

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS  
ANONYMOUS®  
CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

JANUARY 2023

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)

**Sun., January 1, 2023: New Year's Day** - "Every Day is a Fresh Start—Step 10"

**Fri., January 6, 2023: Epiphany** – "Three Gifts of Spiritual Renewal: Hope, Faith, and Love"

**Sun., January 15, 2023: OA's 63<sup>rd</sup> Birthday** – "What Are the Gifts I Have Received From Working My OA Program?"

**Mon., January 16, 2023: Martin Luther King, Jr., Day** – "Maximum Usefulness to Others Leads to Hope - Step 12"

**Sun., January 22, 2023: Chinese New Year** – "How Do I Identify Recovery in Challenging Times?"

**Sat., December 31, 2022 6:30 am EST to Sun., January 1, 2023 7:30 am EST: 25-Hour New Year Marathon Meditation Meetings** Zoom & phone in. See flyer below.

**Sat., January 7, 2023: OACFI Workshop, "Words To Live By," 9 am to 12 pm EST - Speakers/Sharing!**

Zoom meeting: <https://us02web.zoom.us/j/81727122262>

Meeting ID: 817 2712 2262

Passcode: W2LB2023

See flyer below.

**Sun., January 8, 2023: Ocean and Bay Intergroup OA Trivia Game and Birthday Bonanza,** 1:00 pm to 2:30 pm EST. The Zoom room will remain open to 3:00 pm for fellowship. Birthday hats and costumes optional.

ZOOM meeting: <https://zoom.us/j/87569085435>

Meeting ID: 875 6908 5435 Passcode: 447099

Dial-in: 1 646 558 8656 (Continued on right)

(Continued from left)

**Sun., January 8, 2023: Virtual Workshop** by OA Foot Steps group, "New Year, Fresh Start" (Steps 1,2, and 3), 3 pm – 4:30 pm EST

Zoom meeting

Meeting ID: 91499956265 Passcode: 1212

**Sun., January 8, 2023: Virtual Region Workshop,** 4:00 pm - 5:30 pm EST: "Threefold Disease: Physical, Emotional, and Spiritual:

Zoom meeting

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejkdz09>

Meeting ID: 89165540024 Password:120912

**Sat., January 14, 2023, 10:00am - 11:15am: OACFI Intergroup Meeting** (all OA members welcome)

Zoom meeting:

<https://us02web.zoom.us/j/699026950>

Meeting ID: 6990266950 Passcode: 768958

**January 19**—day OA was founded in 1960.

**Sat., Jan. 21, 2023, Hybrid Event** by Central Iowa Intergroup, 11:30 am – 2 pm EST:

"Remembering our Beginning" (Help Celebrate OA's 63<sup>rd</sup> Birthday)

Zoom portion

<https://us02web.zoom.us/j/86194491813?pwd=U0RhNnViTUxFej003dzVBandTN2tWUT09>

Meeting ID: 86194491813 Passcode: 422930

(Continued on next page)

**HAPPY NEW YEAR!  
HAPPY NEW DAY!**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### CALENDAR OF EVENTS (Continued from previous page)

**Sun., Feb. 5, 2023:** Region 8 Twelfth Step Within Committee **Sponsorship Workshop**, 3 pm to 5 pm EST – Zoom meeting

<https://us02web.zoom.us/j/88010227725?pwd=MHNIK3dNYmNqZTY3OERMdkxGVXdjZz09>

Meeting ID: 880 1022 7725

Passcode: just4today (See flyer below.)

**OA Unity Day:** February 26, 2023

**March 17 – 19, 2023,** Spring 2023 SOAR8 (Region 8) Business Assembly

**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 Sea World - 6677 Sea Harbor Drive, Orlando, FL. For reservations call the hotel - (407) 351-5555

### STEP ONE:

**We admitted we were powerless over food—  
that our lives had become unmanageable.**

**Spiritual Principle:  
HONESTY**

For some strange reason, I used to think of honesty as only pertaining to big things, like money accountability, or being somewhere I said I would be, or with a particular person. For most of my life, I honestly didn't consider the phrase, "I didn't eat that much" *not* to be a lie. Even when I'd have to lie down, bloated and sick, for eating way too much. I also didn't consider it dishonest "forgetting" to return change to my parents when purchasing something for them with their money. That's not a lie. I'm an honest person!

I've discovered honesty, like everything else OA in my life, needs to be applied to all areas of my life, and at all levels. I've learned that "one serving" is a specific, measurable amount and if that is what is on my plan, that is what I eat. I stopped slipping around and eating "one package" without reading the nutrition information to see how many servings are listed. When I purchase something for my partner or a friend, I keep the receipt along with change in a different pocket because I want to return the correct change. I want a clean transaction. I like my cleaner life. And since I've been practicing this, it seems easier to keep things clean, and easier to clean up after myself when I do slip off the path.

Identifying and using healthy boundaries is another way honesty helps me with my 12 steps and work and home relationships. I used to say, "I don't care" or "I don't mind" when I really did mind. I would let things slide until I could almost see boot tracks all over my body. As hard as it is for me to say, "No thanks. That's enough" or "Not now," it is harder now to just accept someone blatantly crossing a clear boundary. Now it is as if my boundary is a clear, three-dimensional object and another person or situation knocks it down. It makes me feel smaller and I don't like myself very well when that happens. But rather than allowing it to stay ruined, I dust myself off and rebuild it. And I get taller and more confident each time I practice this.

Annie M.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

— 25 HOUR —  
**NEW YEAR**  
MARATHON MEDITATION MEETINGS



DEC 31, 2022 6:30 AM EST  
UNTIL  
JAN 1, 2023 7:30 AM EST

*Ring in the New Year  
at the top of each hour!*

— WRITING  
SPEAKERS  
MEDITATION —  
READINGS  
12 STEPS  
SHARES

Meeting ID: 829 263 32 181 Password: Surrender

Tel # 1-301-715-8592

Group # 82926332181 Password: 776069027

**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: <https://us02web.zoom.us/j/81727122262>

Meeting ID 817 2712 2262 pw W2LB2023

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

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

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### TRADITION ONE:

**Our common welfare should come first; personal recovery depends upon OA unity.**

### Spiritual Principle:

**UNITY**

“United we stand, divided we fall.”

“A house divided against itself cannot stand.”

We have all heard these statements, and they are true for OA. If any person—or any group that favors only one way of working the program—puts his or her welfare above that of OA as a whole, OA as a whole can be threatened. And here’s the thing—if OA goes away—or stops effectively helping compulsive overeaters, bulimics, anorexics, etc., to recover—I will die. My personal recovery depends on OA surviving and thriving.

This doesn’t mean that we will all agree. There are widely differing ideas about how to work the program, about food plans, about spirituality, and more. And our ideas about these things can change or develop over time. However, I think the things we ought to agree on are the Steps, Traditions and Concepts, even if we disagree about how to implement them. These are the basics, the foundation of the house that is OA.

And even when we don’t agree, I think it is essential to focus on what unites us instead of what divides us. I do better in any relationship when I can do this. I can respectfully disagree—with an emphasis on “respectfully”—with someone, IF NEED BE. I have to ask myself how important it is to be in disagreement. And I don’t have to tell someone they are wrong. (They might be right!!) I can only share my experience, strength, and hope.

I believe all the Traditions work together, and this is especially true with Tradition One. Practicing each of the Traditions enhances the unity of OA. For example, we are unified when we ALL practice attraction rather than promotion (Tradition 11). We are unified when we ALL place principles above personalities (Tradition 12). We are unified when we ALL recognize there is only one ultimate authority (Tradition 2). We are unified when we ALL acknowledge that there is only one requirement for membership (Tradition 3).

Let us ALL be unified in believing in the vital importance of OA Unity!

Alicia C.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### CONCEPT ONE:

**The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole fellowship.**

Spiritual Principle:

**UNITY**

### We Fight in Unity Against a War!

I've heard a concept expressed in conjunction with OA or Twelve Step groups in general. The word used is "anarchy." The idea of anarchy in OA is appropriate because the word means "no government." However, the heart of the program does, in fact, emphasize leadership. This leadership is based on the collective voice of members who are unified in the common goal of a desire to stop eating compulsively. Just like an individual ant could never build an anthill, a compulsive overeater could never achieve emotional, physical, and spiritual recovery alone. This unity of purpose is considered sacred to food addicts. One addict sharing his experience, strength, and hope with another addict is the foundation of the OA program.

There is another common expression that is also used in conjunction with OA programs. "Nothing brings a group together better than a focus on a common enemy." Concept One of the OA Twelve Concepts reads, "The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole fellowship." Usually when people think of the word anarchy, they envision ideas such as "wild-at-heart living," a reckless lifestyle, and freedom to do whatever you desire. Nevertheless, when it comes to our OA program the main focus is on doing whatever it takes to become free from compulsive food behaviors and to help others gain this same freedom. Concept One targets the fact that there is no controlling person or organization in charge of Overeaters Anonymous. We live in the freedom to follow the guidance of our loving Higher Power. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. The fact that all must come together for a common cause reminds us that there is no place for ego or a need for power that would ultimately interfere in the collective vision for our group. Just as we believe that our Higher Power is in charge of our lives, we trust that Higher Power governs OA in its entirety.

Tony B,

# UNITY

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### What the Holidays Meant and Mean to me Now

Three years ago my food addiction was at its worst. I had just come out of a bad relationship and I was already turning to food for comfort. I would sit on the couch and do nothing but cry and talk about my poor self-worth. With the holidays fast approaching, anxiety was filling my body past its breaking point. I found myself cooking like I was still in a relationship that had six people to feed. After all that cooking, I would look at all that food and just burst into tears. Feeling unloved at that moment, I would ravage through the food. Feelings of sadness, loneliness and shame ravaged that flame even further. Why wouldn't my phone make a sound? Was I not worthy enough for someone to reach out to me by a phone, text, or even an email to wish me a happy holiday? Here I go again, isolating myself. Watch out, desserts, here I come.

Now my friends, I'm glad to say that was the past. Moving to the present, I am over-filled with love and gratitude. I am thankful every day, especially on holidays now. I am not that same woman who stood in that kitchen and felt unloved and ashamed of what I ate. I am now a strong woman by the grace of God and the strength of the OA community. I am overwhelmed with love and joy for my newfound friends and family. So every day, and especially on holidays, I am honored to do service by reaching out. Just to let someone know they are not alone and are loved. They, too, have a safe place they can turn to and not be judged. Welcome home, and happy holidays.

Forever grateful for the OA community,  
Robin



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#### Peace on Earth

My wish for this holiday season is Peace on Earth.

Each day brings a new beginning, a fresh start, and a new birth.

Today we should set aside our differences and make peace with each other.

This is an important commitment to keep with one another.

As long as love is in our heart,

We can keep peace as we each do our part.

Bring on the New Year,

Start a New Day.

Let's keep love in our hearts always and

Peace is here to stay.



Beth Z.

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Boarding Pass B40

I was still feeling a high from the OA retreat and getting to meet so many people in real life who I had only known as a face on a screen for so long. I had paid extra for my plane ticket home so that I would get “early bird” check-in and be able to get an aisle seat, as I am claustrophobic. When I went online to get my boarding pass I was B40 🙄; I would be at least the 100th person to board the aircraft and choose my seat. I felt some fear from not getting an aisle seat on a four-hour flight. I felt angry and frustrated that paying more did not help my situation. I decided to go to the agent and pay even more for an aisle seat. When I got to the gate, I was told that the flight was completely full and no options to upgrade were available. 🙄 I became overwhelmed with hot and heavy feelings.

I’m learning to feel my feelings, acknowledge them sometimes to God and sometimes to another person, and then try to let them go. Sometimes it is helpful to open myself up to trust that there might be an opportunity to help someone else or that unknown blessings await me.

So, I reached out to a fellow and shared my frustration. She had some kind words and gave me some ideas on what I could do to help. Just saying my fears out loud was helpful too. I was reaching out to my Higher Power with every step I took towards the plane, when it was time to board. When I got onto the plane, it became very clear that I would likely be stuck in a middle seat. As I continued toward the back of the plane, I spotted an aisle seat. There was a man sitting in the middle seat of that group at the emergency exit section. He was a rather large man...most likely our brother from another mother 🙏❤️. I asked if I could sit there. He said, “Yes,” with a rather embarrassed look. He took up part of the seat where I would be sitting. My heart went out to him. I’ve been there!! As I sat down, I leaned a little toward the aisle and back, and we fit together like a perfect puzzle. When the agent came to tell us we would have to assist in an emergency, I told the guy, “If you can open the door, I will tell everyone that they will be OK upon exiting the plane.” He laughed and said he could do that. ❤️

We started talking and I found out he was on a business trip that spanned several cities. When I told him I was going home, he asked where I had been. I had a quick moment where I thought to say, a conference or a retreat. But then God gave me that tingly feeling. This is where a seed could be planted. (Or replanted. I have no idea if he had already heard of OA.) This might be a way for him to learn about our disease and find strength and hope. So I said I was at an Overeaters Anonymous retreat. He looked at me, up and down and said, “What?” I told him I had been a member for almost two years and I wanted to learn everything I could to maintain what I was doing in the program and continue down this path of peace, happiness and health. He got really quiet and didn’t really talk to me for the rest of the flight. I started to worry that I might have offended him or said something that made him sad. But when I prayed about it, I got a calm feeling that my moment with him was over. It was up to him to do anything about it if he wanted. We remained in our sideways “puzzle position” for the rest of the flight and after the flight, when I went to leave the plane, I looked him straight in the eye and told him, “Take care.” I meant it. I sent him all of the love that I had...All of the love of the fellowship...All the love of God in the one eye-contact moment. I pray that the seed will grow. ❤️🙏

I’m now so grateful that I was placed in that B40 position. No matter what the outcome or if it even meant anything to that man, I’ll never forget it. 🙏

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Recovery Resources:

#### **ATTENTION 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](http://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**

**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)**

### Subscription Info.:

**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)

**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:**

[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 a password.**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### An Attitude of Gratitude

Happy New Year, everyone! What does that even mean? January 1 is a day many people choose to stop and identify a fresh start. Isn't January 1 just another day? It is another 24 hours of washing, dressing, talking with loved ones and those I don't like too well, going to work or school or volunteering. Oh, ugh, meal planning and prep. Picking up and dropping off kids or elders, cleaning up pet vomit yet again. Oh, happy new year indeed.

We are human creatures, just like our children are small human creatures and our pets are creatures. All creatures need regular care and maintenance which can be dull and tedious and sometimes unpleasant. On most days I can look back and laugh at the awkwardness or tedium or my passing frustration. I choose to have people in my life, and I get strength and hope from them. I choose to have my dog and cats which live much shorter lives and bring me joy and contentment along with frustration and at the end, sadness. My life is more colorful and happy with all the commotion.

I like waking up early when my house is quiet. I walk outside to listen. The distant traffic is a soft murmur. Various birds are waking and calling; there is the jingle of a dog collar as a neighbor and her pet walk by. A morning dove takes flight from the bird bath and makes a little chirpy noise. I notice the wing-flap sounds. Pre-dawn seeps pale pinks and peach strips to the east, sometimes with streaks of purple. Behind me the sky's still dark and I might see some stars. The air smells fresh and clean. January 1 in Florida means it will be anywhere from comfortable to bracing, but always clean and fresh. I go back inside to my waiting cats and feel how soft their fur is when I pat them as I'm dishing out their stinky food. My old dog gazes beseechingly at me as he hears me scrape out the cat food: will he get to lick out the can?

My heart is full in these daily, common moments. Each morning is a fresh start, just like January 1. I can do anything with this day: regular, necessary things because I'm a creature who needs tending, and I can feel my heart fill with love and gratitude at all the small, beautiful, important things to me. Happy New Year.

Annie M.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# SERVICE OPPORTUNITIES

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 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.



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**SERVICE OPPORTUNITIES**

**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., Intergroup Chair, at 386-402-6631.*

**ARE YOU PARTICULAR? DO YOU LIKE TO PROOFREAD 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 needs trusted servants for:**

- \* Twelfth Step Within Chair
- \* Next Generation Chair
- \* Tik Tok Producer
- \* Mailing List Coordinator

**Overeaters Anonymous Region 8 needs trusted servants for:**

- \* Region 8 PIPO (Public Information/Professional Outreach) Representative

If you are interested on any of these positions, contact Intergroup Chair Debby H. at 386-402-6631 and/or come to the next Intergroup meeting.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

*Newsletter News*

Do you like to write articles or reflective pieces? Poems?  
Do you like to draw? Take pictures?  
Please consider submitting something to “New Beginnings”!

See below for articles needed, or write an article anywhere from 100-600 words that shares your experience, strength and hope on a recovery topic.

Send your submissions or any questions to [newsletter@oacfi.org](mailto:newsletter@oacfi.org)

**Deadline for items is between the 15<sup>th</sup> and 30<sup>th</sup> of the month  
that is 2 months prior to publication.**

**Newsletter Needs by Date**

For FEBRUARY 2023 Newsletter: **DUE ASAP**

Need articles on:

**Tradition Two: Trust**

**Concept Two: Conscience**

For MARCH 2023 Newsletter: **DUE January 15-30, 2023**

Need articles on:

**Tradition Three: Identity**

For APRIL 2023 Newsletter: **DUE February 15-30, 2023**

Need articles on:

**Tradition Four: Autonomy**

**Concept Four: Equality**

**Writing Prompt/Challenge: From For Today, p. 308: “When you have faults do not fear to abandon them.” Confucius - Reflect on this statement. Give examples from your experience.**

**Or**

**From The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second edition, p. 27: “Any action, no matter how small, can help us overcome procrastination.” Give an example of how this statement has proven true for you.**

(Continued on next page)

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

(Continued from previous page.)

<b>For MAY 2023 Newsletter: <a href="#">DUE March 15-30, 2023</a></b>
<b>Need articles on:</b>
<b>Step Five: Integrity</b>
<b>Tradition Five: Purpose</b>
<b>Concept Five: Consideration</b>
<b>Writing Prompt/Challenge: What does integrity mean, in terms of my program? How do I practice integrity? What helps me practice it, and what makes it hard for me to practice it?</b>
<b>Or</b>
<b>How can I, as an individual, best practice Tradition 5? How can groups best practice this Tradition?</b>
<b>For JUNE 2023 Newsletter: <a href="#">DUE April 15-30, 2023</a></b>
<b>Need articles on:</b>
<b>Step Six: Willingness</b>
<b>Tradition Six: Solidarity</b>
<b>Concept Six: Responsibility</b>
<b>Writing Prompt/Challenge: From For Today, p. 243, August 30: "Only by being willing to give up the safety of the old can I find out what the new has for me." Discuss how this phenomenon has happened in your life.</b>
<b>Or</b>
<b>From The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, Step Six, p. 130: "'First Things First' is another slogan that sums up Tradition Six." Discuss how this slogan sums up the Tradition. What are the "first things"?</b>

**THANK YOU**  
**for submitting your articles,**  
**poems, and pictures!**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



**Year's end is neither an end nor a beginning, but a going on with all the wisdom that experience can instill in us.**

**Hal Borland**

### Overheard at a Meeting:

Today is the only thing that matters.

I have everything I need but not all that I want.

I have only today and I only have to do this today.

My Higher Power is just a breath away.



### 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 [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](http://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).

### HOW TO USE PAY PAL

Follow these steps:

Log on to your Pay Pal account

Select Send

Type in [oacfitreasurer@gmail.com](mailto:oacfitreasurer@gmail.com)

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

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**



## Sponsoring: Now What?

Have you ever wondered:

What exactly is a sponsor and how do I find one?

Now that I can sponsor, what's the next step?

## SPONSORSHIP WORKSHOP (Virtual)

**DATE: Sunday, February 5, 2023**

**TIME: 3:00 p.m. to 5:00 p.m. (EST)**

**2:00 p.m. to 4:00 p.m. (CST)**

Join Zoom Meeting DIRECT LINK:

<https://us02web.zoom.us/j/88010227725?pwd=MHNlK3dNYmNqZTY3OERMdKxGVXdjZZ09>

### Featuring

- 3 Speakers discuss Sponsorship
- Ask-it-basket session for questions & answers
- Time for individual sharing

To help in continuing to carry the message, please consider giving a 7<sup>th</sup> tradition donation (<https://oaregion8.org/region-8/contributions/>)

For questions or more information, please contact Susan at:

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

Presented by the Region 8  
Twelfth Step Within Committee



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**



**THERE IS NO ENLIGHTENMENT FROM THE REFRIGERATOR LIGHT!**

**A Day of Abstinence Hybrid Workshop**

**Saturday, January 7, 2023, 12:30 p.m. – 3:30 p.m.**

**In Person at Epiphany Lutheran Church**

**314 W. Valette Street, Elmhurst, IL 60126**

**Register by emailing or texting Dawn R:**

**[newdawn090220@gmail.com](mailto:newdawn090220@gmail.com)**

**224/325-1901**

**Zoom information available to registrants by 01/06/2023**

**Sponsored by CHI-WIF Intergroup – [WWW.CHIWIFOA.ORG](http://WWW.CHIWIFOA.ORG)**

**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 NEW MEET- ING	BB	800729	Ocala Big Book at Noon Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdm1FOFdld1NVSOlrN0htQT09">https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdm1FOFdld1NVSOlrN0htQT09</a>	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
6:30 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	800442	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 C. 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

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (FACE TO FACE)	Debby	386-402-6631
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
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

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

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 **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 <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
7:00 pm	L	00936	Tusawilla 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 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** <a href="https://us02web.zoom.us/j/89618514937">https://us02web.zoom.us/j/89618514937</a>	Carole M.	407-616-8908

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

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 **Call contact person for password please**	Patti D.	407-791-1999



**DID YOU KNOW?**

◆ The pamphlet “Where Do I Start?” is available as a free pdf for newcomers, in 20 different languages? For more information go to:  
<https://bookstore.oa.org/pamphlets/where-do-i-start-everything-a-newcomer-needs-to-know-705.asp>

◆ There are several other free downloads available at  
<https://bookstore.oa.org/digital-products.asp> ? Check it out!

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Your Trusted Servants For Central Florida Intergroup

<u>Positions:</u>	<u>Name</u>
Chair:	Debby H.
Vice-Chair:	Christie H.
Treasurer:	Kathy M.
Secretary:	Carlene D.
Parliamentarian:	Annie M.
Literature:	<b>OPEN</b>
Co-Webmaster:	Carrie C.
Co-Webmaster:	Annie M.
New Beginnings Editor:	Alicia C.
New Beginnings Co-Editor:	Kathy S.
PIPO:	Alyson T.
#1 WSO Delegate:	Kathy M.
#2 WSO Delegate:	Debby H.
12# Step Within:	<b>OPEN</b>
Next Generation:	<b>OPEN</b>
#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:	Debby H. (386) 402-6631 ( <a href="mailto:chair@oacfi.org">chair@oacfi.org</a> )
Vice Chair:	Christie H. (321) 277-7766 ( <a href="mailto:vicechair@oacfi.org">vicechair@oacfi.org</a> )
Treasurer:	Kathy M. (407) 242-5675 ( <a href="mailto:treasurer@oacfi.org">treasurer@oacfi.org</a> )
Secretary:	Carlene D. (407) 360-9120 ( <a href="mailto:Secretary@oacfi.org">Secretary@oacfi.org</a> )

**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](mailto: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:	<a href="http://www.oaregion8.org">www.oaregion8.org</a>
International Website:	<a href="http://www.oa.org">www.oa.org</a>
Facebook Page:	<a href="https://www.facebook.com/oacfi.org">www.facebook.com/oacfi.org</a>
Newsletter Email:	<a href="mailto:newsletter@oacfi.org">newsletter@oacfi.org</a>
Literature Email:	<a href="mailto:literature@oacfi.org">literature@oacfi.org</a>
TikTok channel	<a href="https://www.tiktok.com/@oacfi">@oacfi</a>
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Policies and Procedures:	<a href="https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf">https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf</a>
Coming Intergroup Meetings (Second Saturday of the Month)	
	10 a.m. January 14, 2023 and February 11, 2023.
Zoom meeting,	<a href="https://us02web.zoom.us/j/699026950">https://us02web.zoom.us/j/699026950</a> ,
Meeting ID –	699026950, Password: 768958

**All members are welcome!**

### October 2022 Treasurer's Report

Num-	Day	Group	Contribution
48951	Sun	7th Day Adventist Church	\$ 27.00
57175	Mon	Dunnellon Pres Church Dunnellon	\$ 150.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	-
39211	Mon	House Next Door, DeLeon Springs	-
89068	Mon	Central Christian Church 12pm	\$ 118.00
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
800442	Mon	Grace Zoom	\$ 23.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$ 55.00
56041	Mon	Pimlico	-
56481	Mon	Hospitality House New Smyrna	-
1048	Mon	Church of Ascention, Apopka	-
53032	Mon	Coastal Library, Crystal River	-
89653	Mon	Zoom For Today Meeting	\$ 25.00
800293	Tue	Many Faces One Solution	-
50209	Tue	Chatham Rec Ctr., The Villages	-
52613	Tue	North Pool Celebration , Kissimmee	-
57273	Tue	Lost & Found Ocala	-
89070	Tue	Central Christian Church	\$ 68.00
89069	Wed	Central Christian Church	\$ 36.00
48700	Wed	Lady Lake UMC	\$ 100.00
18502	Thur	Church of the Messiah, Winter Garden	-
57434	Thur	Westminister By The Sea	-
52586	Thur	Wekiva Springs Presbyterian, Longwood	-
52976	Thur	Grace Episcopal, Port Orange	-
89071	Thur	Central Christian Church	\$ 65.54
54798	Thur	Dunnellon Library Group	-
89006	Thur	Zoom Speaker Mtg	\$ 95.00
89384	Thur	Zoom Body Image	\$ 27.00
936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Luke's UMC	-
45611	Fri	Lady Lake Library	-
89072	Fri	Central Christian Church	\$ 55.00
54490	Fri	Shepherd of the Hill Church, Clermont	-
51142	Fri	REBOS Club, St. Cloud	-
9016	Sat	Central Florida Intergroup	\$ 20.00
38611	Sat	St. Richards Episcopal, Winter Park	\$ 40.00
800324	Sat	Saturday For Today	-
46887	Sat	Ascension Church	\$ 64.00
48952	Sat	Union Congregational Church, Holly Hill	-
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer	-
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps	-
		unknown group #	-
		Individual Contributions (PayPal)	\$ 30.00
		Individual Contributions (check)	-
		literature	-
		Step Workshop	-
		Angel Card	-
		Big Book Study Sunday 6-8	-
		Words to Live By	-
<b>Total Group Contributions</b>			<b>\$ 998.54</b>

“New Beginnings” presents experiences and opinions of OA members. Opinions expressed herein are not to be attributed to Overeaters Anonymous.