

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

November 2022 Fall

**OVEREATERS  
ANONYMOUS**  
CENTRAL FLORIDA INTERGROUP

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 Padma for more information at [2020oamarathons@gmail.com](mailto:2020oamarathons@gmail.com) or call 828 620-0521. To sign up visit [www.signupschedule.com/oamarathons](http://www.signupschedule.com/oamarathons).
  - November 8, Election Day - The Serenity Prayer
  - November 11, Veterans Day/Armistice Day Step 11 Spiritual Principle - Spiritual Awareness ~ "What Does Being In Fit Spiritual Condition Mean To Me?"
  - November 18 International Day of Experiencing Abstinence (I.D.E.A. Day) Spiritual Principle Anonymity ~ Sharing My Experience of Recovery With Others
  - November 24 Thanksgiving Day Finding Peace and Stillness Within
  - December 12 Twelfth Step Within Day Step 12 Spiritual Principle - Service - How Do I Practice "The Twelfth Step Within?"
- December 18 Hanukkah Don't Stop Before the Miracle Happens.
- November 12, 2022 is this month's intergroup mtg at 10:00 am  
<https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958
- December 10, 2022 is next month's intergroup mtg at 10:00 am  
<https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958

(Continued on the right)

-(Continued from left)

- Unity Day February 26, 2023
- April 26 – 29, 2023 World Service Business Conference. Hotel Reservations will open in January 2023. Embassy Suites Albuquerque hotel guest rooms are available from 4/20/23 - 5/3/2023. Room rate plus tax is US \$169.67 per night. Rate includes breakfast, refrigerator, microwave, Internet and dinner shuttles. Tax is subject to change.
- 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

**IMPORTANT!!!** If you know someone who would like our monthly **NEW BEGINNINGS** Newsletter, please give them this new address to receive future issues!!!

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

## Tradition Eleven: Anonymity

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

**Step Eleven: Spiritual Awareness**  
Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of his will for us and the power to carry that out.

## Concept Eleven: Humility

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staff and consultants.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****THE MIRACLE OF BIRTH**  
**Step 11, Spiritual Awareness**

I have a story which ties my name to the Overeaters Anonymous Program for life. We share it all the time in my home when we speak of the birth of our son. My wife was medically infertile and unable to have children. Nevertheless, feeling like Hannah in the Bible, my wife went on a prayer walk asking God to give her a child. To my surprise, she returned home optimistic and excited. She claimed that God had instructed her to lose weight. I was a little bewildered because I had already accepted being childless and furthermore, was content to a happily married life with my wife. However, that day my wife's lifestyle took an extreme 180-degree turn. She joined a weigh and pay program and encouraged me to join Overeater's Anonymous. She knew firsthand my commitment to another 12 Step recovery program as she had witnessed the testimony of my recovery.

After this, my wife was radical and on fire, and I was inspired. I realized that if she was to take God's message to her seriously, I also needed to join the quest wholeheartedly. So, I joined the weigh and pay for men and OA. I had not questioned my 'fatherless' fate and had already accepted what appeared to be a logical end to my biological legacy. I did not expect much to change. However, God is faithful and within 18 months from that day of her walk, my wife and I had lost the combined weight of 180 pounds (enough for the weight of another human being).

Within 2 years of that miraculous walk, my wife conceived a child. On December 10, 2011, my son Solomon Jerome, was born. Many tears fell when the fatherless life I had expected, changed dramatically. The story doesn't end there. I know that there is nothing my Higher Power can't do if I put my faith in Him and work the program.

When we place our hands in His hands, do our part, and trust in our Higher Power's plan for us, miracles can happen. Step 10 walks us through the process of evaluating our daily inventory. We learned about this inventory back in Step 4 but sometimes we look weakly at our own hands and must remind ourselves again to let go and give up control to our Higher Power. Step 11 reminds us to seek through prayer and meditation to improve our conscious contact with God. Sometimes, we lose focus, and we forget whose hands are really in control if we let them. However, I promise you He is faithful and capable of finishing what He has started. Don't quit before the miracle happens.

-Tony B.

**HAVE YOU SEEN THE NEW OACFI WEBSITE????  
CHECK IT OUT!!!**

Oacfi.org is up and ready and offers lots of ways to learn things about Overeaters Anonymous Central Florida Intergroup. Click on **HOME** to find out that

**YOU ARE NOT ALONE ANYMORE!**

Click on **Meetings** to find a calendar. You can click on the meeting you want to attend and there are links to bring you there from the calendar.

Click on **EVENTS** to discover what's happening down the road!

Click on **RESOURCES** to find the OA Newsletters, Tik Toks, and more!

Click on **CONTACT US** to find out who you might need to contact to share your information or update.

The website is awesome, and it took a lot of hard work.

Be sure to thank the website team! Jolene G., Annie M., Carrie C., and Jessica G. and Alix S. (from the virtual intergroup)



**Are you the only man in your meeting?**

**Do you have trouble sharing freely?**

**Do you want to make contact with other men?**

**Find the following at  
OAMEN.ORG**

- **Men's Face to Face meeting schedule**
- **Men's phone and online meeting information**
- **OA Men email discussion**



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



### Humility

Humility is not what I thought it was  
Discovering I am naked in class  
And late for a test, a bad dream.

Humility is not what I thought it was  
Being taunted in dodge ball  
With stinging round welts, a common  
theme?

Humility is something beautiful  
With few words  
And the light of HP shining outward.

Humility is something trustworthy  
Higher Power answering my prayer  
What shall it be today? I move forward.

Humility is something courageous  
It nearly breaks its neck saving you  
But doesn't give you its name

Humility is something peaceful  
Unfortunately, rare  
The sunrise seen by the broken hearted is  
the same

- Anonymous

## Humility

The god of my understanding growing up was both loving and cruel. That's because my father was a minister and very wounded from his abusive alcoholic home. He had a tender heart and could be so humble and compassionate. He loved to serve and help people. He was a defender of the underdog. But when he felt fear or that he was not honored and in control and seem to refuse every weapon possible and spirituality was one of them. The God/HP I am coming to know is the giver of humility and is deeply humble. This God is gentle, kind, forgiving. Always loving and there to help, respectful of our individuality and willing to go through great pain when I reject, distrust, whine and complain about Him. I don't understand this because I have a lot of pride and self-protection. Sometimes I'm easily offended when people don't give me what I want and when life is difficult. At other times, I'm absorbed with how worthless, rebellious, and ungrateful I am. Both attitudes reflect self-absorption, fear, and distrust.

Humility is accepting, respecting, and protecting our individuality and the individuality of others. It's also allowing God/HP to be the solution and in charge of my life instead of me playing God.

When I have pride, I think I deserve others love because I've worked hard for it and they better give me love back. When I'm humble, I admit I'm not whole own my own and I need others and God. There was a time that I was willing to lose my husband and children, my relationship with my higher power and even life itself for sugar. That's how dangerous it is for me to listen to my disease. Humility says that my behavior can bring joy or heartache to the people who care about me and that I associate with.

It has so painful to see my children suffer because of my addiction and depression. It's also encouraging to see them grow in their adult lives, Do you know that they have a higher power who is loving and faithful and to set healthy boundaries.

On my own, I don't usually want humility but when I trust my higher power to give it and not my feelings or and healthy thoughts, life brings peace and love.

- Linda S

### HOW TO USE PAY PAL

Follow these steps:

1. Log on to your Pay Pal account
2. Select Send
3. Type in [oacfitreasurer@gmail.com](mailto:oacfitreasurer@gmail.com)
4. Enter the amount with the group name, number, and meeting day. Select Continue
5. Review and select Send Payment Now

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Tradition Eleven – Spiritual Principal ~Anonymity

In the many times I have started over I have never questioned or doubted the concept of anonymity in our program. I have questioned my addiction, my choice of sponsor, my actions as a sponsee and I've had to, or was forced, to start over many times.

A large piece of my disease sprouted from coping in untenable situations. In those days, I didn't trust anyone. I experienced betrayal by those I was taught or was told I could trust. As an adult, trust can be very hard for me. Trying to let go, let God, trying to be open and identify old ideas that need to be dusted off and maybe cast aside, often feels impossible. Because to do that with my fellows means a degree of trust on my part.

When I am in a meeting and share my stories or things that are bothering me, when I share how I've let down those I care about, I feel secure that I am leaving my story in the room, or the ether of a Zoom meeting. My story will not be told by others. I am an anonymous person seeking help and solace in an anonymous group of similar people.

Fear and lack of trust are two symptoms of my addiction. I find that the more I share with my fellows, the more I practice my own anonymity, the better my abstinence becomes. Then the more secure I feel to dig a little deeper in other situations, knowing, trusting that again, my anonymity will hold. Growing trust in my heart grows my spiritual development, which in turn develops more trust and more ability to share what's really inside. It starts with our tradition of anonymity and with each member of our group practicing it. Our group as a whole can grow with this, nourishing the seeds of trust with every meeting or share.

If someone asks, what's the harm in dropping a name? No big deal, right? In fact, that is a huge deal. In my program, this tradition is the foundation that holds the roof over my head. I am not willing to expose myself in situations that do not feel safe to me. However, a place I can go and tell my story in an effort to start growing and allowing self-acceptance and self-love to settle and grow is what I need to abstain from the foods and behaviors that have held me back so long. That only holds true for me as long as I feel safe. I feel safe in anonymity. I will grow.

Without anonymity, there is no light to shine on humiliations or shameful actions I need to examine and release because I won't trust that it's safe enough to let go. My disease will thrive in the darkness of my shame.

-Annie M.





**Step 11 – Sought through prayer and meditation to improve our constant contact with God...****Spiritual Awareness**

Today is a good day. For years, maybe decades, prayer didn't seem to make a difference. I had no spiritual awareness...no connection to my Higher Power. My wishes to be skinny while eating whatever I wanted to didn't come true. My wishes for mental stability, for adult children to be independent and less judgmental of me, for a husband who provided me with what I thought I needed from him, for grandchildren didn't come true. I was on a pink cloud when I first joined OA and lost 75 pounds, but as soon as my abstinence got shaky, I started the up and down yo-yo on the scale and in my life. While working Step 4 in my other program, my sponsor said, "I don't think you really took step 3." I looked them over and she was right. But how could I? For the other program, I was working on a timeline of my life and there was shock and tragedy after tragedy before I was even 21 years old. How could I surrender to that GOD? Someone advised me to write a description of the God that I CAN surrender to and act 'as if'. I did.

Then, I had a revelation, there was a resentment there festering. I was angry at all the people who had told me that GOD WANTED me to go through the bad things in my life. The ones that said anything that happened was due to a shortcoming of some kind. This GOD seemed vindictive. I was angry at ALL the people who taught me about this GOD that loomed over us all just waiting for a mistake. This GOD wanted me on my knees on the floor begging for forgiveness. I decided that I needed to let go of the resentment, and I tried. I prayed, I begged, I worked the steps over and over. Finally, one day, I was in tears and my husband asked what is wrong. To describe it to him I said, I feel like there's a door in my mind, and I can see it clearly. Behind that door is the real Higher Power. I'm supposed to be brave enough to open it and see which one it is. Is it GOD or God? Does it have angry eyes, a sword, and a booming voice? I cried heaves of tears now because I was terrified. As I was describing the door in my mind, suddenly it cracked open by itself! My hubby said later, "You stopped crying and got really quiet all of the sudden." I looked in terror at the open door and then a friendly old person peeked around it and smiled at me. Remembering the smile makes me smile as I write. When it said something, it sounded a little exasperated but in a good way. It reminded me of when my mother would say, "Sweet little Dee Dee, look!" We would peer under the bed together and she would say, "See? No monsters are under this bed." She would kiss me on the head and tuck me in.

This Higher Power said, "It's me. You know me. You WROTE about me. There is nothing scary behind this door. I have been with you and will stay with you always." I then laughed at myself and what I had created in my mind about that GOD. It wasn't real at all. It had never existed. I felt utter peace and the fear I had faced about God completely melted and has not come back. I know my Higher Power now really is the one I wrote about that I CAN surrender to and I do surrender over and over every day.

Now, I feel my Higher Power near. I ask, what is Higher Power's will for me today? And I am happiest when I do my best to carry that out. I know my Higher Power is right beside me or inside my mind and heart because I invite Higher Power to be there every day. I really can feel a presence and a calmness. I am no longer afraid of Higher Power's nearness to me. That, to me is Spiritual Awareness.

-Dee

**Sunday 13th November****Hosted by the Virtual Region****"Finding Higher Power In Relapse"****AD4L Speaker Series****Melbourne (Australia) –****14th November 6:30 am – 8:00 am****New York (USA) –****13th November 2:30 pm – 4:00 pm EST****Zoom ID: 200 540 624(No Password)****A Design for Living – Big Book OA**[ad4l.info](http://ad4l.info) / [admin@ad4l.info](mailto:admin@ad4l.info)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### NEW LINK FOR RECEIVING NEWSLETTER

**IF YOU ARE ALREADY RECEIVING NEWSLETTERS YOU DO NOT NEED THIS INFO, IF NOT...**

**Sign up to receive the New Beginnings Newsletter by email each month! It's free and an easy way to share the news and recovery with friends and newcomers. All you need to do is click on this link and follow the directions:**

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

**Or type this in your URL**

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

**Willing to provide content?** If you want to submit an article to the New Beginnings Newsletter, please submit articles by the 15<sup>th</sup> of the month unless otherwise notified. Articles should be up to 400 TO 600 words. Send articles to [newsletter@oacfi.org](mailto:newsletter@oacfi.org). ARTICLES I NEED ARE:

Virtual Region Hosts

## "Restoration To Sanity Marathon"

New Year's Event

Melbourne (Australia) – 1st January 2023

6:30 am – 11:30 am

New York (USA) – 31st December 2022 2:30

pm – 7:30 pm

London (UK) – 31st December 2022 7:30

pm – 12:30 am

Hosted by A Design for Living – Big Book OA

For More information: [ad4l.info](http://ad4l.info)

### Opportunity for Service: NEXT GENERATION REP

The Next Generation Rep position is great for you if you're a young person who's excited about sharing the OA message to those who're suffering in your age group.

We are looking for someone who is excellent with social media and unafraid to do outreach. Shy? It's okay, this position will bring you out of your shell! We have a Facebook page, Instagram, we even have a TikTok presence!

Please speak to your sponsor and decide if you might be a good fit for one of these positions. Interested? Questions? Call Pam T. (603) 682-6267

### GROUP SECRETARIES THIS IS FOR YOU!

I spoke with the WSO and made changes to almost ALL the meetings. If you are your group's secretary or contact person, you may not know that you're responsible for making sure the meeting is listed properly at the WSO's <https://oa.org/> Find A Meeting section.

**Please check your meetings today.**

Here's how to change it if it's wrong:

You can email the rep at [newsletter@oacfi.org](mailto:newsletter@oacfi.org) with GROUP # and ALL prior meeting info, and then ALL current changes. Please include all information. Don't leave anything out. OR, Make the changes yourself. Go to OA.org and click on Find A Meeting. Then go to Edit A Meeting.

**If you're struggling, email the WSO's meeting list contact at [LLaurence@oa.org](mailto:LLaurence@oa.org).**

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)**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

*Do we focus our discussions on the Twelve Steps, the Twelve Traditions, the Tools, and recovery from compulsive eating? Or do we just talk about the events of our lives without sharing how the program is helping us to change?*

Overeaters Anonymous. The Twelve Steps and Twelve Traditions of OA, 2nd ED, pg.122

I attend mostly non-real time meetings these days, and share on the Overeaters Anonymous literature, and how it impacts my life and my recovery. Presently I'm trudging my way through this The Twelve Steps and Twelve Traditions of Overeaters Anonymous. I admire the trusted servants at these meetings on social media which at times can seem more like herding cats, with so many newcomers arriving daily and to so many long timers sharing their experience, strength, and hope. I wouldn't be here today if all I got at my first OA meeting was a link. It was hearing how people got through the events in their lives without using food as a drug.

A really nice thing happened yesterday; by sharing my discomfort about my sponsor being on vacation and not 100% available every day really helped. My very first OA sponsor read this in my non-real time meeting and volunteered. It's like old homecoming week! I am so grateful for our many members who take OA's responsibility pledge to heart— "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

I attended a shower for my nephew's bride-to-be yesterday, a 'high tea'. I'd never been to a tea like that and these family events at my brother's home are awkward for me, as I'm not connected with my sister-in-law's family. So, I awkwardly listened to conversations going on around me, asked questions when I could, but mostly felt like an outsider, in-between other's conversations. But hey, it's not all about me. I was there to celebrate a young woman's upcoming day of being a princess bride. I was helpful as I could be. My gift was a big hit, and I was happy about that.

Today we're going to EPCOT with some friends. My husband's cast member retirement benefit of free admission for us and 3 others, 12 times a year has been very helpful, as I know we couldn't afford to go as often as we do otherwise. It's a nice treat for those we can bring in with us too. I know we'll have fun. Hubs got us reservations at one of the restaurants for a late lunch, early dinner so I'll have to plan my food a little differently than normal, but the key here is plan.

So, my day's off to a good start, having prayed, read OA literature, meditated and writing on how it can apply to my everyday life. I'm more geared toward helping others today now that my head is on straight. I can be rather self-focused, but through God's grace, these Steps and the support of others in recovery, I'm able to shift out of self and be of service to others.

- love, Gerri

**Perseverance – Don't quit before the miracle happens.**

What does this mean to you? Did you learn something at the retreat? If you care to write about your experience, it might be published in the newsletter.

Please send your thoughts to [newsletter@oacfi.org](mailto:newsletter@oacfi.org). Try to keep it fairly short. Maybe 200 – 300 words so we can publish more of them. We would love to hear from you.



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**



*Persons shown are from stock photos they're not necessarily OA members.*

**OPORTUNITY FOR SERVICE!!**

**TWELVE STEP WITHIN**  
**REPRESENTATIVE**

The purpose of a Twelve Step Within Rep is to find ways to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. If you want to know more about it, Call Christie H. 1 321 277 7766 or Pam T 1 603 682 6267

**Heard At a Meeting  
It is at meetings that I  
hear myself.**

**IMPORTANT: How do I subscribe or  
unsubscribe  
to the intergroup news?  
YOU CAN SUBSCRIBE OR UNSUBSCRIBE TO  
FROM THIS LIST AT ANY TIME BY SENDING  
AN EMAIL TO:**

**CLICK HERE**

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

OR GO TO

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

When you click on the link, you'll be prompted to enter your email address and choose a password.

**The Shepherd's Calendar – November**

The landscape sleeps in mist from morn till noon;  
And, if the sun looks through, 'tis with a face  
Beamless and pale and round, as if the moon,  
When done the journey of her nightly race,  
Had found him sleeping, and supplied his place.  
For days the shepherds in the fields may be,  
Nor mark a patch of sky - blindfold they trace,  
The plains, that seem without a bush or tree,  
Whistling aloud by guess, to flocks they cannot see.

John Clare





**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10:00 am	L	89653	For Today Dedicated Virtual Meeting (Zoom only) Zoom ID: 693 585 0119 Password: 123123 <a href="https://us02web.zoom.us/j/6935850119">https://us02web.zoom.us/j/6935850119</a>	Rosemarie K	352-638-6286
Noon	SS	89068	Central Christian Church Zoom call in Zoom only 312-626-6799 Zoom: 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
Noon	BB	57175	Dunnellon Pres. Church Zoom meeting ID – 813 0992 9345 Pw: 193514 20641 Chestnut St. Fellowship Hall Dunnellon, FL 34431	Joleen	352 425 2339
5:00 pm	V	39211	DeLeon Springs (Call contact person to verify location) United Methodist Church 265 Ponce de Leon Blvd. DeLeon Springs, FL (face to face)	Chris	609-744-8104
5:30 pm	V	53032	Coastal Region Library FACE TO FACE 8619 W Crystal St (Call contact person to verify location) Crystal River, FL 34428	Jennifer	352-216-4110
6:00pm	L	56481	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd Port Orange, FL 32129 Zoom 876 1229 5859 <b>**Call contact person for password please**</b> <a href="https://us02web.zoom.us/j/87612295859">https://us02web.zoom.us/j/87612295859</a>	Peggy	478-973-6573
6:30 pm	D	53479	Holy Spirit Episcopal 601 S. Highland Avenue Apopka, FL 32703 (Face to Face)	Carrie C.	781-867-1071
7:00 pm	SS	45648	Casa De Fe Y Bendicion Zoom call in # Zoom only: 1 646 558 8656 Zoom 974 978 3696 pw 36387 <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
7:30 pm	V	80042	Grace Zoom meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace <a href="https://us02web.zoom.us/j/86837813267">https://us02web.zoom.us/j/86837813267</a>	Alicia	443-754-0503
TUESDAY					
10:00 am		50209	Chatham Rec Ctr 7415 SE 172 Legacy Ln The Villages 32159 (face to face)	Jim	603-502-6856
Noon	D	89070	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
5:30 pm	V	57273	Lost and Found Club 616 S. Pine Avenue Ocala, FL 34471 (FACE TO FACE)	Evan	832-444-4977
6:00 pm	V	800293	Many Faces / One Solution (Formerly Asbury) Zoom only call in #1 646 558 8656 Zoom 314 478 076 <b>**Call contact person for password please**</b>	Tina S	407-864-6992

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

7:00 pm	V	52613	North Village Pool House in Celebration Call contact person for directions (FACE TO FACE) Celebration, FL 34747	Geri B	407-557-7055
WEDNESDAY					
10:00 am	BB	48700	Lady Lake UMC corner of Hwy 27/441 and McClendon St Lady Lake, FL 32159	Rosemarie K	352-638-6286
Noon	BB	89069	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
7:00 pm	SS	52613	Step Study 400 Celebration Place Sawgrass Rom Kissimmee	Geri	407 557-7055
THURSDAY					
10:30 am	V	57434	Westminster-By-the-Sea – Thursday 10:30 3221 S Peninsula Drive Daytona Beach Shores, FL 32118	Lori	407-314-1636
Noon	V	89071	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
4:00 pm	V	54798	Better Together Zoom only Zoom 842 9268 7636 pw Surrender <a href="https://us06web.zoom.us/j/84292687636">https://us06web.zoom.us/j/84292687636</a>	Donna G.	603-477-4555 (Text first please).
6:00 pm	SS	52976	Port Orange Presbyterian Church Zoom only for now **Call contact person as this meeting's location may change. Zoom ID: 828 7822 8848 PW:813155 <a href="https://us02web.zoom.us/j/82878228848">https://us02web.zoom.us/j/82878228848</a>	Cecile B	407-617-7062
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 <a href="https://us02web.zoom.us/j/82375409368">https://us02web.zoom.us/j/82375409368</a>	Kathy M	407-252-7575
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 <a href="https://us02web.zoom.us/j/86370717790">https://us02web.zoom.us/j/86370717790</a>	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086
FRIDAY					
9:00 am	V	54490	Shepherd of The Hills Lutheran Church Zoom only Zoom 870 5439 1380 <b>**Call contact person for password please**</b>	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 154 974 236 pw 970404 225 W. Guava Street Lady Lake, FL 32159 <a href="https://us02web.zoom.us/j/154974236">https://us02web.zoom.us/j/154974236</a>	Ilene H	352-753-2333
10:45 am	D	51142	REBOS Clubhouse – Zoom only Zoom 328 754 4837 pw 628465 <a href="https://us02web.zoom.us/j/3287544837">https://us02web.zoom.us/j/3287544837</a>	Helen Sandy	845-325-2031 407 973 0374



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

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 <b>HYBRID MEETING</b> 5151 Lake Howell Road Winter Park, FL 32792 The last Saturday is a speaker meeting Zoom 896 1851 4937 <b>**Call contact person for password please**</b> <a href="https://us02web.zoom.us/j/89618514937">https://us02web.zoom.us/j/89618514937</a>	Carole M.	407-616-8908
9:00 am	D	48952	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd Port Orange, FL 32129	Debby H.	414-492-3277
9:30 am	D	800234	For Today Saturday 9:30 am Zoom Only Zoom 784 066 770 PW serenity <a href="https://us02web.zoom.us/j/784066770">https://us02web.zoom.us/j/784066770</a>	Cheryl S.	407-221-5928
10:00 am	SS	50419	Hibiscus Village Rec Center 1740 Bailey Trail (FACE TO FACE) The Villages, FL 32162 (Jasmine Card Rm)	AnneMarie F	508-364-3933
Sunday					
5:00 PM	V	48951	7 <sup>th</sup> Day Adventist Church Zoom only Zoom 398 124 045 <b>**Call contact person for password please**</b>	Patti D.	407-791-1999

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



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****Your Trusted Servants For Central Florida Intergroup**

<u>Positions:</u>	<u>Name</u>
Chair:	Pam T.
Vice-Chair:	Debby H.
Treasurer:	Kathy M.
Secretary:	Carlene D.
Parliamentarian:	Annie M.
Literature:	Georgia
Co-Webmaster:	Carrie C.
Co-Webmaster:	Annie M.
New Beginnings Editor:	Dee N. (Alicia strts 1/23)
New Beginnings Co-Editor:	Kathy S.
PIPO:	Alyson T.
#1 WSO Delegate:	Pam T
#2 WSO Delegate:	Debby H.
12# Step Within:	OPEN
Next Generation:	OPEN
#1 Region Rep:	Pam T.
#2 Region Rep:	Kathy M.
#3 Region Rep:	Alyson T.
#4 Region Rep:	Annie M.

*Service Helps your program and helps reduce our isolation.*

**Central Florida Intergroup / CFI Board Members**

Chair:	Pam T. (603) 682-6267 ( <a href="mailto:chair@oacfi.org">chair@oacfi.org</a> )
Vice Chair:	Debby H.(414) 491-3277 ( <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**

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

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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>
Bylaws:	oacfibylaws
Policies and Procedures	oacfi p & p

Coming Intergroup Meetings

10 a.m. November 12, 2022 and December 10, 2022

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

Meeting ID – 699026950, Password: 768958

**All members are welcome!**

**September Treasurers Report**

<u>Number</u>	<u>Day</u>	<u>Group</u>	<u>Contribution</u>
48951	Sun	7 <sup>th</sup> Day Adventist Church	15.00
39211	Mon	DeLeon Springs United Methodist Church	69.68
39535/89068	Mon	Central Christian Church 12pm	
16681	Mon	Gloria Dei Lutheran Church Leesburg	-
57175	Mon	Dunnellon Pres. Church	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	20.00-
56041	Mon	Pimlico Rec Center, The Villages	-
56481	Mon	Hospitality House New Smyrna	-
89653	Mon	For Today Dedicated Virtual Meeting	-
01048	Mon	Church of Ascension, Orlando	-
89653	Mon	Zoom Group Mon-Fri	-
53032	Mon	Coastal Library, Crystal River	-
46213/800293	Tues	Many Faces One Solution	5.00
50209	Tues	Chatham Rec Ctr. The Villages	-
54196/89070	Tues	Central Christian Church	50.00
39536/89069	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	155.00
52613	Wed	North Village Pool House / Fl Hosp Celeb	
89384	Thurs	Body Image Zoom Meeting	5.00
89006	Thurs	Thursday Virtual Zoom Mtg	25.00
18502	Thurs	Church of the Messiah, Winter Garden	-
52586	Thurs	Wekiva Springs Presbyterian, Longwood	-
52976	Thurs	Grace Episcopal, Port Orange	-
54195/89071	Thurs	Central Christian Church	35.00
54798	Thurs	Dunnellon Library Group	-
57434	Thurs	Westminster By the Sea	100.00
00936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Luke's UMC	-
45611	Fri	Lady Lake Library	180.00
53167/89072	Fri	Central Christian Church	50.00
54490	Fri	Shepherd of the Hill Church, Clermont	
51142	Fri	REBOS Club, St. Cloud	40.00
09016	Sat	Central Florida Intergroup	210.00
37491	Sat	Cathedral Church, St Luke	-
38611	Sat	St. Richards Episcopal, Winter Park	40.00
39883/800324	Sat	OA For Today Saturday 9:30 meeting	
46887	Sat	Ascension Church	85.00
48952	Sat	Union Congregational Church, Holly Hill	-
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	300.00
51130	Sat	Hibiscus Village Rec Ctr-Newcomer	-
		Unknown Group #	97.00

Individual Contributions (PayPal)

Individual Contributions (check)

Remaining Treasury

Angel Card Income/Words To Live By

Big Book Study Sunday

Total Group Contributions

\$1481.68