

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS
ANONYMOUS®
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

MARCH 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

Fri., March 17, 2023, St. Patrick's Day,
"Celebrating the 12 Steps and 9 Tools Today"

Wed., March 22, 2023, Ramadan begins,
"Gratitude for the Past, Hope for the Future—
How's My Program Today?"

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

Sat., March 11, 2023, 3:30-5 pm, A Design for Living Intergroup Speaker Series, "More about Alcoholism." Zoom Meeting ID 200540624 No passcode www.ad4l.info

March 17 – 19, 2023, Spring 2023 SOAR 8 (Region 8) Business Assembly. Registration deadline is March 11. <https://oaregion8.org/soar8-assembly-registration> **REGISTRATION DEADLINE EXTENDED TO MARCH 17.** See flyer below.

Sat., March 25, 2023, 10 am—6 pm, Big Book Workshop, "The Big Book Path to Your Wildest Dreams," Zoom Meeting ID 851 9971 0430, passcode 160619 <https://oa.org/events/big-book-workshop/>

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

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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, FL.

October 27-29, 2023, SOAR Region 8 Fall Recovery Convention and Business Assembly, Tybee Island, Ga. <https://oaregion8.org/r8-event/soar8-assembly-fall-2023/> See flyer below.

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



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

October 13—15, 2023

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



**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 adidasgrrl1973@gmail.com

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



There is a Solution

REGISTER NOW!

March 3-5, 2023

OA Virtual Region 2023 Convention

Welcome Center – Newcomers' Meetings – Keynotes – Concurrent Tracks

Select workshops and tracks in various languages

Tentative Topics

Abstinence * OA Literature * The 12 Steps * A Plan of Eating * Big Book * Anonymity * Recovery from Relapse * Body Image, Relationships & Sexuality * For Today * Voices of Recovery * How It Works * A Vision for You * Into Action * Sponsorship * OA Tools * Spirituality * OA Twelve and Twelve * The 12 Traditions * Giving Service * Creative Studio * We Agnostics * Virtual Region Fair

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

SAVE THE DATE OCT 27-29, 2023 "Welcome Home, Y'all"

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of October 27-29, 2023. More details about the meals and the registration flyer will be released soon.



We will be staying on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

Hotel Tybee
1401 Strand Ave
Tybee Island, GA, 31328, USA
Call for reservations: 1-912-786-7777

If you even THINK you will be attending, make your hotel reservations now! (You must make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **"SOAR2023"** for special rates. Any reservations made after that date will be charged at their current room rate.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.) This rate is valid for up to four people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.) Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

Cancellations: All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19th)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is **NO** free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP THREE:

**Made a decision to turn our will and our lives
over to the care of God as we understood
Him.**

Spiritual Principle:

FAITH

Ah, the “simple not easy” step for me! “Made a decision to turn our will and our lives over to the care of God as we *understood* Him.” The sneaky, tricky part of this step for me is noticing when my will pops up to take over. Which is very, very often. Or as my will might say if it had an audible voice, “I will do what I think is best right now.” I don’t understand how, every time I consciously do turn over my will, things turn out well. That’s not usually the case when I don’t. Usually, when I understand a connection between what I do and the outcome, I repeat things that work and drop what doesn’t. But that will of mine butts in every chance it gets. I guess that’s the cunning and baffling part – I know it works for me when I do it, yet I will still not do it automatically.

I know my HP is there for me; I know it with all my heart, soul and body. Sometimes I can feel my HP there on my right shoulder. So why . . .

Rather than banging my head against the wall with my invisible enemies “Cunning” and “Baffling,” I’ve started telling myself, “Because.” Because this is an addiction. Because the sick part of my mind will gladly take up where I left it three and a half years ago. So I have to rise above that behavior in myself. Just like when I had a small child in my house, sometimes I just needed to say, “Do it. Because I said so.”

Sometimes I will set frequent alarms for myself, reminding myself to take stock, ask myself how I am doing, and check in with my Higher Power. Days when I feel like I am white-knuckling through my abstinence, I even check in with a pad and paper. Those words, that frustration I’m experiencing, are important for me to record and remember.



Then I do a series of breaths and move on with my day, until my next alarm. I have faith that I will eventually pick up the regular habit of immediately asking HP for help in a decision, no matter how large or small. Because I know, beyond a shadow of a doubt, HP is right here with me and all I need to do is reach out. Help is here; right here, right now.

Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION THREE:

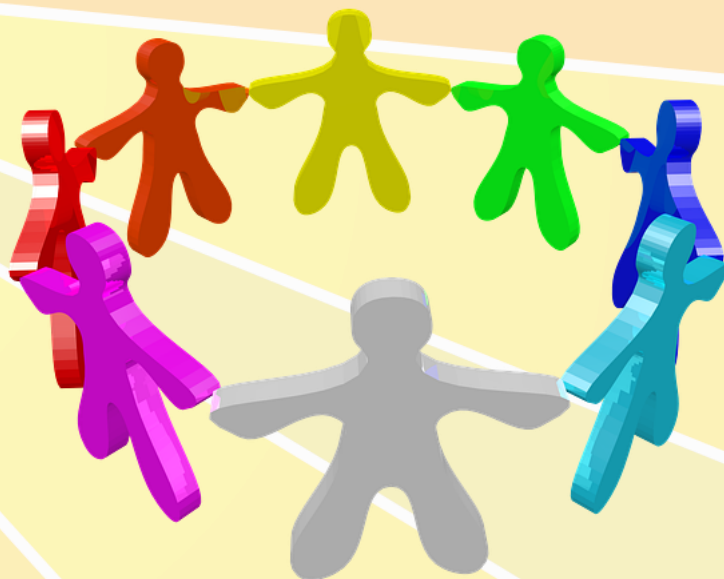
The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle:
IDENTITY

The definition of the word “tradition” is as follows: “the transmission of a custom or belief from generation to generation, or the fact of being passed on.” So when I read Tradition Three in O.A.—“The only requirement for OA membership is a desire to stop eating compulsively”—it made me stop and think. Wow, this program has been around since 1960, and there are no membership fees, nor contracts or even secret handshakes. “How is this even possible in today's time?” I thought to myself. EVERY other program I had joined had cost me a pretty penny, and to no avail—it failed.

So I started to come to meetings once a week. I would sit there and listen to people's shares of heartbreaks, failures and, yes, also to their success stories. By this time I was learning about the Twelve Steps and just briefly starting to learn about these things called “Traditions.” Then there it was, Tradition Three; the wording was perfect for me. The “desire to stop”—it didn't say you had to stop. So I saw those words as a window of opportunity. If I was to slip or fail, I felt I wouldn't be booted out of another program or out a lot of money.

As I am writing this, I am shaking my head and smiling. The desire of wanting to stop was so strong for me, it brought me to my knees. It drew me closer to my Higher Power and brought me to an understanding. I am so ever grateful for the Traditions being passed on before I was even born. The Traditions really got me rooted in this program. So my words of wisdom for the next generations to follow: “Just have the desire. It's that simple.”



Robin G.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT THREE:

The right of decision, based on trust, makes effective leadership possible.

Spiritual Principle:

TRUST

Where Do We Put Our Trust?

During the holidays my wife and I played a little trick on our ten-year-old son. His birthday is about two weeks before Christmas (he turned eleven in 2022). We jokingly told him on several occasions that he was becoming more mature and didn't need to receive birthday gifts anymore. He kept asking if he was getting any gifts for his birthday, as if he was worried. We told him continuously that he no longer would get any birthday gifts. Finally, on his birthday, we threw him a big party and lavished him with loads of presents. Yes, he was very happy. A day or two after his birthday party, I asked him if he believed that we would no longer honor him with gifts to commemorate his birth. He smiled and said, "No." He said that he believed that he would receive something just like he did every year before, and that we would never disappoint him on purpose. I said to him, "That belief system is called 'faith.'"

There was a level of trust between my son, my wife, and me. Even though the information regarding his birthday was not completely communicated, he knew, based on good faith and prior experience, what to expect. The track record of an established relationship sets a precedence of what is to be expected. Such trust and faith is also evident in the way that individual OA groups respond to the trusted leadership of OA. Concept Three reads: "The right of decision, based on trust, makes effective leadership possible." We choose who will serve as delegates during our OA Group Conscience. We should not question or doubt the decisions which these leaders have made for the well-being of our group. Even as we realize that our organization has servants who serve, not leaders who lead, we need to know that doubting our servants will form disunity and division among our fellowship. We believe that our Higher Power will guide our group purpose (Tradition Two). We need to allow the servants who we put in place to do their jobs freely.

Tony B.

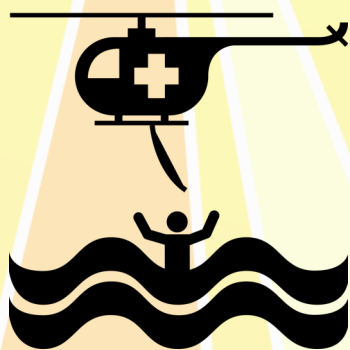


OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

SWAT Team Rescue

Food was like an “abusive boyfriend.” The harm continued, yet I was also benefiting from the comfort I received from the food. Even as my body suffered, and bore the scars and deformity of the abuse, I was able to get through the hardest of times . . . until the hope of escape came through Overeaters Anonymous.

I imagined myself trying to leave the abusive relationship over and over, and at times feeling the reprieve and relief of healthy eating, only to be pulled back to the false comfort and safety that I felt in the food, the numbness when times were especially hard. That numbness was my friend . . . that feeling that everything was okay when it really wasn’t . . . when my emotional needs were not being met . . . when life was too much to bear. That “boyfriend” was what I needed, or what I had available to me; it felt like the best option. He was tricky and deceptive and lulled me into a false sense of security, and I never knew what hit me! This disease is a fatal one. It knows where to find me . . . knows my triggers . . . knows what I’m lacking . . . knows why I sought the food in the first place . . .



I was ripped from the clutches of compulsive eating just in time! My higher power, God, is more powerful! For this, I am grateful. He came in like a SWAT team and rescued me. He shined the light from a rescue helicopter into my eyes and dropped a ladder down for me to climb up to safety. As I heard the helicopter noise and looked into the light, I was unsure, but when I climbed aboard there were others like me . . . some had washed their faces and had bandages on their wounds . . . and even some who looked perfectly happy and healed. Wow! But as they opened their mouths to speak, I heard my story . . . over and over and over. It’s been two years now. Two years since my SWAT team rescue. Two years of separation from my abusive “boyfriend.” At times he beckons me to come back. He calls to check in, but I’m quick to hang up or avoid contact. God has now dulled this “ex” in my sight.

I now have a relationship with God in a new way. He will never hurt me. He will heal my heart. He will wipe away my tears. He will show me the way. He will breathe peace into my soul. I will always know where to go, how to respond, and who I am...when I listen to Him.

I am safe now. And I am never going back.

Kym M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

A Positive Thought

When clouds of gray depression gather heavily in my head.

I shake these loose with a positive thought, and the sun shines through instead.

A bright sunny day is just what I need, especially when I'm blue.

I visualize a pleasant thought to brighten up my view.

A positive thought works wonders, when my life's most difficult.

My troubles seem to dwindle, and that's the best result.

I am grateful for this precious thought, and the peace that it brings to me.

For I have learned to be serene, now my life is worry-free.

Beth Z.

Overheard at a Meeting:

Anger is fear turned outward.



Keep
coming
back!

I need to make my life fit around
my program, not my program fit
around my life.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



CLUTTER



This is my first newsletter submission. One of the tools of recovery is “writing.” O.A.’s Step One gives us the Spiritual Principle of “Honesty.” Being honest with myself and my problem became clearer as I started writing on my feelings and attitudes. No one needs to be a professional writer to talk to themselves through the written word, and who knows how these same thoughts could reach others with our problem. Please consider submitting articles for our newsletter, perhaps helping others. (Articles needed and deadlines are listed later in this newsletter.)

Clutter, clutter, clutter! I am surrounded on all sides with clutter in my home and my life. Clutter is weighing me down. What keeps me from dealing with these things? It’s the willingness to let them go, and learn a new way of life and freedom.

Each of us has been plagued with clutter in our life, in our past or presently. Clutter may take many forms, including accumulation of excessive things, past broken relationships, past losses, emotional swings, or our relationship with food. What forms of clutter do you have in your life? What is weighing you down, more than just your weight?

I have been reluctant to take control of my life’s clutter. Looking back, it seems to have given me a sense of security and well-being. Through O.A., I have learned the error of this train of thought. I also learned that I am not alone, and that I can’t take control of my life alone and without my Higher Power, whom I call God. Temporal things in my life are really unimportant; my relationships need to take the forefront. Relationships with my husband, family, friends, community, other O.A. members, and last but not least, God, need to be strengthened in 2023. The strength of these relationships will give me the courage to tackle more than O.A.’s first step of being honest with myself and my unwillingness to let go, and help me work the rest of the Steps. Through working the Steps, I hope the future will result in a stronger, fuller and more meaningful life, no longer bogged down by the clutter of my past and present.

I know this because, through working through the Twelve Steps for the first time, my eyes have been opened to a “patch of blue” from above. God is my Higher Power. Prayer and faith in Him will lead me through my clutter to my new, wide-open future. I need to pause . . . take some deep breaths and quiet my thoughts . . . in order to open myself to a new path, cleared just for me, to lead to the full life I was meant to live and share with others. With God’s help, and O.A., I am on a new path, one of recovery.

You may also find a clearer path when you open yourself up, listen to your Higher Power, work the O.A. Twelve Steps and reach out to others who also suffer this addiction. This is not a quick or easy path, but it has worked for so many. The tools are there for us to use; all we need is a willingness to admit we are weak and need help. Overeaters Anonymous offers us the promise of recovery through working the Steps.

My Step One prayer: Dear God, I pray for a willingness to deal with the things that currently clutter my life and home, plus the feelings and emotions of my past and present that have led me to adopt poor eating and life habits. Please give me the strength to deal with my weaknesses and help me see a brighter, fuller life ahead. Amen.

Marlene A.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



They that reverence too much old times, are but a scorn to the new.
Francis Bacon

There is so much living right here and right now. If I waxed on poetic about my marvelous past . . . Well . . . I would have no clue about the wonders in front of me at this very moment.

I'm trying to be in the "now" . . . my fingers are tapping away . . . I'm leaving to pick up a friend in twenty-five minutes, I haven't yet walked the dogs, my second load of wash is in the washing machine, and the dryer is tumbling away. I folded the things that I forgot that I had left in the dryer, I just did a quick proof of our Intergroup newsletter, I have yet to have breakfast, and it is not even 7:30 a.m.!! How is that for my productivity? Oh . . . I started with a shower, picked up my scattered cast-off clothes and stowed away a project in anticipation of house cleaning this morning!

Have I been mindful about it all? Well, not quite. But I do know that my life is blessed with things to do and relationships to nurture. I know that this day will unfold beautifully and it will be chock full of opportunity. To connect. To be fully alive. To be connected to the Source of all life and love . . . and to eventually get my dogs walked!

When I spend time visiting memory lane . . . and I do . . . it reminds me about how blessed I truly am. The darker memories remind me of my transformation into who I am today . . . the joyful memories remind me that I have always been held in enormous love and I can revel in that forever . . . twirl, spin . . . rhumba!!!

New experiences wanted! There is still so much left to learn . . . wonders to behold . . . adventures waiting!

Debby H.

I am employed. I have great benefits. The only problem is I cannot take a vacation. That could lead to chaos. It's not that I am all powerful. I am not. It's that I need to ensure daily directions are moving the train forward.

Yes, I am employed as a boss of an agency. That's true, but I am not talking about that job. I am really talking about my God Job. Its description is clear: food plan, Steps, sponsor work, and sharing program. Each of these is critical. Each needs daily attention. The benefits evolve; payday is here! I am abstinent and finding out what happy, joyous and free is like. And I find direction as I deal with life on life's terms. It cannot get better than this. A "recovery job" with benefits!

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

7th TRADITION

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle: Responsibility

Your 7th Traditions matter! Thank you all for your continued support of our fellowship. Contributions currently come directly to OACFI from group treasures as well as individuals through checks and PayPal. **ADDITIONALLY, CFGI HAS OPENED THE MEANS TO RECEIVE DIRECT MEMBER CONTRIBUTIONS FROM ZELLE.**

Now each member or group can contribute their 7th traditions in either of the three methods. Please note any contribution needs to have in the memo section the **group number**. If you are contributing to multiple groups and want your 7th tradition split merely send that info along in the memo box.

7th Traditions Mail checks & money orders to:

Central Florida Intergroup

PO Box 180293 Casselberry FL 32718

Pay Pal send to oacfitreasurer@gmail.com

Zelle by sending \$\$\$ to Treasurer@oacfi.org

HOW TO USE PAY PAL

Follow these steps:

Log on to your Pay Pal account

Select Send

Type in oacfitreasurer@gmail.com

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

Review and select Send Payment Now

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 email with all relevant information to Phyllis D. at phyllis407@aol.com or call her at 386-717-9721. (THIS IS A CHANGE FROM LAST MONTH.) Phyllis will update the meeting list and send it to the webmasters so that the updated information can be uploaded there. She will also let the OACFI Treasurer know about the meeting change.

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?

You can check out the latest news from Overeaters Anonymous at <https://oa.org/news-events/?news-category=0>.

For example, according to this site:

- ♦ There is now a Twelve Traditions Workbook available.
- ♦ The 2023 literature catalog and order form are now available.

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

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
- * Region 8 Reps (2 positions open)
- * Literature Chair
- * Working with and troubleshooting Cloud web host

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.

“Service gives me practice at freeing myself from the bondage of self.”

Voices of Recovery, October 10, p. 284

SERVICE OPPORTUNITIES

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 ASAP](#)

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:

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

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

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.

For AUGUST 2023 Newsletter: [DUE June 30, 2023](#)

Need articles on:

Step Eight: Self-discipline

Tradition Eight: Fellowship

Concept Eight: Delegation

Writing Prompt/Challenge: What has helped you to increase your self-discipline in a healthy manner?

Or

How has fellowship in OA enhanced your program?



THANK YOU

for submitting your articles, poems, and pictures!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Meeting List**

			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=S21XWGNKdmlFOFdld1NVS0lrN0hTQT09	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
Noon	N	89072	Central Christian Church Zoom only Call in 312-626-6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S	678-429-1286
7:00 pm	L	00936	Tusawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 https://zoom.us/j/297035614	Gloria	407-340-2008
7:00 pm	L	20088	St. Luke UMC Phone only Uber Conf 407-553-2087	Jacqueline	407-423-4086
			SATURDAY		
8:30 am	N	51130	Hibiscus Village Rec Center 1740 Bailey Trail (FACE TO FACE) The Villages FL 32162 (Jasmine Card Rm)	Judy S.	516-551-5269
8:30 am	V	46887	Ascension Church (Rm 108) 4950 S. Apopka Vineland Road Orlando, FL 32819	Geri B.	407-557-7055
9:00 am	V	800378	Saturday Zoom Port Orange Zoom 880 7717 9552 password 305705	Jane V.	386 679-2098
9:00 am	D	38611	St. Richards Church HYBRID MEETING 5151 Lake Howell Road Winter Park, FL 32792 The last Saturday is a speaker meeting Zoom 896 1851 4937 **Call contact person for password please** https://us02web.zoom.us/j/89618514937	Carole M.	407-616-8908
9:00 am	D	48952	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd Port Orange, FL 32129	Debby H.	414-492-3277

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

Central Florida Intergroup--Treasurer's Report for December 2022

Group Contributions			DEC
48951	Sun	7th Day Adventist Church	15.00
57175	Mon	Dunnellon Pres Church Dunnellon	-
16681	Mon	Gloria Dei Lutheran Church of Leesburg	-
39211	Mon	House Next Door, DeLeon Springs	-
89068	Mon	Central Christian Church 12pm	7.00
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
800442	Mon	Grace Zoom	3.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	95.00
56041	Mon	Pimlico	-
56481	Mon	Hospitality House New Smyrna	-
1048	Mon	Church of Ascension, Apopka	-
53032	Mon	Coastal Library, Crystal River	54.00
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	60.00
57273	Tue	Lost & Found Ocala	-
89070	Tue	Central Christian Church	66.00
89069	Wed	Central Christian Church	17.00
48700	Wed	Lady Lake UMC	160.00
18502	Thurs	Church of the Messiah, Winter Garden	-
57434	Thurs	Westminster by The Sea	80.00
52586	Thurs	Wekiva Springs Presbyterian, Longwood	-
52976	Thurs	Grace Episcopal, Port Orange	-
89071	Thurs	Central Christian Church	-
54798	Thurs	Dunnellon Library Group	-
89006	Thurs	Zoom Speaker Mtg	90.00
89384	Thurs	Zoom Body Image	10.00
936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Lukes UMC	-
45611	Fri	Lady Lake Library	25.00
89072	Fri	Central Christian Church	-
54490	Fri	Shepherd of the Hill Church, Clermont	234.00
51142	Fri	REBOS Club, St. Cloud	-
9016	Sat	Central Florida Intergroup	-
38611	Sat	St. Richards Episcopal, Winter Park	40.00
800324	Sat	Saturday For Today	-
46887	Sat	Ascension Church	78.00
48952	Sat	Union Congregational Church, Holly Hill	-
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer	100.00
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps	-

(Treasurer's Report continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Treasurer's Report, continued from previous page.)

	Remaining treasury closed group	
	unknown group #	163.00
	Individual Contributions (PayPal)	-
	Individual Contributions (check)	-
	literature	-
	Step Workshop	375.00
	Angel Card	-
	Big Book Study Sunday 6-8	-
	Words to Live By	-
	Total Group Contributions	1,697.00

One Day
at a Time

Check out Central Florida Intergroup's newly updated Facebook
page at

www.facebook.com/oacfi.org

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:	OPEN
#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.

For Zelle, send payments to Treasurer@oacfi.org

Local Website: www.oacfi.org
Regional Website: www.oaregion8.org
International Website: www.oa.org
Facebook Page: www.facebook.com/oacfi.org
Newsletter Email: newsletter@oacfi.org
Literature Email: literature@oacfi.org
TikTok channel: [@oacfi](https://www.tiktok.com/@oacfi)
Bylaws: <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. March 11, 2023 and April 8, 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.