

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OVEREATERS ANONYMOUS®

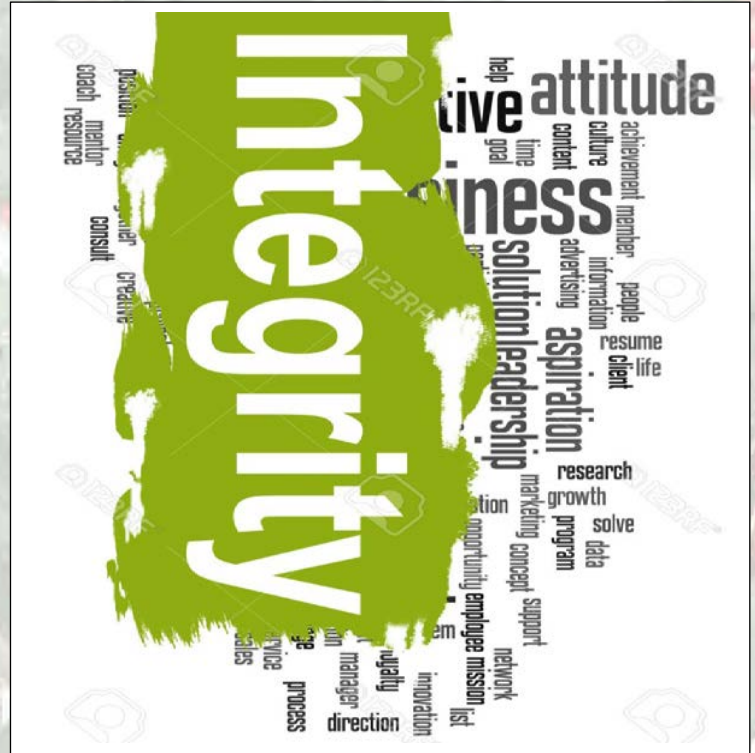
CENTRAL FLORIDA INTERGROUP

May 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.
 - 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?
 - 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 - Step 7 - Spiritual Principle ~ Humility - Finding the Humility to Accept Help From Others
- May 14, 2022 is this month's intergroup mtg at 10:00 am <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958 June 11, 2022 is next month's meeting. See link and password above.
- May 21, 2022 Abstinence Workshop 1:00 - 2:30 PM EST Meeting ID 852 0621 4316 pw ABSTINENCE ** Have handy colored pencils, crayons, or pens and paper!
- **2022 FALL RETREAT IS FACE TO FACE! PERSEVERANCE - DON'T QUIT BEFORE THE MIRACLE HAPPENS!**
- **SAVE THE DATE** October 28 - 30th at Lake Yale!
- **World Service Convention Dates** August 21 - 23, 2025. Location: Renaissance Orlando at SeaWorld - 6677 Sea Harbor Drive, Orlando, Fl 32821 - 407 351-5555



Tradition Five: Purpose - Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.

Concept Five: Consideration - Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

HEARD AT A MEETING
When someone hurts you, YOU decide whether to become WOUNDED or to become WISE. It is your choice.

Step Five: Integrity - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**The Unexpected Gift of Sponsorship**

Tradition 5 states, **“Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers.”** Spiritual Principal: Purpose

When I came into OA in May of 2019, I never imagined that I would have the skills or confidence to be a sponsor. The truth was that I was completely consumed with the guilt and shame connected with my compulsive overeating. I was in survival mode, attending meetings and trying to figure out how “I,” was going to stop eating foods that literally made me fat, sick and miserable! Shortly after that I got a sponsor, began working the steps and began my abstinence from sugar.

About a year later, while in a recovery workshop, I heard an old-timer say, “Don’t be afraid to be a sponsor. All you need is the willingness to share the message of recovery and trust in your Higher Power for guidance.” I was so moved by this person’s sincerity and hope that I decided to let HP decide the outcome of it all. In the many Zoom meetings that followed, I entered my name and contact information in the chat with a simple message that said, “Available to answer questions about recovery and sponsor newcomers.” That was the beginning of my new journey and the unexpected gifts of sponsorship.

I helped sponsees work the 12 steps, answered questions about food-plans, shared meeting information, read and discussed program literature, and shared my story of recovery. It felt great to be of service to others. It brought purpose and community to my life in a way that I had never experienced. I began to see that HP was bringing people into my life who struggled with the same things I did; pain from childhood traumas, mistrust of others and myself, excessive self-reliance, and resistance to the idea of creating balance, contentment, and beauty in life. Each time, we simply came to the table willing to be of service to each other and trusting HP for guidance. And each time, HP provided exactly what we both needed to learn, grow, and heal together one step at a time.

For me, sponsorship has become a way to develop a connection to my Higher Power with other fellows who are recovering from overeating and compulsive food behaviors. It has given me a God driven purpose that I treasure. It’s also helped me develop healthy relationships with other, “imperfect people who want to get better.” I am so grateful for the unexpected gifts that sponsorship has brought to my life. So now I encourage people by saying, “Don’t be afraid to be a sponsor. All you need is the willingness to share the message of recovery and trust in your Higher Power for guidance.”

By Renee H.
Seattle, Washington

Poetry Corner**Surrender**

I’ve tried everything else,
Failed too many times
Tragedy, loss
The maker of rhymes

It’s time to raise up
The pristine white cloth
This unwinnable fight
The flame’s killed the moth

Defeated I kneel
Unbelieving I pray
I give up my will
No longer to stray

Power, it bathes me
I am not alone
I cry with relief
I am welcomed HOME.

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

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Step 5****Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
*Spiritual Principle – Integrity***

When I begin exploring a principle, I find it very useful to look at the definition of the words involved. Starting there with the word “integrity”, I found the following definitions: firm adherence to a code of especially moral or artistic values; an unimpaired condition; the quality or state of being complete or undivided. To that definition I add a distinction that I personally find empowering, *integrity is not about perfection, it is about correction.*

As I consider Step 5, I find wisdom in the act of admitting my wrongs and putting the past in the past. In giving away my 5th Step, I shared all my resentments, fears, and harm to others. I immediately started to experience the peace of shedding the self-imposed expectations and the related litany of the “shoulds” and “shouldn’ts” I had demanded of myself and others. The lifelong shame and guilt largely disappeared, and my obsessive mind put down the proverbial hammer I used to beat on myself. I began to accept that perhaps I was a human being and that I was doing the best I could at the time.

In admitting my wrongs, I also saw how my unrealistic expectations and fears had been the tools my ego used to protect and defend me in all my relationships. In my 4th and 5th Steps my sponsor said I was building a skill that would become an integral part of working the Steps daily for the rest of my life.

Circling back to the definitions of integrity, I accomplished aspects of those definitions without knowing. In coming to OA my mind was impaired and scattered and riddled with guilt and shame. I was blocked from being present in my life and in relationship to others as well as a connection with my Higher Power (HP), who I call God. My sense of being was divided and I couldn’t trust myself, questioning my value when using the rearview mirror to guide my direction in life. The image I held of myself was based on a dishonest view fueled by my expectations, judgements, failures, and failings. I often see that vivid dishonest fantasy and related fear are running the show, thereby blocking my connection with HP, my family and you. When I see that I am in the grips of that dishonest image of myself, I ask for my HP’s help and direction to see the truth and restore me to being whole and complete, unimpaired by that reality illusion. In my understanding of my HP, I am loved unconditionally, independent of my mistakes or failures, and I am whole and complete exactly as I am.

- Paul G., Huntington Beach, CA

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Concept Five of The Twelve Concepts of OA Service
Spiritual Principle ~ Consideration

“Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.”

Wait! STOP! Don’t leave this page—you need this concept! Really! This concept has SOOO much more to do with LIFE in general than just a rather distant-sounding (to most of us here in the trenches of individual meetings) principle of “*appeal and petition*”—sounds kind of governmental or political. We want to run the other way—but, again, **WAIT! STOP!**

This has a lot more to do with our everyday life than we might think. This has to do with **communication**. Good communication practices between **humans**. We all communicate. We are all human. This is about US! Let’s dig a bit.

Have you ever had a difference of opinion, a tiff, a knock-down-drag-out total disagreement with anyone—friend, family, boss, employee, grocery store checker??? Yes. Nod that noggin up and down. You have been there. What if the other person is rock-headed and won’t listen to your side? Not on our side of the street, right? Maybe try listening deeply to what they are saying without forming an answer in your head—dare I say, give them a good listen, some consideration? No interrupting?

Or maybe, just maybe, **you** might be ever so slightly, just a bit stubbornly, clinging to YOUR opinion ONLY. So, the spiritual principle behind Concept Five is “*consideration*.” Being considerate (of others). Considering (another viewpoint). Consider (taking into account, regarding or treating kindly). Consideration (giving thoughtful and sympathetic regard).

While the purpose of Concept Five is, at its highest level, to provide a process that will assist those trusted servants at the organizational levels to serve kindly and efficiently and interact more peaceably with other levels of the organization—isn’t that the same thing we try to do day in and day out with those around us? Interact more peaceably? Be more kind? Maybe **BEFORE** recovery we didn’t give a rat’s tail about being peaceful or kind or giving ANYONE and their opposing viewpoint the LEAST bit of consideration. But that’s in the past. **NOW** we have a Higher Power to help us KEEP those inconsiderate attitudes in the past—one day—one hour—one disagreement at a time. In your daily gratitude list, add that line item about being thankful for the thoughtful and considerate moments you received AND those you were able to give to others today. Then add another line of gratitude that OA has made provision in their Concepts of Service to be kind and considerate to others within all levels of the organization.

- by Terry C.—Monday Night Kissimmee/Dr. Phillips combo Zoom meeting—03.31.2022

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**SHOULD I WAIT?**

Should I wait? Maybe just a little bit, a few more days. Maybe until I finally hear from that job I applied for or the text I was hoping to see from someone special. Should I wait til I feel better? Til I feel stronger and more capable? Maybe I should wait to start abstinent eating until I'm through the trip to see family where things always seem to go sideways.

Do we all know what the universal answer to this is? In terms of our OA universe and our OA daily lives, the answer is an unresounding NO. "No" the way your mom or dad or grandma said it when there was no hope of getting them to say "Yes". **N. O.**

Well then, how about, "Should I wait to tell my sponsor and OA buddies that I'm starting to feel itchy again, I'm experiencing cravings again after I thought they were long gone?" Speak up, my friend. Let your HP know, let your sponsor know and your OA buddies, too!

Maybe I should wait until I feel more knowledgeable about the OA program and confident - and when all the holiday goodies are gone from the store for the season.

In my few years of experience, the answer to waiting for positive OA action of any sort will always be, at least for me, NO. Because the more I postpone, "fiddle around" as my grandma used to say, look the other way, the deeper and faster I will fall into a negative, hurtful place.

I don't want to feel worse, maybe. I'm afraid that I've messed up something I thought was a sure thing. I'm embarrassed and angry with myself and the world. Hey, that sounds like me!

When I get that feeling, or sneaky cravings start worming their way into my brain again, I dial 911 to my HP, then I dial my sponsor. Immediately.

In the confident words of my own sponsor who had a relapse experience and has been abstinent for many years now, "You feel that resentment creeping in, address it now or it will eat you up."

But, what about if I think I have it handled? Can't I just wait out the sweats of wishing for/craving for/satisfying that awful itch? No, I can't. For whatever reason, something negative has come back in and must be escorted promptly out of my life with the timely assistance of those in-program people who can help me. Now.

Annie M.

Those Who Serve Before Us; THE FIFTH CONCEPT

I needed some blood work done the other morning. Because of the post covid environment and extra precautions, the seats in the waiting room were few and spread out. A patient gentleman offered me his seat when he saw me walking around with nowhere to sit. As I was tired and a little bit sore, I took advantage of this older man's generosity. It humbled my soul. It is moments such as these that our hearts open to see a little more hope within the world with a mentality of faith in human kindness. If you think about it, a similar gesture softens your heart after you have walked into the Twelve Step rooms of OA. Some veterans open their hearts to welcome you into the room.

This level of consideration may have surprised you at first causing you to feel slightly awkward to accept the grace and respond with a hug. Step Twelve gives us the arena to play such a game. Those who have walked along the path a little longer give way for new members to take their stand in the battle. This level of **consideration** forms the foundation for our program and allows it to grow and exist. We consider the way another member feels even when they are strangers towards us personally. This is important. It allows us as members to open our hearts to be able to accept the spiritual principles of the program. We develop a group conscience around the responsibility of being considerate as we listen to another member's story.

The Fifth Concept focuses on this purpose of the OA program. It is the responsibility of one generation of members to pass the banner to the next generation. The Fifth Concept reads: "Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered." In other words, all voices have the right to be heard. This concept illustrates the reality that we as a group intentionally recognize the empathy it takes to welcome and keep our members. We are servants who attempt to provide meaning for the masses of those who suffer from our compulsion. Hopefully, this is done with a touch of care and esteem for each of our fellow members. Let's remember to not take for granted what has so freely been given to us in this program. It comes from a place of deep compassion and humility that reflects the sacrifice of thousands who have trudged before us on this happy road to destiny. - Tony B

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



A Daily Writing on Reading

"Sponsors answered our questions, listened to our problems, shared our tears and laughter, and guided us in recovery as they helped us apply OA Principles in our lives."

The Twelve Steps and Twelve Traditions of OA, p. 13

I am a sponsored member for all of my almost 29 years in recovery. I sponsor others. I cannot imagine this journey without one. She always knows the right thing for me to read, or pray, when my life gets complicated. I'm the one complicating it and she helps me to see my part. I try to do the same for the people who've honored me by allowing me to be their sponsor.

Yesterday was a successful day. We met up with all the kids and went out on the St. Johns River. The airboat sat us all comfortably and we really had a good time, seeing lots of alligators, bird species and nature. Afterwards we feasted on a delicious meal at a local seafood restaurant.

Food was never an issue yesterday. We enjoyed the scenery, and family—those were the important things for me.

Today will be very busy. I have a chiropractor appointment this morning, errands to run and then I need to empty the casita fridge into the RV one. There are lots of little things we have to do too, but I'll take the time for my weekly OA group session at 4 and of course, eat in-between all this business. Hard to believe that tomorrow we'll head out on another RV adventure. I am hoping that my knees behave, we can enjoy a summer of cooler northern weather and not have to rush back for surgery.

I'm sleeping better now with the Cpap machine but it's time to get this day going. I've talked with one sponsee and I'll call my sponsor next. I'm anchored in recovery and look forward to another day of abstinent living.

Love, Gerri

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.

HEARD AT A MEETING!

People don't usually lie to deceive you.
They lie to control how you see them.

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/>

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!

Ask permission, then (if granted) hug an older person. You might be their only hug for the year. Or yours may be their very last

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:

(1) **Saturday, May 14 at 11:15 am:** <https://us02web.zoom.us/j/699026950>

Meeting ID: 699 026 950

Password: 768958 (after Intergroup)

AND

(2) **Wednesday, May 25 at 7:30 pm:** <https://zoom.us/j/84477398454>

Meeting ID: 844 7739 8454 Password: serenity

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

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

PERSEVERANCE—*Don't Quit Before the Miracle Happens!*



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

MONDAY					
Time	Type	Group #	Location	Contact	Phone
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	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)	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
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

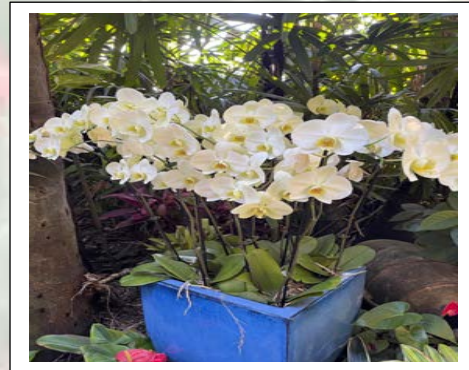
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7:00 pm	V	52613	North Village Pool House in Celebration Call contact person for directions (FACE TO FACE) Celebration, FL 34747	Geri B	407-557-7055
WEDNESDAY					
10:00 am	BB	48700	Lady Lake UMC corner of Hwy 27/441 and McClendon St Lady Lake, FL 32159	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					
10:30 am	V	57434	Westminster-By-the-Sea – Thursday 10:30 3221 S Peninsula Drive Daytona Beach Shores, FL 32118	Lori	407-314-1636
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 Zoom only 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
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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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	V	800378	Saturday Zoom Port Orange Zoom 880 7717 9552 password 305705	Jane V.	386 679-2098
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	800234	For Today Saturday 9:30 am Zoom Only Zoom 784 066 770 PW serenity https://us02web.zoom.us/j/784066770	Cheryl S.	407-221-5928
10:00 am	SS	50419	Hibiscus Village Rec Center 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: oacfibylaws
 Policies and Procedures: oacfi p & p

Coming Intergroup Meetings

10 a.m. May 14, 2022 and June 11, 2022

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

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	-
46243 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