

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OVEREATERS ANONYMOUS[®]

CENTRAL FLORIDA INTERGROUP

October 2022 Fall

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

CALENDAR OF EVENTS

- OA Phone Marathons: Meetings every hour from 8 am to 12 pm midnight EST, 712 432-5200, pin-4285115# For more information contact [http://VIGOAmarathons@gmail.com](mailto:VIGOAmarathons@gmail.com) or call 828 620-0521. To sign up www.signupschedule.com/oamarathons.
 - **October 4, Yom Kippur Begins** – Step Nine Spiritual Principle ~ *Love Love Yourself and Others by Clearing the Wreckage of Your Past*
 - **October 10, Indigenous People's Day & Canadian Thanksgiving** – Tradition 9 Spiritual Principle ~ *Structure How Do I Practice Structure in My OA Program?*
 - **October 24, Diwali** – Step 10 Spiritual Principle Perseverance – *How Does Perseverance Light the Way to Self-Awareness*
 - **October 31, Halloween/Samhain** Tradition 10 Spiritual Principle – Neutrality – Why is Abstinence the Best Treat of All?
 - **November 8 Election Day** – The Serenity Prayer
 - **November 11 Veterans Day/Armistice Day** Step 11 Spiritual Principle - Spiritual Awareness – What does “Being in Fit Spiritual Condition” mean to me?
- October 8, 2022 is this month's intergroup mtg at 10:00 am <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958
- October 21 – 23, 2022 Region 8 (SOAR) Business Assembly and Convention SEE PAGE 10
- November 12, 2022 is next 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!
(Continued to the right)

(Continued from left)

- The Workshop Series (Virtual Region) 8:00-9:30 pm London (UTC) 3:00-4:30 pm New York (EST)
Meeting ID:891 6554 0024 Password 120912
 - October 9: How to Twelve Step a Problem
 - November 13: Step 11: Prayer and Meditation
 - December 11: Sponsorship
Wait until you see what's coming next year!
- April 26-29, 2023 World Service Business Conference Hotel Reservations will open in January 2023. Embassy Suites Albuquerque hotel guest rooms are available from 4/20/23- 5/3/2023. Room rate plus tax is US \$169.67 per night. Rate includes breakfast, refrigerator, microwave, Internet, and dinner shuttles. Tax is subject to change.
- World Service Convention Dates ~ August 21 – 23, 2025. Location - Renaissance Orlando at SeaWorld – 6677 Sea Harbor Drive, Orlando, FL For reservations call hotel – 407 351 5555

Concept Ten: Clarity ~ Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Step Ten: Perseverance ~ Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten: Neutrality ~ Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never to be drawn into public controversy.

**HEARD AT A MEETING
Grief is the price we pay
for love.**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Clarity

I find clarity comes at different times, in different situations and sometimes most unexpectedly. Clarity to me means coherence, personal understanding, and often an “Aha” moment. As I work through the steps, uncover my character defects and deal with my shortcomings, I find that clarity gives me a feeling of movement and growth. It’s good to have clarity on my personal journey, as I understand it.

Recently I had a total knee replacement. The fear, anxiety, wild imagination, and catastrophizing that came up for me was insane! I’ve been working my OA program and have maintained abstinence for 10 months. I was feeling amazing. The miracles were happening for me.... and then this! My character defects reared their ugly heads and really took over my life. My anxiety was debilitating. I continued to go to meetings, meet with my sponsor, pray, and surrender to the best of my ability; however, I was struggling.

At a two-week post-op appointment my doctor was unhappy with how little my knee was bending and informed me that if it didn’t improve, I would have to undergo a procedure to help it bend. I panicked! I focused on this statement for the next two weeks. I went to physical therapy three times per week. I did all my exercises three times per day. I knew I was doing all the right things, but my anxiety was off the charts. There was no reality or common sense within me. On the day of my next appointment, I couldn’t even drive myself to the doctor. My daughter came with me. She was the only thing that kept me from having a full-blown panic attack.

As I sat in the doctor’s office, I let my imagination run wild. I was so uncomfortable. Finally, they called me into a room. I was sitting in a chair when the doctor came in, and he immediately said how great my knee looked, that the bend looked fantastic, and that he was really happy to see the progress I had made in two weeks. So now comes my “Aha moment!” I just sat there.... first, I felt relieved: next, I thought about how much I had tortured myself for no reason, really no reason at all.

As I looked back on the last two weeks with a calmer frame of mind, I could see all the work I put in and the progress I had made. I could have seen this all the way along, but I let my character defects take over my life. I stopped working my program consistently.... I just could not get out of my own way.

The lesson and clarity here for me is this: keep coming back, work my program, go to meetings, use the tools, talk to my sponsor, reach out to my fellows, and do it one day at a time... one hour at a time... one minute at a time, whatever is needed. Clarity comes in strange ways sometimes. I know and feel deep down that I must work the program, surrender, and allow the process. I am so grateful for this OA program! It is a beautiful miracle in my life! - Cheryl L.

Heard At A Meeting

Your brain is like a snow-covered hill. You’re standing on top of the hill. When you are about to react to something, the sled wants to go down the deepest grooves, the path you’ve always taken, because that’s easiest. To find serenity, we must seek to respond differently. We must fight to make a new path.

Poetry Corner

Leaves

by Elsie N. Brady



How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**What Brought you Back to Overeaters Anonymous?**

What brought me back to OA, you ask? In a word, Covid. Yes, the Coronavirus is what brought me back to OA and for that alone, I am very grateful.

It was not actually getting Covid that brought me back; although, I did get a mild case (for my birthday, actually). It wasn't fear of getting Covid that brought me back, although, it should have. God only knows, my excess weight played a part in putting me in a high-risk category. Americans, in general, have a less than healthy diet, and although mine was pretty good, I still had a lot of weight I wanted to lose. During Covid, I was basically living in isolation, coping with boredom, and feeling loneliness like I never had before. After losing over 100 pounds and working really hard at developing healthy eating patterns, I found my new pattern of visiting my kitchen in the middle of the afternoon. Trips to the hardware store or grocery store in a mask, getting stressed out, and buying candy bars certainly slowed my weight loss down but these trips to the fridge are where I got my spiritual awakening.

It was pretty much daily and usually more than once a day, a familiar pattern...to take the steps down to the kitchen and peer into the refrigerator, to inspect the pantry to find something for me to do. No, namely, to chew, to eat, to pick. To pick up something and to put it in my mouth.

My brain started to work. "Hmmm, I am not hungry; it is not time to eat!" I still wanted to lose a lot more weight, and at the rate I was going, it was going to take a decade, or longer.' As background, my graphed weight loss January 2018 through Covid March 2020 was a steep line down and to the right. My Covid weight loss line a year later looked like a gentle tilt down and to the right. Hence, the underestimated decade. More likely, I was going to start watching an incline and that scared me.

Sure, there is just healthy stuff that I have at home—I'd eat an apple, then some carrots, another half pear, or better clean that one up so it won't get brown. BOOM! What am I doing? What and why am I doing exactly what I am doing? And the answer came! **I am eating compulsively!!!** And, why? Cause that's what you do when you are a Compulsive Eater like me!

Instantly, my brain really kicked in — "OA, remember OA?" I had been before, but not for long and I never really "worked" the program. I immediately grabbed my iPad and I googled **OA Zoom**. I figured if there were AA meetings online, there would be OA meetings online. If AA worked for me with alcohol, OA would work for me with food and my eating issues. I had HOPE (with all caps) for the first time in my life. Hope that I could release the rest of my unneeded weight and hope that could continue to keep it off.

Fast forward 16 months and I have officially lost the second 100 pounds (far more than I initially hoped for). I have gone well into the normal weight zone for the first time in my life (I am 63, so that is a BIG deal). People will say that women can't lose weight easily when they are past a certain point; I don't believe that anymore.

With the help of others, I have found a way to define abstinence for me today. It has changed since I joined OA, and I know it will continue to change. I do not exercise excessively (but may arguably be a little addicted to pickleball). I choose to do things that I think are fun and good for me. Yoga, pickleball, and walks in nature. I consider myself a good cook today (learned years ago if you can read, you can cook, and it is true) and I love what I eat. I don't generally eat sugary foods and I stay away from snacks in between meals (although I allow myself a snack once a day if I want or need it).

I have a ton of gratitude and a mountain of hope today! I have spiritual tools that have been laid at my feet — I pick those up instead of visiting my fridge when life gets "lifer". Instead of visiting the aforementioned stainless-steel vessel or my pantry, I read, write in my journal, meditate, pray, call someone in the program, or look for an OA zoom meeting. The idea of going back to OA (and doing the step work) brought me instant hope and following through with it, brought me peace.

To all of you, may you find PEACE in your journey — please, just try it one day at a time! If you cannot find or have lost HOPE yourself, you can certainly borrow mine! I know OA works for me and if it can work for this lifetime compulsive eater, I am quite certain it can work for you!

Janice

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Balance of Opinions; TRADITION 10**

When we approach the morals behind Tradition Ten, most of us tend to focus on the word *controversy*. However, Tradition Ten challenges us to a higher standard, i.e., to remain neutral even during a controversy. If we simply expand our thoughts a little, we could grasp Tradition Ten's deeper meaning. Neutrality is a word which means "to hold an unbiased position in the face of conflicting matters". In other words, there needs to be an argument established before one can state a position of neutrality. However, Tradition Ten states, "Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."

As one may already realize, public controversy is a dangerous place to be submerged. And not one you'd like to find yourself caught in between two arguing mindsets. This is not good for anyone, not even the scoundrel of a group. To embrace the idea of neutrality, one must remain neutral between two opposing views.

The reason this concept of OA is important is that if OA takes a side or lends a voice in a specific position, it may deviate us from Tradition Five which states, "Each group has but one primary purpose – to carry the message to the compulsive overeater who still suffers."

Each group member has the right to follow a certain diet or favor a certain food plan but not to push their practice on anyone else. Even if a specific exercise program worked well for many members, it would still not reflect or express an official view from OA. Based on this tradition, we may hold personal convictions, yet not influence the whole group's central purpos. This allows a colorful array of people to represent and express the OA membership. We are grateful to the original AA members who heard our Higher Power's direction and were inspired and wise enough to place our Steps and Traditions in place. It is obvious that our program was created through a vision of one with a higher purpose.

Tony B

*Is Food a Problem for you?
Are you 18 to 30 years of Age?*

A young Adult?

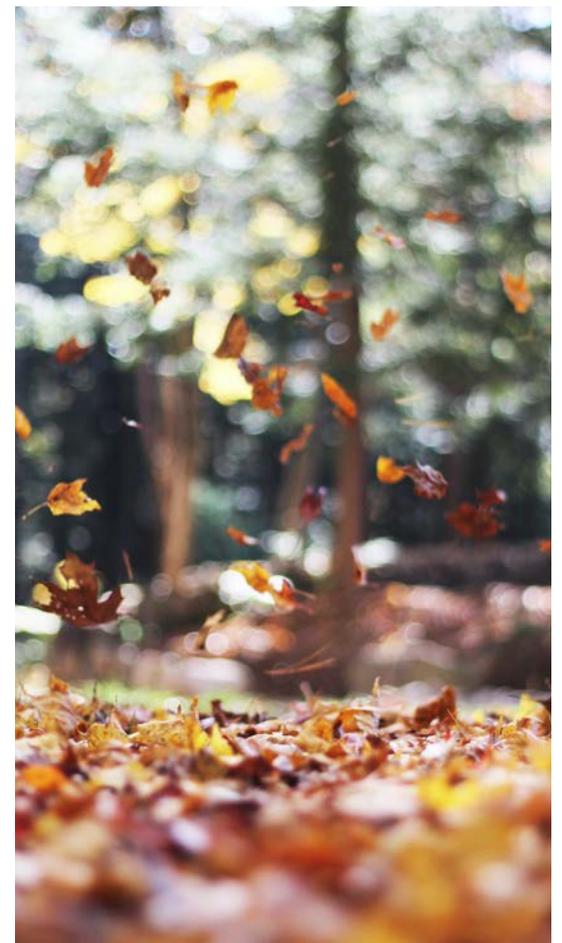
*Visit Overeaters Anonymous UP on
Facebook*

<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



*Sometimes a tumble,
makes you humble.*

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

Good Morning!

Habit is habit, and not to be flung out the window...but coaxed downstairs a step at a time.

Mark Twain

Or lugged upstairs...

There is something to be said for cultivating disciplines...some are spiritually, physically, and emotionally enriching; others are not. And our minds can pretty much tell us that we are doing exactly what we ought to be doing, but in hindsight or from a different perspective, we learn something quite different.

I had a very intentional spiritual path prior to coming into recovery. I was considered by my peers to be a very spiritual person. All disciplines are never complete, we can always grow in what we know and experience. We are never done.

Physically, I had developed some good habits with exercise, but much of them in the light of recovery were purging mechanisms. Being physically fit is important to me. I like having a strong body, especially as I get on in years. Being aged and not taking any supplemental medications is something for which I am extremely grateful. Being active and able to be on my feet most of the day is a huge blessing.

Emotionally, before coming into recovery, I was a mess. Although, I thought I was perfect. Funny how that old brain works. It wasn't until the psychic change occurred, (much of that through the absence of sugar and all of its wily substitutes) that I could see more clearly my emotional deficits. Today, I am much more measured and balanced. My concentration is vastly improved. My intuition is sharper. My ability to listen to others and pick up social and emotional cues is more acute. The emotional shifts are almost non-existent, and I am able to handle life's challenges fairly well. I know that when I do get unsettled, especially where another person, place, or thing is concerned, it is almost always an opportunity to look within.

The change which has occurred in me could not be more profound or life changing. I will never run out of gratitude or gratefulness. Greater clarity, insight, and mellowness are something worth keeping and growing. This is why I have my recovery habits or disciplines and try to keep them polished and nurtured and ready to employ. There is no vacation from warding off cunning, baffling and powerful...I need a plan. - Debby H

SAVE THE DATE!!



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

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

**Looking for opportunities for Service??
If you've been asking for HP to find a way to help you stay connected to the program, service is the answer!**

The Next Generation Rep position is great for you if you or feel young or young at heart and are excited about sharing the OA message to those young people who're suffering from our compulsion.

You don't have to be great at social media; we can teach you! If you have a desire to do outreach and help grow the program, this is the way.

We also need a 12th Step Within Rep. The person in this position would likely have a desire to facilitate step studies, Quarterly Workshops, and possibly help others find a sponsor.

Lastly, the Newsletter representative is the job for you if you enjoy organizing an e-document to inform others about what OACFI has to offer every month. Questions? Call Pam T. (603) 682-6267.

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.

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.



The Welcome Home Group of Overeaters Anonymous hosted a booth at Ocala Recovery Fest on September 10, which drew 901 attendees this year. This public information work was generously supported by both Central Florida Intergroup and Region 8. If your home group would like to host a booth at a local health fair please contact the PO/PI committee to find out what resources are available.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

PERSEVERANCE

My first memories of being overweight were my teenage years. My neighborhood friends picked on me for developing early and for being heavy. I was so embarrassed at having to shop in oversized clothing stores. I was a different religion than the other children and went to a different school. My parents divorced and I longed for my mother's attention, but she had to work long hours. I had no goals in life and felt like I was just existing. As I aged, I got bigger. Diabetes ran in my family, but I did not have it, yet.

I carried on with life, visiting my remarried father once a month, and I kept putting on weight. My back was hurting a lot and I tried many types of diets. I so enjoyed family trips with my sister and mom. In 1989, my mom was diagnosed with breast cancer. She had treatment and when she was cancer free, we were told that if she got to the five-year mark without problems, she would be safe and free of cancer. After five years clear, we had a surprise party for her and were shocked the next month when cancer came back. I had so many questions; I didn't care about anything in the world.

A few years later, I met my husband. My emotional eating was high and then I found out I was diabetic. But still not having recovered from the loss of my mother, I did not take charge of my eating. My back continued to worsen. I tried a weigh and pay program and lost a good amount of weight, but I eventually put it back on.

In January 2016, I had my mammogram and they saw a spot. A sonogram also showed the spot and I needed to schedule a biopsy. Thanks to early detection, I had surgery and treatment. But I still did not control my eating. I ate over my emotions. I tried to eat healthier with the help of a group of breast cancer survivors, I really did try! But I ate when I was sad, mad, lonely, bored, and even happy. My best friend in the world had passed away.

More and more, thoughts were entering my head regarding weight loss surgery. I didn't want to die early. I was hungry all day. After being turned down by the 1st bariatric surgery center, I was so discouraged. My BMI was not high enough, but after they looked at my whole health picture, the medical insurance agreed. Just in time because I was about to give up my whole life totally. On February 24th, 2020, after a long process, I had my bariatric sleeve. It is a great feeling to feel full. But, again, after a couple of months, my appetite was back. I knew about Overeaters Anonymous, but thought it was a religious program. I knew I needed as much help and support as I could get so I went to a meeting.

The first person I asked to sponsor me was someone I had trained with at the gym, but that didn't work out. I did however have the power to believe there was hope. The meetings were on zoom, and I was meeting people but was so shy to share and put my face on video. When mentioning that I needed a sponsor to people, there was a wonderful lady who said she was able to be a temporary sponsor for me. We clicked. Yes. We worked together for six months. We had to part ways, but we still keep in touch. I go to many meetings. I read the Voices of Recovery and For Today as they are my two favorites. They seem to say the most perfect things to me. I've lost a total of 60 pounds. I'm looking forward to getting off my diabetic medication.

In my recovery, I am learning to slow down and listen for a voice inside my head, and to believe it is my HP guiding me. I continue to work on willingness. I hear a lot of different readings, sayings, quotes but the one word that has touched my heart and means the most to me is that of willingness. I can meditate and pray to my HP but without willingness it will not work. I am trying to tune into my feelings instead of avoiding them with food. I know that eating will not make a bad situation better. There is no food that will cure an illness, fix a broken relationship, or cure loneliness. My HP is going to give me much more than food ever will. I am now working the 12 steps instead of just admiring them. Growth begins with acceptance of oneself. If I pray and ask (and it's my HP's will) then I will receive it. Once I let go of yesterday and tomorrow, I can live today to the fullest. I now believe I am worth enough to give myself the very best.

- Cheryl P.

Heard At A Meeting

Don't let yesterday take up all of today my friend! Give yourself a tiny bit of the past, but not enough to steal the future.

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.

Winston Churchill

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

**Rooms Registration ends
October 3rd.**

*** No refunds after October 3rd except on emergency basis.**

*** Commuters/day trippers for Saturday, only 10/29/22. Cost is - \$55.00 includes 3 meals. Registration is by October 22nd.**

Send in your registration with payment for rooms, commuters or RV payments.

To register, make Checks payable to OACFI fall retreat. Mail checks and registration form to Elaine Vella c/o 3860 Running Water Drive Orlando, FL 32829
Questions: call Elaine V.407-273-7500 or Jacqueline R. 407-929-7723 or email retreat@oacfi.org

Please check all that apply:

- Double occupancy @ \$170.00 each
- RV spaces are available.
- I am bringing a basket for the retreat.
- I am willing to be a back-up for a workshop leader. (Requirement: 6 mos. abstinence)
- I will help in the boutique (closed during meetings and workshops).
- I will help in registration.
- I am willing to help in entertainment.
- I am willing to volunteer for any need.

Registration Information

Name: _____

Room mate name: _____

Address: _____

Phone: _____

E-Mail: _____

Special needs: _____

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Committees that need volunteers:

- Program Planning
- Entertainment
- God Box Materials
- Hospitality
- Baskets
- Greeters
- * Fundraising
- Boutique
- * Clean-up

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

- | | |
|--|---|
| (1) <u>Saturday, October 8th at 11:15 am</u> | https://us02web.zoom.us/j/699026950 |
| Meeting ID: 699 026 950 | Password: 768958 (after intergroup) |
| (2) <u>Saturday, October 15th and 22nd at 11:00am</u> | https://zoom.us/j/84477398454 |
| Meeting ID: 844 7739 8454 | Password: serenity |

For more information, call either of the retreat co-chairs:

Jacqueline R. at 407-929-7723 or Elaine V. at 407-273-7500



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Region 8 Assembly & Convention

Miami Dade & The Keys Intergroup invites you to Celebrate the Solution: A Weekend of Light and Love. A virtual event: Region 8 Business Assembly and Recovery Convention

October 21, 22, 23

Register here: <https://bit.ly/3qoSHV9>



My last few newsletters:

Hello to all. In the next two months, I will be creating my final two newsletters. I'm so grateful for all the help I had in this endeavor. As I get ready for the transition, I lapse into codependency patterns, worried that no one will step up. I create 12 templates, one for every month, so it will be easy (this is called caretaking) for whomever takes it over. I email all the writers who have signed up for writing assignments and advise them that their articles will still be needed. I remind them to email their articles by the due date to the newsletter@oacfi.org email, so someone will receive them. (people-pleasing).

I worry about what will happen and feel guilty for leaving before someone could be sufficiently trained (self-obsession/ ego).

Everyone warned me this would happen if I overextended myself; if I didn't say "no" if I took on too much and promised too many. They said it would affect my program in a negative way. I didn't believe them. Now, I realize that the "need to be needed" was a sign of another deadly obsessive disease. I've heard that happens a lot. We trade one compulsion for the next.

I realize that I am letting people down, but my recovery must come first. I am also fading out of doing the TikToks and have worked very hard to make sure my job (in the other volunteer project I've been working on) can be done by others. I have trained them, and they are ready to take over. So, what do I need to feel guilty about? Nothing. For once in my life, I am putting my needs first, realizing that needing others to need me is a dangerous addiction that leads to heartache and emotional damage. This all eventually leads me back to the food and maybe even the pills that I was taking when I first started the program. OA has done a lot for me, I'm not leaving. I'll be in OA meetings that you are in. I am just finally putting my recovery first. Thanks for your understanding. If you decide that you'd like to hear more about doing the newsletter, or taking over the TikTok account, please let me know as soon as possible. I will send you these templates and all my data. Dee

Do you like to take video with your camera of beautiful places? Do you feel a need to spread the message but don't feel comfortable talking to people about OA face to face? Would you like another way to share the message? Have I got news for you!!

Overeaters Anonymous Central Florida Intergroup needs a TIK TOK person to take over for Dee. This job is really easy and fun. You get to share the message in your own way. As long as it is within the Steps and Traditions, you are free to be creative, and I'll show you how.

Just call Dee.
407 489 0829

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10:00 am	L	89653	For Today Dedicated Virtual Meeting (Zoom only) Zoom ID: 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	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
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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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
7:00 pm	SS	52613	Step Study 400 Celebration Place Sawgrass Rom Kissimmee	Geri	407 557-7055
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	Donna G.	603-477-4555 (Text first please).
6:00 pm	SS	52976	Port Orange Presbyterian Church Zoom only for now **Call contact person as this meeting's location may change. Zoom ID: 828 7822 8848 PW:813155 https://us02web.zoom.us/j/82878228848	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

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	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 Port Orange, FL 32129	Debby H.	414-492-3277
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. (OPEN)
New Beginnings Co-Editor:	Kathy S.
PIPO:	Alyson T.
#1 WSO Delegate:	Pam T
#2 WSO Delegate:	Debby H.
12# Step Within:	OPEN
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. October 8, 2022 and November 12, 2022

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

August Treasurers Report

<i>Number</i>	<i>Day</i>	<i>Group</i>	<i>Contribution</i>
48951	Sun	7 th Day Adventist Church	100.00
39211	Mon	DeLeon Springs United Methodist Church	-
39535/89068	Mon	Central Christian Church 12pm	20.00
16681	Mon	Gloria Dei Lutheran Church Leesburg	-
57175	Mon	Dunnellon Pres. Church	-
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	-
56041	Mon	Pimlico Rec Center, The Villages	-
56481	Mon	Hospitality House New Smyrna	-
89653	Mon	For Today Dedicated Virtual Meeting	-
01048	Mon	Church of Ascension, Orlando	-
89653	Mon	Zoom Group Mon-Fri	-
53032	Mon	Coastal Library, Crystal River	-
46213/800293	Tues	Many Faces One Solution	660.00
50209	Tues	Chatham Rec Ctr. The Villages	-
54196/89070	Tues	Central Christian Church	50.00
39536/89069	Wed	Central Christian Church	-
48700	Wed	Lady Lake UMC	-
52613	Wed	North Village Pool House / Fl Hosp Celeb	60.00-
89384	Thurs	Body Image Zoom Meeting	-
89006	Thurs	Thursday Virtual Zoom Mtg	-
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	-
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	-
54490	Fri	Shepherd of the Hill Church, Clermont	-
51142	Fri	REBOS Club, St. Cloud	-
09016	Sat	Central Florida Intergroup	-
37491	Sat	Cathedral Church, St Luke	-
38611	Sat	St. Richards Episcopal, Winter Park	40.00
39883/800324	Sat	OA For Today Saturday 9:30 meeting	350.00
46887	Sat	Ascension Church	96.00-
48952	Sat	Union Congregational Church, Holly Hill	-
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	-
51130	Sat	Hibiscus Village Rec Ctr–Newcomer	-
		Unknown Group #	110.00

Individual Contributions (PayPal)

Individual Contributions (check)

Remaining Treasury

Angel Card Income

Words To Live By

Big Book Study Sunday

Total Group Contributions

\$1,486.00