

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

FEBRUARY 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

Sun., February 12, 2023, Super Bowl, "We are All Winners in OA," Tradition 1

Tues., February 14, 2023, Valentine's Day, "Learning to Love Myself," Step 1

Mon., February 20, 2023, President's Day, "What Does my Faith Look Like?" Step 3

Tues., February 21, 2023, Mardi Gras, "Trust—Taking the Masks Off and Revealing our True Selves"

Sun., February 26, 2023, OA UNITY DAY, "Reflecting on our Recovery and the Gifts"

Tuesdays, OA Quick Step Study – Jan 31, Feb 7, Feb 21, Feb 28, and Mar 7 by Central Ontario Intergroup of Overeaters Anonymous, by Zoom or phone. To register and obtain Zoom and phone information, please email: coquicksteps@oaontario.org.

Sun., February 5, 2023, SOAR Region 8 Twelfth Step Within Workshop: "Sponsorship." 3 pm to 5 pm EST. Zoom Meeting:

<https://us02web.zoom.us/j/88010227725?pwd=MHNIK3dNYmNqZTY3OERMcXGVXjdjZz09>
Meeting ID: 880 1022 7725 Passcode: just4today
See flyer below.

Mon., February 6, 2023, Big Book Workshop, A Design for Living Intergroup, 2:30 pm—4 pm. Zoom meeting, Meeting ID: 820 0012 9994
Passcode: 820077 Go to https://ad4l.info/?page_id=4884

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Sat., February 11, 2023, "There is a Solution." A Design for Living Intergroup Speaker Series, 3:30 pm—5 pm. Zoom meeting.

Meeting ID: 200 540 624 No passcode.

Sat., February 25, 2023: Space Coast Intergroup, OA Unity Day Celebration, 9:30 am—12:30 pm, Rockledge, FL. *See flyer below.*

Sun., February 26, 2023: OA UNITY DAY*

March 3-5, 2023, OA Virtual Region 2023 Convention, "There is a Solution."

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

March 25-26, 2023, OA Young People's Virtual Intergroup 2023 Zoom Retreat, "Building a Better Life." \$10. Go to <https://oaypretreat.ticketspice.com/oa-yp-retreat>

April 25 – 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.

July 28-30, 2023, Pinellas Traditions Intergroup 13th Annual Franciscan Center Retreat (in Tampa), "Practicing the Principles." Go to <https://www.oapinellas.org/>

October 13-15, 2023. OACFI Fall Retreat, Lake Yale.

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

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*** What is OA Unity Day?** The Overeaters Anonymous website (oa.org) states the following: “Unity Day is a day to celebrate the connection of all members and groups of OA to one another.

It occurs the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time. It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program. “ Source: <https://oa.org/faqs/what-and-when-is-unity-day/>

October 13—15, 2023

**Overeaters Anonymous Central Florida
Intergroup Fall Retreat at Lake Yale**



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 7th tradition donation (<https://oaregion8.org/region-8/contributions/>)

For questions or more information, please contact Susan at:

smfitZmaur@gmail.com

Presented by the Region 8
Twelfth Step Within Committee

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
SPACE COAST INTERGROUP
oaspacecoast.org

OA UNITY DAY CELEBRATION

**Together We Can Do
What We Could Never Do Alone**

Saturday, February 25, 2023

9:30 am to 12:30 pm

Rockledge Presbyterian Church

921 Rockledge Drive, Rockledge, FL

Parking is across from the Church on Orange Avenue

Three speakers will share their experience, strength, and hope:

- **Doing together what we could never do alone**
- **Tradition One unity**
- **Principles before personalities**

Gift baskets will be raffled off at the end of the morning.

Coffee and water will be provided.

OA Literature will be available for sale.

A \$5 cover charge will be collected from those who are financially able.

Newcomers are especially welcome.

For more information contact: Lynn D (216) 798-2520
Vickie S (321) 536-3951
Kathy M (443) 413-7022

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Southeastern Overeaters Anonymous Region 8

Service = Recovery

March 17-19, 2023

Registration fee : \$25.00

Registration Deadline: March 11, 2023

Contact: Vicechair@oaregion8.org

Visitors Welcome!

Participate and learn how your region operates.

***Friday Night Forum "Host with the Most!"**



Scan here to register:



Or click here for direct link

<http://oaregion8.org/soar8-assembly-registration/>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP TWO:

Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle:

HOPE

I CAN SEE OVER THE HORIZON

We may not consider it possible to get our diet and/or lifestyle in an orderly and healthy standard. We are definitely sane to realize that this is not possible within our own human efforts. Nevertheless, through an understanding of a Power greater than ourselves, we form a vision to reach this goal of a healthy diet and lifestyle. We come to a belief that this can be accomplished. This optimistic leap of belief within our thinking is called faith. We come to a rationalization that a decent food plan is possible. At one time we had thought that this same concept was impossible. Then over a period of spiritual growth, we become open to see the impossible as possible. This series of a 180-degree mental turn of thought, attitude, belief, and insight is fueled through a single powerful emotion: hope.

Hope is a subtle, positive emotion. It can cause one to feel excited, joyful, grateful, and strong enough to fly... spiritually. Nothing seems to discourage or deprive one of their goals or their dreams being accomplished. It's kind of magical because when hope is formed, it gives an appearance as if all things were always good. In a brief understanding, everything is good. However, the struggles of food addiction bring relapse, diet failure, sick eating habits, and loss of hope. Step Two reads: "We came to believe that a Power greater than ourselves could restore us to sanity." Within this step came a new wave of *hope*, not so much because of what the person working this step may feel they have accomplished, but because our Higher Power's faithfulness can work through any moral disaster. It is because the strength that we finally tap into as a refuge brings results. This changes our circumstances and our outcome. This is the game-changer. This is our source of hope. Therefore, one can feel he can achieve the miracle of finding abstinence within his life. And it becomes a reality that anything is possible that one can accomplish through faith and following their Higher Power's design for living.



Tony B.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION TWO:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle:

TRUST

Trusting in God . . .—or HP—or Divine Intelligence — or Creator of all Life—. . . is a lifelong practice. Sometimes we are good at this and sometimes we fall short. Just like love. Or honesty. Or our recovery disciplines.

Spiritual principles are like our disciplines . . . we keep at them, trying to perfect the impossible to perfect . . . dental care, food plans, exercise regimes . . . we keep tilting at our windmills, don't we?

Trusting that God has our backs, individually and collectively, is a major act that is sometimes effortless and sometimes effortful. Essentially, it is a major component of letting go of control. We are all master manipulators to one extent or another. Even where there is intransigent disagreement, letting go and letting God can be a liberating act, if we have the ability to outsource our trust.

If trusting God is so difficult, is it no wonder that there may be some issues in trusting our fellow human beings with decisions and directions? The beauty of Twelve-Step recovery is that there is no dictatorial hierarchy . . . we truly have a "bottom-up" approach. It begins in the group with the group conscience discussion. Issues are discussed, motions are brought up and teased apart, votes are taken. Nothing is written in stone; this can all be revisited again and again and again if needed. All things are decided by our perceived notions of what the greater good of the whole requires at any moment in time. Evolution being constant, amendments are always invited!!!

At the Intergroup level, this same model is used with a little more structure as we are governed by By-Laws and Policies and Procedures—which are written and amended once again from the group collective, but the basic tenets remain . . . a bottom-up approach with group consensus always being the goal.

Trust is essential. Not necessarily in individuals but rather in the collective "we" of recovery. The very first word in the Introduction of the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* is "we." Together, with our Higher Power as our CEO, we can and will see great and miraculous sightings in the recovery rooms we attend.

Sometimes, just showing up is a miracle. Being willing to serve others and avoiding unrealistic expected outcomes is a miracle. Letting life unfold and knowing it is being divinely guided is a miracle.

Together, our collective light is astonishingly brilliant! Trusting this can be so can be our tentative beginnings. New beginnings.

Debby H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT TWO:

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.

Spiritual Principle:

CONSCIENCE

A good summary of what Concept Two means is reflected in the August 29, 2022 welcome letter from Judy H., Chair of OA's Board of Trustees, to Overeaters Anonymous Service Bodies and WSBC Delegates regarding the World Service Business Conference 2023:

Conference is where the business of Overeaters Anonymous is decided. [Concept Two: . . . "the World Service Business Conference is the voice, authority and effective conscience of OA as a whole."] It belongs to the members, groups, and service bodies who share in the future of the organization. The workshops, committee meetings, and all the business that is transacted, are necessary to determine our direction for OA. It is also the place where the delegates, who represent the group conscience of OA as a whole, bring forward their ideas and desires and shape the future of our Fellowship." (Source: <https://oa.org/app/uploads/2022/08/chairs-welcome-letter-wsbc-2023.pdf>)

And what is "the group conscience of OA as a whole"? According to an OA-business glossary found on oa.org:

For the purpose of voting at the World Service Business Conference, which according to Concept Two is the "voice, authority and effective conscience of OA as a whole," OA has adopted rules that define what constitutes a group conscience vote. Substantial unanimity is reached either by majority vote, or two-thirds vote depending upon the nature of the motion being considered. (Source: <https://oa.org/app/uploads/2022/04/oa-business-glossary.pdf>)

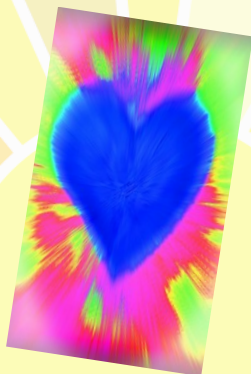
The spiritual principle associated with the concept is "conscience" because clearly, when decisions are made at WSBC for OA as a whole, group conscience has played a major role, from the group level to the final vote. Furthermore, our process is democratic—through group conscience, everybody has a voice and a vote.

Alicia C.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Emotions



When my emotions are awoken and my feelings go awry.

This sets my head a spinning. Please GOD, May I have this time to cry.

I know you're here to comfort me. You'll always be by my side.

There are many things to tell you, but which hurt - you decide.

Sometimes I feel you're not listening. I feel you do not hear me.

I know miracles don't happen right away. It's with tolerance and patience that they will be.

I am ready to surrender. I cannot do this alone.

Please mend my broken self, then my heart it will no longer groan.

Beth Z.

Overheard at a Meeting:

The past is over.

Forgiveness means giving up all hope of a better past.



The secret of change is to focus all your energy not on fighting the old, but on building the new.

Socrates

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



PERSISTENT

In 2020, if you would have asked if I was persistent about anything in my life, I would have said, “Yes.” I was a master of being persistent in hiding my feelings, giving up, beating myself up mentally, and using food to solve all my problems. My life was in a tailspin and I needed help.

On January 20, 2020, I made a phone call. I had asked if there was a meeting that night, on Martin Luther King, Jr., Day. The woman on the other line said, “Yes,” and gave me the time and address of the meeting. I sat outside the church for a few minutes trying to convince myself I didn’t need this. I was telling myself I did not need help; my life was good. Sure, I had some ups and downs, but nothing I couldn’t handle. But there was something telling me to go inside.

So, with one step at a time, I mustered up enough courage to enter the room. As I opened up the door, I felt like a deer in headlights. All eyes were upon me at that moment and boy, did I want to run. I mean, I was already a master of giving up, what’s one more thing added to the list? Yet something kept me in there, and I took a seat amongst the ten people that were there. As I listened, people were being so kind and sincere to each other. I was thinking, “What’s wrong with them?”

During that hour I listened to people read from a book called the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition. They read the first step because I was new to this meeting. I was intrigued by what I heard, but my nerves were still rocky. At the close of the meeting, I was told by several people that they hoped to see me again. “Wow,” I thought. “They don’t even know me and they want me to come back.”

Now let’s fast-forward almost three years. The term “persistent” has a totally new meaning for me. I will show up for a meeting to offer an ear. I will do some form of service by using the nine tools of recovery. I am no longer beating myself up and I’m not running to food. I am a fighter now for my recovery, who does not give up. I’m persistent and know that I’m not alone. Thank you, O.A.

Robin G.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Self-Compassion/Loving Myself

Self-love? Like when a famous singer or actor talked about being engaged to herself before marrying her partner? When that story first got out, maybe 30 years ago, people (in conversation or on night-time TV) thought she was self-absorbed and off-base. Over the next decades, though, social scientists, psychologists, psychiatrists, and researchers, have been learning how important self-love or self-compassion is to all of us. Self-compassion has been well-researched, and it has been acknowledged to be a major contributor to well-being and high-functioning in today's world; it is a major factor for success in our lives.

Years ago and before abstinence, I was furious and began berating myself aloud, in front of my child. She was distressed and reached out to me and wanted me to stop. I stopped only because I could see how upset she was. I wanted to beat myself up, not her. Over time, and with some outside help, I realized how I'd feel if I'd seen her do that in my presence. I would feel like I was being scalded—because she would never deserve to hear those words or feel that self-loathing.

Beating myself up is only going to feed all the negative things that have already occurred in my life. It won't change my behavior, or change an outcome. It will just make my daily life more difficult. It will make it harder for me to reach out to others and offer friendship. It will make it harder to try new things and meet new people. Self-loathing creates an insular barrier that keeps me from the world, locked in a tiny cage and miserable.

I have stepped up my efforts to care for myself. I'm listening for when that tight, mean voice bubbles up or worse, pops out of somewhere deep when I didn't know it was coming. I have learned from recent lessons that I want to grow old loving me, being kind to me, treating myself the way I would my child or a friend—or even someone on the street.

I will say to myself—sometimes silently and sometimes aloud—“Hey, way to go! That was just right!” I watch out for, “That was perfect.” Perfect? No such thing. “Just right” is my superlative now. When I manage to complete most of my self-care tasks, I celebrate with little stickers in my journal. Doing something for someone else is important, too, but it's now equally important to help myself first.

These days I practice calling out my special traits or abilities. I never hesitate to call out special traits of friends, and I am learning that it's OK to recognize that in myself too. “Just right” is an ideal. “I'll know better next time.” These are both phrases I'm using more—even if they feel artificial for now. As they say in the airline business, “Everyone, put on your own oxygen mask first, then help others.”

Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

From Fear to Freedom

Growing up, there were two things that dominated my life; fear and food. I think I was born afraid and that fear grew a little more each year. My first recollection of the gut-wrenching fear I'm talking about happened when I was five. I was playing at the neighbor's house when the mom announced it was time for lunch. She was making cream cheese and jelly sandwiches. I knew two things for certain; one, I was not eating that and two, I couldn't voice my dislike of it. I was literally frozen with fear. Unable to say, "No thank you" or even "Yuck! I don't like that," as a typical kid would do, I was struck mute with the fear of having to say how I felt.

That paralyzing fear of having to self-advocate or stand up for myself in any way, to raise my hand and ask a question, to be heard or worse yet, seen, was debilitating. All through school, I remained silent as much as was humanly possible.

Growing up in my house was traumatic for me. Not because of the abuse I suffered but because of the abuse I saw my siblings experience. My brother and sister were always misbehaving and causing my parents a lot of stress. I, on the other hand, was so terrified of receiving those punishments that I stayed quiet and tried not to be seen. I was well-behaved and invisible as much as possible. I also quieted my fears with food. I quickly learned that sugar was a calming balm for my jumpy nerves. When my family would go out to dinner, I stayed home to be in the quiet calm with my Dixie cup full of peanut butter and jelly to comfort and pacify me. As I got older, my fears of people and of speaking intensified, and so did my ability to get my hands on more junk food.

In high school I had an English teacher ask the class to share three words that described us. I quickly came up with "short, fat, and ugly." That was how I saw myself and I was sure others saw me the same way. Of course I was too humiliated to share my words with the class. Those three words quickly became my mantra. Whenever I was in a situation that called for introducing myself and/or saying a few words about myself, my mind immediately went to "short, fat, and ugly," and I continued to use that mantra for the next forty years.

After years of trying every diet under the sun, prescription diet pills, starvation diets, and finally a gastric by-pass (all of which were at best temporary fixes, and at worst, almost cost me my life), I was defeated.

On a Sunday in May of 2021 I looked out the window and whispered to God: "What the hell am I gonna do? Please help me figure this out." The answer came quickly: OA. I had gone to a few OA meetings when I was twenty years old but never worked the steps or got a sponsor and quickly left. But the seed must have been planted because when my HP said OA, I got the message loud and clear and began going to meetings on Zoom. I was in so much pain and so desperate that I went to three meetings a day for the first several months. I realized later that my HP was working in my life because I was able to access so many more meetings online than I ever would have been able to if they were in person. I quickly got a sponsor and a bunch of books and began my journey. In the beginning, I was too scared to speak, do service or lead a meeting. I worked through the steps twice and eventually began to do all those things.

The program has given me much to be grateful for. Yes, I've lost weight, but what I have gained is even more valuable. The ability to begin facing my fears, especially the fear of people, has been a gift. I shared recently that OA has given me a stack of permission slips. They say things like, "To Whom It May Concern, Shari now has permission to like and accept herself, Very truly yours, OA."

I have come so far from the frightened person who never spoke, to someone who is finding my voice and the freedom to be myself.

Shari M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Nature never deceives us, it is we who deceive ourselves.
Jean Jacques Rousseau

Yes . . . the illusions we create are legion. I know I can think myself into believing two opposing viewpoints before I “snap out of it.”

Maybe our lives mimic nature . . . we are a part of the natural world . . . fast and furious, destructive, docile, calm and bright. Talk about a range.

Without my recovery program, I would be carrying around a lot more weight. I would probably be pre-diabetic or diabetic, I would have hypertension and my joints would be stressed to the point of surgical intervention. My misery would be boundless, and I would be making other people miserable as well. If I ate everything I *thought* I wanted to eat . . . there would not be enough food to meet the perceived need. My desires seemingly have no limits.

My thoughts and desires can get me into big-time trouble.

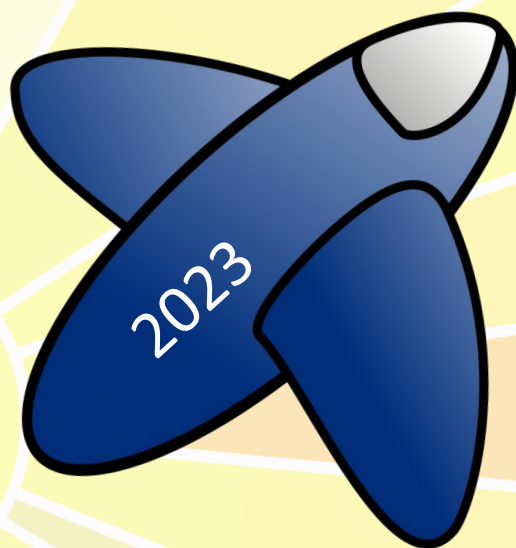
I need a recovery program to right-size me every day. I need to be grounded in the reality that my propensity to use food is not unique to me, that other people share this same malady, and that there is a very time-proven solution to live with this . . . thrive with this . . . and find new ways of living within the discipline and order of our Twelve-Step program.

Our program. Not my program. Together we get better.

Trudge. Trudge. Cha-cha-cha.

Debby H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Welcome to Flight 2023. We are prepared to take off into the New Year. Please make sure your attitude and blessings are secured and locked in an upright position. All self-destructive devices should be turned off at this time. All negativity, hurt and discouragement should be put away. Should we lose altitude under pressure, during the flight, reach up and pull down a prayer. Prayers will automatically be activated by faith. Once your faith is activated, you can assist other passengers. There will be NO BAGGAGE allowed on this flight. The Captain (GOD) has cleared us for takeoff. Destination: GREATNESS.

Editor's Note: Too many people sent this to me for me to give them all credit! Thank you!! Even though I received this too late for the January newsletter, I believe the ideas can apply any time.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



IMPORTANT ATTENTION GROUP REPS & SECRETARIES:

Please check your meeting information, near the end of this newsletter.

If there is a change to your meeting—cancellation, change in time or location, a new meeting, etc.—there are two things you need to do, please:

1. **Go to oa.org.** Click on the three bars on the upper-righthand area of the page. Click on “meetings” and select the option that applies. If you need help, you can also call OA at 505-891-2664 or click on the “contact us” tab at the bottom of the home page.
2. **Contact the OACFI intergroup.** Send a DETAILED e-mail with all relevant information to newsletter@oacfi.org. The newsletter editor will update the meeting list and send it to the webmasters so that the updated information can be uploaded there. The newsletter editor will also let the OACFI Treasurer know.

THANK YOU!

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

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,

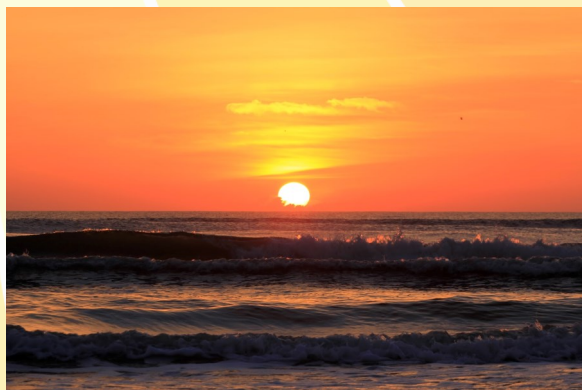
9:30pm ET

Ph. 605-472-5395 Access Code 378978#

Find Answers at www.oa.org

ALSO FOR YOUNG PEOPLE:

- ♦ Check out the Young People's Virtual Intergroup at <https://oayoungpeople.org/>
- ♦ Download, for free, the pamphlet "To the Young Person," at <https://bookstore.oa.org/digital-products.asp>



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

Or type this in your URL

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

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.

DID YOU KNOW?

The Los Angeles Area Intergroup of Overeaters Anonymous has a list of 50 podcasts you can download and listen to, at <https://www.oalaig.org/laig-virtual-speakers-bureau/>

Check it out!

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 help out with Overeaters Anonymous Central Florida Intergroup's Fall Retreat, October 13-15, 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 .call or text 407-252-7575 or 407-310-5373, or email either kathym@ahatopcat.com or adidasgr1973@gmail.com

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

Overeaters Anonymous Central Florida Intergroup needs trusted servants for:

- * **Next Generation Chair**
- * **Tik Tok Producer**
- * **Mailing List Coordinator**
- * **Meeting List Updater**
- * **Region 8 Rep**

Overeaters Anonymous Region 8 needs trusted servants for:

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

If you are interested in 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

**Deadline for items is the 30th of the month
that is 2 months prior to publication.**

Newsletter Needs by Date

For APRIL 2023 Newsletter: DUE February 28, 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.

For MAY 2023 Newsletter: DUE March-30, 2023

Need articles on:

Step Five: Integrity

Tradition Five: Purpose

Concept Five: Consideration

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?

Or

How can I, as an individual, best practice Tradition 5? How can groups best practice this Tradition?

(Continued on next page)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

For JUNE 2023 Newsletter: [DUE April 30, 2023](#)

Need articles on:

Step Six: Willingness

Tradition Six: Solidarity

Concept Six: Responsibility

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.

Or

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"?

For JULY 2023 Newsletter: [DUE May 30, 2023](#)

Need articles on:

Step Seven: Humility

Tradition Seven: Responsibility

Concept Seven: Balance

Writing Prompt/Challenge: How do you practice the principle of humility in all your affairs?

Or

Read November 26, p. 331, in *Voices of Recovery*, about Tradition Seven. Write a reflection on this reading.

THANK YOU

for submitting your articles,

poems, and pictures!



HOW TO USE PAY PAL

Follow these steps:

Log on to your Pay Pal account

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Type in oacfitreasurer@gmail.com

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Meeting List—Latest updates highlighted**

			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	800729	Ocala Big Book at Noon Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09	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
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
7:00 Pm New time!	V	800442	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 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 https://zoom.us/j/84477398454	Jacqueline	407-423-4086
5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (FACE TO FACE)	Debby	386-402-6631

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

5:30 pm	V	57273	The Meeting Place 3391 E. Solver Spring Blvd, Unit E Ocala, FL 34470 (FACE TO FACE)	Tim	352-215-8495
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
6:00 pm		53032	YMCA 4127 West Norvell Bryant Highway Lecanto, FL 34461 (FACE TO FACE)	Trish	540-454-4600
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 (FACE TO FACE)	Rosemarie K	352-638-6286
Noon	BB	89069	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S.	678-429-1286
THURSDAY					
10:30 am	V	57434	Westminster-By-the-Sea – Thursday 10:30 3221 S Peninsula Drive Daytona Beach Shores, FL 32118	Lori	407-314-1636
Noon	V	89071	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
4:00 pm	V	54798	Better Together Zoom only Zoom 842 9268 7636 pw Surrender https://us06web.zoom.us/j/84292687636	Donna G.	603-477-4555 Text first, please
5:30 pm	V	57675	The Meeting Place 3391 E. Solver Spring Blvd, Unit E Ocala, FL 34470 (FACE TO FACE)	Tim	352-215-8495
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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 https://us02web.zoom.us/j/86370717790	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086
			FRIDAY		
9:00 am	V	54490	Shepherd of The Hills Lutheran Church Zoom only Zoom 870 5439 1380 **Call contact person for password please**	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 154 974 236 pw 970404 225 W. Guava Street Lady Lake, FL 32159 https://us02web.zoom.us/j/154974236	Ilene H	352-753-2333
10:45 am	D	51142	REBOS Clubhouse – Zoom only Zoom 328 754 4837 pw 628465 https://us02web.zoom.us/j/3287544837	Helen Sandy	845-325-2031 407 973 0374
Noon	N	89072	Central Christian Church Zoom only Call in 312-626-6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S	678-429-1286
7:00 pm	L	00936	Tuscawilla 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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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		
8:00 am	V	57479	The Meeting Place 3391 E. Solver Spring Blvd, Unit E Ocala, FL 34470 (FACE TO FACE)	Tim	352-215-8495
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

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



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

November 2022 Treasurer's Report

Number	Day	Group	Amount
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 Ascension, 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	Thurs	Church of the Messiah, Winter Garden	-
57434	Thurs	Westminister By The Sea	-
52586	Thurs	Wekiva Springs Presbyterian, Longwood	-
52976	Thurs	Grace Episcopal, Port Orange	-
89071	Thurs	Central Christian Church	65.54
54798	Thurs	Dunnellon Library Group	-
89006	Thurs	Zoom Speaker Mtg	95.00
89384	Thurs	Zoom Body Image	27.00
936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Lukes 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	-
		Remaining treasury closed group	-
		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	-
Total Group Contributions			998.54

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:	OPEN
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:	Susan S.
Next Generation:	OPEN
#1 Region Rep:	Dee N.
#2 Region Rep:	Kathy M.
#3 Region Rep:	OPEN
#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
 (chair@oacfi.org)
 Vice Chair: Christie H. (321) 277-7766
 (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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 TikTok channel: [@oacfi](https://www.tiktok.com/@oacfi)
 Bylaws: <https://www.oacfi.org/wp-content/uploads/2021/11/OACFI-Bylaws-11.13.2021.pdf>
 Policies and Procedures: <https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf>
 Coming Intergroup Meetings (Second Saturday of the Month)
 10 a.m. February 11, 2023 and March 11, 2023.
 Zoom meeting, <https://us02web.zoom.us/j/699026950>,
 Meeting ID – 699026950, Password: 768958

All members are welcome!

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