workshop and Study Guide, 2nd ed.
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed.
- Alcoholics Anonymous, 4th ed. (the Big Book)
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Overeaters Anonymous, 3rd ed.
- Voices of Recovery
- For Today

**IF YOU ARE INTERESTED IN PARTICIPATING OR HAVE QUESTIONS,
CONTACT PAM T AT (603) 682-6267 OR PAMTINKER@GMAIL.COM**

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 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	80042	Grace Zoom Meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace https://us02web.zoom.us/j/86837813267	Alicia	443-754-0503
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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 Regional Website: www.oaregion8.org
 International Website: www.oa.org
 Facebook Page: www.facebook.com/oacfi.org
 Newsletter Email: newsletter@oacfi.org
 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. July 9, 2022 and August 13, 2022

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

(repeated) March AND April Combined Treasurers Report

<u>Number</u>	<u>Day</u>	<u>Group</u>	<u>Contribution</u>
48951	Sun	7 th Day Adventist Church	-10.00
39211	Mon	DeLeon Springs United Methodist Church	-55.00
39535/89068	Mon	Central Christian Church 12pm	-60.00
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	-160.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	-193.00
56041	Mon	Pimlico Rec Center, The Villages	-
56481	Mon	Hospitality House New Smyrna	-
89653	Mon	For Today Dedicated Virtual Meeting	-15.00
01048	Mon	Church of Ascension, Orlando	-
89609	Mon	Zoom Group Mon-Fri	-153.04
53032	Mon	Coastal Library, Crystal River	-
46213/800293	Tues	Many Faces One Solution	-
50209	Tues	Chatham Rec Ctr. The Villages	-
54196/89070	Tues	Central Christian Church	-71.46
39536/89069	Wed	Central Christian Church	-80.00
48700	Wed	Lady Lake UMC	-120.00
52613	Wed	North Village Pool House / Fl Hosp Celeb	-60.00
89384	Thurs	Body Image Zoom Meeting	-50.00
89006	Thurs	Thursday Virtual Zoom Mtg	-253.00
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	-60.00
54798	Thurs	Dunnellon Library Group	-111.00
00936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Luke's UMC	-
45611	Fri	Lady Lake Library	-275.00
53167/89072	Fri	Central Christian Church	-30.00
54490	Fri	Shepherd of the Hill Church, Clermont	-98.00
51142	Fri	REBOS Club, St. Cloud	-
09016	Sat	Central Florida Intergroup	-20.00
37491	Sat	Cathedral Church, St Luke	-
38611	Sat	St. Richards Episcopal, Winter Park	-15.00
39883/800324	Sat	OA For Today Saturday 9:30 meeting	-
46887	Sat	Ascension Church	-100.00
48952	Sat	Union Congregational Church, Holly Hill	-145.00
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	-
51130	Sat	Hibiscus Village Rec Ctr–Newcomer	-
		Unknown	-88.00

Individual Contributions (PayPal) -177.00
 Individual Contributions (check) -175.00
 Remaining Treasury -10.00
 Angel Card Income
 Big Book Study Sunday
 Total Group Contributions \$2584.50