

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

# NEW BEGINNINGS



## December 2022 Winter

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

### CALENDAR OF EVENTS

- OA Phone Marathons: Meetings every hour from 8 am to 12 pm midnight EST, 712 432-5200, pin-4285115# Contact for more information at [2020oamarathons@gmail.com](mailto:2020oamarathons@gmail.com) or call 828 620-0521. To sign up visit [www.signupschedule.com/oamarathons](http://www.signupschedule.com/oamarathons).
  - **December 12 Twelfth Step Within Day** Step 12 Spiritual Principle - Service - How Do I Practice "The Twelfth Step Within?"
  - **December 18 Hanukah** - Don't Stop Before the Miracle Happens.
  - **December 24, Christmas Eve, Winter Solstice** - Tradition 12 Spiritual Principle ~ Spirituality – "What Does My Spirituality Look Like Now?"
  - **December 25, Christmas**- "The Gifts This Program Has Given Me"
  - **December 26 Boxing Day and Kwanzaa** – "What Gifts Do I Offer and Receive By Working My Program of Recovery"
  - **December 31, New Year's Eve** - Taking a Personal Inventory: "What Can I Learn From Looking Back?"
  - **January 1, 2023 New Year's Day** - "We Can Start Over Anytime"
- **December 10<sup>th</sup>, 2022 Intergroup meeting**  
Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID – 699026950, Password: 768958
- **January 7, 2023 Words To Live By Event 9 am to 12 pm EST Speakers/Sharing!**  
Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID – 699026950, Password: 768958
- **January 14, 2023 Intergroup meeting**  
Zoom meeting, <https://us02web.zoom.us/j/699026950>, Meeting ID – 699026950, Password: 768958
- **Unity Day** February 26, 2023
- **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.

*(Continued right)*

*-(Continued from left)*

- **World Service Convention Dates ~ August 21-23, 2025.** Location: Renaissance Orlando at Sea World - 6677 Sea Harbor Drive, Orlando, FL. For reservations call the hotel - (407) 351-5555

### Tradition Twelve: Spirituality

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

**Step Twelve: Service ~ Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.**

**Concept Twelve: The spiritual foundation for OA service ensures that:**

- a) **Selflessness ~ No OA committee or service body shall ever become the seat of perilous wealth or power;**
- b) **Realism ~ Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;**
- c) **Representation ~ No OA member shall ever be placed in a position of unqualified authority;**
- d) **Dialogue ~ All important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;**
- e) **Compassion ~ No service action shall ever be personally punitive or an incitement to public controversy; and**
- f) **Respect ~ No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.**

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**IMPORTANT!!! If you know someone who would like our monthly NEW BEGINNINGS Newsletter, please give them this new address to receive future issues!!!**  
[https://oacfi.org/mailman/listinfo/newbeginnings\\_oacfi.org](https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org)

**'TWERE THE DAYS BEFORE CHRISTMAS**

by Jack L, Compulsive Eater

'Twere the days before Christmas  
When all through the street  
People were stirring, finding excuses to eat;  
The stockings were hung by the chimney with care,  
Distractions galore, and temptations to share.  
Promising the children all snug in their beds,  
Visions of sugar encircling their heads;  
And relatives and friends show love through their food;  
Isn't there a better way to express our mood?  
Food is everywhere and everyone is treating,  
The "High Holy Days" of compulsive overeating  
Normal friends and family create such a clatter,  
Why can't I eat like them? What is the matter?  
When I thought I was normal, I got hit with a flash,  
Compulsively eating, feeling despair, and wasting cash  
But a strange OA light shining on us below  
Gave us hope for abstinence and recovery to flow  
When, what to my wondering eyes should appear,  
Twelve steps and nine tools that were very clear.  
Some guidance to help me in my hectic hour  
Trusting and relying on my Higher Power  
And with the help of my sponsor, so lively and quick,  
I'm better prepared for the feast of St. Nick.

...with apologies to Clement Clarke Moore (1779-1863), author of the poem:

*A Visit from St. Nicholas* (a.k.a. 'Twas the Night Before Christmas)



**December Poem**

December is here,  
we've waited all year  
for lights and bells and a  
little good cheer.

Gatherings with family and  
friends  
brings laughter and fun,  
some calm and amends.

It's nearly time to put this  
year to bed  
Turning our thoughts to  
The new year ahead.

- Annie

**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

OACFI is looking for a new Literature Coordinator. I am very thankful for the opportunity to have served as OACFI Literature Coordinator 2020, 2021, and 2022. Because Covid hit just as I was stepping into this position my experience has been a little different than the Literature Coordinators who came before me. I have enjoyed this position and the opportunities it has brought me to serve and to meet many wonderful people. Please embrace the Tool of Service and volunteer for this position.  
Sincerely, Georgia W.

The following information is pulled from CENTRAL FLORIDA INTERGROUP OF OVEREATERS ANONYMOUS POLICIES AND PROCEDURES MANUAL:

From Page 7

### A. QUALIFICATIONS FOR SERVICE POSITIONS AND COMMITTEE CHAIRPERSONS

1. Must be a member of a registered CFI group.
2. Should have three (3) months current abstinence and be working the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
2. Be familiar with the OACFI Bylaws.
3. Must possess good judgment, experience, stability and willingness to serve.

From Page 9

### 3. LITERATURE COORDINATOR

Purpose:

- A. A Literature Coordinator shall be appointed as a Service Position of OACFI to make conference-approved literature available to its members.

Duties:

1. Shall be aware of new conference-approved publications.
2. Determine and maintain an adequate literature inventory.
3. Shall submit a monthly report (See Appendix C ) to OACFI.

4. Fiscal Responsibilities:

a. Shall be aware of and monitor the annual budget for literature.

b. Shall assume all responsibilities of the OACFI credit card to

purchase literature as needed. OACFI

Policies and Procedures Manual 10

c. Submit a monthly reconciliation report to the OACFI Treasurer.

d. Suggest literature budget adjustments as the annual proposed budget is being developed.



### 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](mailto:oacfitreasurer@gmail.com)
4. Enter the amount with the group name, number, and meeting day. Select Continue
5. Review and select Send Payment Now

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](http://www.oa.org)

Are you particular? Do you like to proof read items other than articles?

Please consider serving as a secondary proofreader for this newsletter!

We have one great proofreader but I would like to have two. Your focus would be to make sure all quoted OA materials are typed per the copyright and to check specific items like that.

Please contact Alicia C., newsletter editor starting with the January 2023 issue, at 443-754-0503 or

[acanalrobinson1@gmail.com](mailto:acanalrobinson1@gmail.com).

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****Blooming onto Our New Horizon (STEP TWELVE)**

There are many who never knew of spirituality before they became aware of a 12 Step Program. It was foreign to them like a hobby or ritual used by others to find balance in the hours of the day. Somewhat like speculating someone who plays golf for a hobby while you don't practice the sport.

The reality of the situation is that spirituality takes root as soon as you have processed Step One. It grows and becomes much clearer as you finish your Fourth and Fifth Step. By the time you reach Step Ten, you are ready for an actual spiritual discipline. Then upon arriving on Step Twelve, you are awakened. Much like sunlight brightening a dawning day, our eyes open wide to the reality of our world. Most of us become eager to fly and soar over new adventures and even daily routines.

Even though spirituality is personal and approached individually, most agree on common spiritual principles. Humility is one of these principles. You cannot experience true spiritual growth without accepting your Higher Power, the source of all grace and love. If you had humility on one side of a coin the other side would reflect gratitude. The two work together much as oil and vinegar in Italian dressing. Gratitude, which blossoms naturally with humility, flourishes in Step Twelve. Eagerness follows and with it, a desire to share our hope and help the still suffering. Pride is the opposite of humility and does not come with positive spiritual growth. Humility does not reflect selfishness or self-centered motives. We can see this clearly as our eyes open during our 12 Step work.

These spiritual principles work naturally and align with the natural order of life just as you may witness a plant trying to survive and build roots only to eventually bloom and bear fruit in the growing season. Many self-centered addicts begin to feel empathy and to identify compassionately with others they hardly even noticed a few months ago. This whole experience may appear awkward and new to one who is growing through the steps. They may find it hard to recognize the person they have become. These are all the Promises given when one works through the 12 Steps of the OA Program. And they are welcomed and appreciated by all who witness their development as they work the program and maintain abstinence. This experience of recovery is sacred. Guard it with all your efforts.

- Tony B

May your days  
be merry and bright!



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**Step 12- Service**

When I first heard the word “service” pertaining to OA, I wasn’t necessarily sure of what it meant. Was it bringing extra chairs to a fuller meeting, or being “security” on a Zoom meeting? I now understand that ‘service’ in OA is anything I do for the benefit of the group, another fellow, or OA’s larger and more formal groupings like intergroup or region. So, yes, it’s bringing in more chairs, or putting away chairs; it’s helping in the Zoom meetings, it’s stepping up to help as a sponsor or offering to write for the newsletter, or text someone...

OA needs all levels of service and, fortunately, since our ranks are numbered with all types of people with probably every interest and skill under the sun, that brings all the skills and helpers all of OA could ever need or use to carry the message out to others suffering.

How strange, then, that so many groups are very short on sponsors, and many intergroups are only half-staffed with only enough group representatives to barely call the meeting to order.

One of the gratifying things I’ve found in the varied types of service I have given to OA is that each task is typically what I’m willing to do. Or, it’s something I deem is within my scope or ability. There are so many jobs, and so many of us out there, I wish we didn’t have such shortages of help.

I see how service has strengthened my own abstinence and even better, my understanding of how OA works. I started giving service in the smallest ways, the ways my small self-esteem thought I could do without mortifying myself. As abstinence and service increased, I took on bigger and more complex service tasks.

I flew a little high at one point, though, and needed to pull back. I was on the verge of saying yes to everything, becoming completely over-booked and at the stage where I’d implode and become unable to complete anything.

I look around and am excited to keep offering a service. At the same time, I see the need to maintain a regular pace and stay in the center lane. Right now, other parts of my life (job and family and some medical stuff) are using a lot of time and attention. They are all things that must be tended to.

That feeling I get from service, though, is what gives each day a spark for me. I get a “zing” as if I actually grab the hand of someone going down in quicksand and can help them get their head above the danger. I need to remember that I can offer my hand, or a rope, but I can’t wade in and pull someone bodily out.

Something else I have learned with service is that it’s appropriate for me to meet my fellows halfway. I needed to adjust my thinking to see that halfway is a better job than always trying to complete the whole of any one thing. I needed to overcome thinking that offering “some” service will never be “enough” service.

- Annie M

Instead of:	TRY:
I’m sorry I’m late.	Thank you for waiting.
I’m sorry I’m talking so much.	Thanks for listening.
I’m sorry I’m complaining.	Thanks for being here.

**Heard At A Meeting**  
**I no longer serve Higher Power**  
**in an ADVISORY capacity.**

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****CONCEPT 12 ~ Selflessness, Realism, Representation, Dialogue, Compassion, Respect,**

*“We discovered that we can learn from and work in harmony with people whose personalities we dislike, as long as we focus on the OA principles.”* The 12 Steps and 12 Traditions of Overeaters Anonymous, p. 203

**Selflessness** – The definition of humility for me is to seek to know Higher Power’s will and to DO Higher Power’s will every moment of every day to the best of my ability. In Overeaters Anonymous Concept 12, one of the six items listed is **selflessness**. If I seek to know and do God’s will, then selflessness will surely follow. How often have I gotten in the way of my own healing? I would say more often than not in my 58 years of life. I cannot possibly get in my own way if I concentrate on knowing and doing Higher Power’s will. Only when I stray from the focus on my Higher Power will that be a problem.

Selflessness means *concern more with the needs and wishes of others than with one’s own*. As much as I’ve learned about the importance of self-care and would defend my right to take care of myself first, I understand why this concept must exist. I would also defend rigorously that selflessness is a crucial concept in 12 step recovery.

This portion of the concept (Selflessness) speaks to me especially. In the pamphlet, it explains that “it is usually best that the positions be rotated according to the term limits set in the service body’s bylaws.” I must now give up my position as Newsletter Editor to another person who can learn and grow as I have. When I took on this job, I am glad I didn’t know how challenging it would be as I probably wouldn’t have done it. And it’s not the newsletter that is difficult. Doing the newsletter opened new possibilities for me. I have grown. I’m moving on to do and learn what is next in my path of service as SOAR 8 Region Rep. I am as clueless about Region Rep as I was about how to do the newsletter. But I will figure it out just as I did the newsletter and so will those who follow me.

Concept Twelve:

The spiritual foundation for OA service insures that:

- a) no OA committee or service body shall ever become the seat of perilous wealth or power;
- b) Sufficient operating funds, plus an ample reserve, shall be always prudent financial principle;
- c) no OA member shall ever be placed in a position of unqualified authority;
- d) all important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;
- e) no service action shall ever be personally punitive or an incitement to public controversy; and
- f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Both of these, the Tradition and the Concept, lets us know that no one is to “govern”, and our primary purpose is the newcomers. Our codependency on needing to control the things around us to feel safe may sometimes get away from allowing HP to move and run the meetings surprisingly well without our help. May the question we ask ourselves in these situations always be, “What would my Higher Power want me to do?”

*(Continued on page 7)*

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

*(Continued from pg 6)*

**Realism** – means the attitude or practice of accepting a situation as it is and being prepared to deal with it accordingly. Wikipedia states that “realists tend to believe that whatever we believe now is only an approximation of reality but that the accuracy and fullness of understanding can be improved.” In this concept, realism simply stated, is knowing how to manage the assets of the fellowship, plan reasonably for the unknown, and prepare for the possible future knowing that no mandatory dues or fees will be collected. The Concepts of Service pamphlet warns us that leaving extra funds lying dormant “is considered unwise and potentially harmful to the fellowship.” Because of Covid many 12-step recovery fellowships find themselves in a position of having extra funds. We all have ideas of how this should be spent. From ideas such as donating to World Services for a redo on the outdated website to groups purchasing pens for a local health fair booth, many ideas about how to spend extra funds have flown across the screen on Zoom Intergroup Meetings. We must do our best to follow these concepts as they were created for a reason. We must be realistic about managing the group’s assets.

**Representation** – As it says in the pamphlet, “No one is ‘in charge’ of Overeaters Anonymous.” It warns us that this would be harmful for the person seeking to be “in charge” as well as for OA as a whole. When I first came to OA I often wanted to say, “They should do it this way, or they should do it that way.” My sponsor asked me, “Who is they?” She explained that we, the members of OA are the “they”. But that as a group, in group conscience, and after asking Higher Power for governance, WE are the “they” who make decisions and changes. No one has the authority to make changes or govern, without the group conscience. If any of us discover acts that seem to contradict this, it can be handled in a group conscience meeting or by reaching out to the intergroup, service board, Regent chair or Regent trustee. We represent ourselves in program as we are, recovering compulsive overeaters. Any service job we hold is simply as a servant to the fellowship, and not as a person in control. It’s hard when we so respect our program elders. They seem to know it all. But we mustn’t put them on a pedestal or maintain their words as the absolute truth.

**Dialogue** – Per the pamphlet The Twelve Concepts of OA Service, “Important decisions in Overeaters Anonymous are based on discussion and debate.” What is a group conscience for if we don’t listen to everyone and dialogue to discuss which answer to problems that can spark in all groups? I’ve learned that many of the guidelines, traditions, steps and concepts in OA will work for most groups and often family issues too. We have all experienced difficulty with those whose voices ring stronger and louder. There are people who speak louder when they want their voices heard, even if they are interrupting, and I applaud that OA teaches us that all voices have value. Often, in my work groups, the shyest voices back down to the louder ones, even if the shyest voice is more correct. I am glad that this OA pamphlet provides insight into how a group conscience should work. And we should also remember, per the pamphlet, “OA groups are best served when they diligently listen to the minority and do not decide on matters by a close vote. A close vote is usually an indication that group conscience has not yet been reached.” The decisions that do not seem to reach a nearly unanimous vote, need more discussion, and can be tabled until another chance to dialogue later, if a group consensus is not reached. Better to change nothing, than to change the wrong thing.

**Compassion** – Per the pamphlet The Twelve Concepts of OA Service, “if a member acts inappropriately or is unable to fulfill the duties of an elected service position, as of fellowship and individually, we make every attempt to act with compassion.” Before we ask a person to resign from a position, we should talk to others in an OA group conscience to ensure that every means of support and encouragement for this person has first been made available. And we can’t hold going through a hard time against them down the road. Having a problem with one service position does not preclude does not exclude a person from doing service in the future.

(Continued on pg 8)

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

(Continued from page 7)

**Respect** – Per Siri’s dictionary, respect is described as ‘a feeling of deep admiration for someone for someone or something elicited by their abilities, qualities, or achievements. Sometimes this can be confusing in OA. We are told that we are all equal “Bozos on the bus.” But still, I admire the old-timers who have been in these rooms many years. Per the pamphlet, “Service bodies are composed of OA members who serve the groups they represent.” It goes on to explain that no individual member of a committee or service board can single handedly determine what the others do. Suggestions and group decisions may only be determined by group members through discussion and vote.” When I need information in the program, I’ve found it is best to chat with the group in fellowship before or after the meeting. We may get many answers and whatever we choose to believe is hopefully backed up by having a firm grip on the Concepts, Traditions and Steps of OA. That is respect. Respect for the members, respect for the service body, and respect for all those who came before us.

In OA, we are responsible. As it says in the pledge, “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

Thank you to all who have read the newsletter. I’m proud to be able to say, for a time, I was the newsletter editor of New Beginnings. Now I’m off to a new beginning!

Dee N.

**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](https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org)

**Or type this in your URL**

[https://oacfi.org/mailman/listinfo/newbeginnings\\_oacfi.org](https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org)

**Willing to provide content? Great, Alicia really needs you!**

If you want to submit an article to the New Beginnings Newsletter, please submit articles by the 15<sup>th</sup> of the month prior to the month before it is due unless otherwise notified. For example, December articles are due October 15<sup>th</sup>. Articles should be up to 400 - 600 words. Send articles to [newsletter@oacfi.org](mailto:newsletter@oacfi.org). TOPICS NEEDED ARE:

Tradition 2: Trust and Concept 2: Conscience (due by 12/15/2022)

Writing Prompt: What I’ve learned about Self Compassion Due by 1/15/23

Tradition 3: Identity

**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](https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org)

OR GO TO

[https://oacfi.org/mailman/listinfo/oacfi\\_intergroup\\_news\\_oacfi.org](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

**OPPORTUNITIES FOR SERVICE:**

OACFI needs representatives for:

Next Generation

12<sup>th</sup> Step Within

Literature Representative

Region 8 needs:

Region 8 PIPO Rep

Other opportunities:

Retreat Chair for Fall retreat

Extra proofreader for newsletter

Person to take over making TikToks

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****GROUP SECRETARIES THIS IS FOR YOU!**

I spoke with the WSO and made changes to almost ALL the meetings. 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 [newsletter@oacfi.org](mailto: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, email the WSO's meeting list contact at [LLaurence@oa.org](mailto:LLaurence@oa.org).**

## Want to Chair or Co-Chair Overeaters Anonymous Central Florida Intergroup's Fall Retreat for 2023

You will:

- \* Make lots of friends!
- \* Get to stretch your service wings!
- \* Have fun!
- \* Help shape the content and form of the retreat!
- \* Help carry the message!

*If interested, please contact Debby H., current Intergroup Vice-Chair, at 386-402-6631.*

**Tradition 12**

## Spiritual principle - Spirituality

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

When I first came into OA, I thought that anonymity just meant that we didn't use our last names and that our identity would be protected from anyone knowing we were affiliated with OA unless we told them. This gave me the comfort and confidence that I needed to attend meetings and actually share when I felt comfortable.

As I have continued to be involved in program, anonymity has become much more important to me on a different level. As we sit in these rooms and read and share with each other, we are sitting side by side with people in all walks of life...people who are all in different careers, neighborhoods, living situations, political parties, religions, etc. What a blessing it is to have all of these differences, but one important thing in common. We all have an eating disorder that impacts the quality of our lives. Because of anonymity, we don't know who has a doctorate, who is a high school dropout, who makes a million dollars, or who has been abstinent the longest. We don't judge based on what we would think of a person if we knew more about them. There is no "status". We are all there for one reason and anonymity is what protects us as we focus on what really matters. Our recovery. For today. We feel safe as we share, and listen, and learn. What happens in an OA room stays in an OA room. Because of this, our own egos learn how to be right-sized and others learn that they too can be safe to share and grow in our program.

I am very grateful for all that I continue to learn in our program. And I'm grateful for Tradition 12. Because of this tradition, OA remains a safe place for us to recover and learn.

Kym M.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**WORDS TO  
LIVE BY  
EVENT**



**JOIN US! TO REGISTER,**

**SEND 2 NUMBERS BETWEEN 1 AND  
140 TO [W2LB1960@GMAIL.COM](mailto:W2LB1960@GMAIL.COM)**

**Your 2023 words arrive in your email  
during the event.**

**Come for the fun...leave inspired!**

**JAN 7<sup>TH</sup> 2023 9AM TO 12 PM EST**

**ZOOM INVITE IN THE COMING WEEKS**

**It's time to find out what your focus will  
be for the upcoming year.**

**SAVE THE DATE!!!**

**Speakers/Q & A/Sharing/Activities**

**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 <a href="https://us02web.zoom.us/j/6935850119">https://us02web.zoom.us/j/6935850119</a>	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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
Noon	BB	57175	Dunnellon Pres. Church Zoom meeting ID – 813 0992 9345 Pw: 193514 20641 Chestnut St. Fellowship Hall Dunnellon, FL 34431	Joleen	352 425 2339
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	United Church of Christ New Smyrna Beach 203 Washington Street, NSB 32168	Debby	386-402-6631
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 <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	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 <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Jacqueline	407-423-4086
7:00 Pm New time!	V	80042	Grace Zoom meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace <a href="https://us02web.zoom.us/j/86837813267">https://us02web.zoom.us/j/86837813267</a>	Alicia NEW TIME STARTING 12/5/22	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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
4:00 pm	V	54798	Better Together Zoom only Zoom 842 9268 7636 pw Surrender <a href="https://us06web.zoom.us/j/84292687636">https://us06web.zoom.us/j/84292687636</a>	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 <a href="https://us02web.zoom.us/j/82878228848">https://us02web.zoom.us/j/82878228848</a>	Cecile B	407-617-7062
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 <a href="https://us02web.zoom.us/j/82375409368">https://us02web.zoom.us/j/82375409368</a>	Kathy M	407-252-7575
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 <a href="https://us02web.zoom.us/j/86370717790">https://us02web.zoom.us/j/86370717790</a>	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 <b>**Call contact person for password please**</b>	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 <a href="https://us02web.zoom.us/j/154974236">https://us02web.zoom.us/j/154974236</a>	Ilene H	352-753-2333
10:45 am	D	51142	REBOS Clubhouse – Zoom only Zoom 328 754 4837 pw 628465 <a href="https://us02web.zoom.us/j/3287544837">https://us02web.zoom.us/j/3287544837</a>	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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S	678-429-1286

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

7:00 pm	L	00936	Tuscawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 <a href="https://zoom.us/j/297035614">https://zoom.us/j/297035614</a>	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 <b>HYBRID MEETING</b> 5151 Lake Howell Road Winter Park, FL 32792 The last Saturday is a speaker meeting Zoom 896 1851 4937 <b>**Call contact person for password please**</b> <a href="https://us02web.zoom.us/j/89618514937">https://us02web.zoom.us/j/89618514937</a>	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 <a href="https://us02web.zoom.us/j/784066770">https://us02web.zoom.us/j/784066770</a>	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 <sup>th</sup> Day Adventist Church Zoom only Zoom 398 124 045 <b>**Call contact person for password please**</b>	Patti D.	407-791-1999

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



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**Your Trusted Servants For Central Florida Intergroup**

**Positions:** **Name**  
 Chair: Pam T.  
 Vice-Chair: Debby H.  
 Treasurer: Kathy M.  
 Secretary: Carlene D.  
 Parliamentarian: Annie M.  
 Literature: **OPEN**  
 Co-Webmaster: Carrie C.  
 Co-Webmaster: Annie M.  
 New Beginnings Editor: Alicia starts next issue  
 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: Dee N.  
 #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](mailto:chair@oacfi.org))  
 Vice Chair: Debby H.(414) 491-3277 ([vicechair@oacfi.org](mailto:vicechair@oacfi.org))  
 Treasurer: Kathy M. (407) 242-5675 ([treasurer@oacfi.org](mailto:treasurer@oacfi.org))  
 Secretary: Carlene D.(407) 360-9120 ([Secretary@oacfi.org](mailto: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.

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Enter the amount with the group name, number, and meeting day.

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

**Coming Intergroup Meetings**

10 a.m. December 10, 2022 and January 14, 2023

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

Meeting ID – 699026950, Password: 768958

**All members are welcome!**

**September Treasurers Report**

<i>Number</i>	<i>Day</i>	<i>Group</i>	<i>Contribution</i>
48951	Sun	7 <sup>th</sup> Day Adventist Church	278.00
39211	Mon	DeLeon Springs United Methodist Church	-
39535/89068	Mon	Central Christian Church 12pm	15.00
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	20.00
56041	Mon	Pimlico Rec Center, The Villages	-
56481	Mon	Hospitality House New Smyrna	-
89653	Mon	For Today Dedicated Virtual Meeting	-
01048	Mon	Church of Ascension, Orlando	-
89653	Mon	Zoom Group Mon-Fri	-
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	90.00
39536/89069	Wed	Central Christian Church	46.54
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	20.00
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	30.00
54798	Thurs	Dunnellon Library Group	22.54
00936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Luke's UMC	-
45611	Fri	Lady Lake Library	-
53167/89072	Fri	Central Christian Church	15.00
54490	Fri	Shepherd of the Hill Church, Clermont	185.68
51142	Fri	REBOS Club, St. Cloud	-
09016	Sat	Central Florida Intergroup	200.00
37491	Sat	Cathedral Church, St Luke	-
38611	Sat	St. Richards Episcopal, Winter Park	-
39883/800324	Sat	OA For Today Saturday 9:30 meeting	40.00
46887	Sat	Ascension Church	104.00
48952	Sat	Union Congregational Church, Holly Hill	-
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 sts	-
51130	Sat	Hibiscus Village Rec Ctr–Newcomer	-
		Unknown Group #	48.00

Individual Contributions (PayPal)

Individual Contributions (check)

Remaining Treasury

Angel Card Income

Words To Live By

Big Book Study Sunday

Total Group Contributions

\$1174.76