

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

September 2022 Summer

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# For more information contact [http://VIGOamarathons@gmail.com](mailto:VIGOamarathons@gmail.com) or call 828 620-0521. To sign up www.signupschedule.com/oamarathons.
 - **September 5th Labor Day** – Step 8 Spiritual Principle – Self Discipline – *A Fruit of Our Labor Is Going From Isolation to Fellowship*
 - **September 25, Rosh Hashanah** – Tradition 8 Spiritual Principle Fellowship *New Beginning, New You, New Friends*
 - **October 4, Yom Kippur Begins** – Step Nine Spiritual Principle ~ *Love Love Yourself and Others by Clearing the Wreckage of Your Past*
 - October 10, Indigenous People's Day & Canadian Thanksgiving – Tradition 9 Spiritual Principle ~ *Structure How Do I Practice Structure in My OA Program?*
 - **October 24, Diwali** – Step 10 Spiritual Principle Perseverance – *How Does Perseverance Light the Way to Self Awareness*
- September 10, 2022 is this month's intergroup mtg at 10:00 am <https://us02web.zoom.us/j/699026950>, Meeting ID: 699 026 950 Password: 768958. October 8, 2022 is next month's meeting. See link and pw above.
- Central Florida Intergroup Presents:
A Zoom OA Step Study Workshop which runs for 15 weeks on Wednesdays from 6:30-8:30 PM EST
No new members may join after the August 24 introductory session. If you'd like to be included, please contact Pam (603) 682-6267 or email PAMTINKER@gmail.com
- October 21-23, 2022 Region 8 (SOAR) Business Assembly and Convention
- **2022 FALL RETREAT IS FACE TO FACE! PERSEVERANCE – DON'T QUIT BEFORE THE MIRACLE HAPPENS!**
SAVE THE DATE October 28 – 30th at Lake Yale!

(Continued to the right)

(Continued from left)

- The Workshop Series (Virtual Region) 8:00-9:30 pm London (UTC) 3:00-4:30 pm New York (EST)
Meeting ID: 891 6554 0024 Password 120912
 - September 11: Being Entirely Ready for HP to Change Us 3:00 – 4:30 PM EST
 - October 9: How to Twelve Step a Problem
 - November 13: Step 11: Prayer and Meditation
 - December 11: Sponsorship
Wait until you see what's coming next year!
- April 26-29, 2023 World Service Business Conference Hotel Reservations will open in January 2023. Embassy suites Albuquerque hotel guest rooms area 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 SeaWorld – 6677 Sea Harbor Drive, Orlando, FL
For reservations call hotel – 407 351 5555

Concept Nine ~ Ability: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Step Nine: Love ~ Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine: Structure ~ OA, as such, ought never be organized, but we may create service boards or committees directly responsible to those who serve.

HEARD AT A MEETING
Teachers may open the door but you must enter it yourselves.

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"Practicing the Principle of love, we learn to accept others as they are, not as we would have them be. We're beginning to take this new attitude not just toward other OA members, but also toward people at home, school, work, and in all areas of our lives."

Twelve Steps and Twelve Traditions of OA, 2nd Ed p 86

I know it's hard to believe, but I was very self-centered before recovery, which means I really couldn't love anyone else, because I didn't love myself. I learned how to appreciate our commonality and differences through making amends in Step 9—change! I really like who I am today, and this change in my attitude allows me to be loving and kind toward others too. Every day that I wake up, am able to ask God for direction, and look for opportunities to be helpful to the people He puts in my life, is a first class miracle.

We're on the road! We woke up at 6:00, had everything tied down and hooked up by 7:00 and headed 350 miles south to Lynchburg, VA. I grew up in Pennsylvania but on the eastern side of the state which was way too far to visit. I will be seeing half my siblings in North Carolina next week. I can thank recovery for the renewed relationships with them, too.

We just rested the last two days, sat outside in gorgeous, cool weather, read, and replenished ourselves. The travel plan change means a longer ride today but it is worth it to sit again for a week. Our North Carolina respite will be for three weeks, the longest we've sat since we took off in late March. I think the rest will do us both good.

The scenery here takes my breath away—rolling hills with wisps of fog in the valleys. I'm so grateful to have seen this today as we head out on our long trip. Sometimes the longer path is the best one to take, same as my recovery. I'm doing this one day at a time, but gratefully have strung together 10,681 days of abstinence and recovery disciplines. I wouldn't trade my life today for anything. Sure, I have some aches and pains, but what old lady doesn't? It sure beats emotional stagnation and spiritual bankruptcy, let alone morbid obesity. Yeah, thank God for OA.

Love, Gerri

Heard At A Meeting
The mind is not a vessel to be filled
but a fire to be ignited.

Poetry Corner

Spirituality

How does my Higher Power feel in my life?

**It's not just easier days or a lack of strife,
It's not a great job or wild riches.**

HP comes to me, calm in the night

When I wake up scared or replay a bad fight.

HP is waiting and ready to help,

I just have to ask and the calm starts to flow.

My temper is calmer, my conscience is cleaner.

That's not like the me I knew before,

That's HP. Annie

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
4. Enter the amount with the group name, number, and meeting day. Select Continue
5. Review and select Send Payment Now

OA 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

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Step Nine – Made direct amends to such people wherever possible, except when to do so would injure them or others.

The Greener the Growth; LOVE, STEP NINE

“When you see a blade of grass in the backyard; you know it is growing every day. You may not notice it growing if you sit and watch it hourly. However, after weeks have passed, you will notice a definite change.” When my younger brother shared this observation with me, I felt that his insight was profound. These words were expressed by him several years ago on the back patio at his roommate’s home. Today my brother is homeless. The reasons and details pertaining to his homelessness make me feel some remorse. Nevertheless, I know in my heart that I am not to be personally blamed for the homelessness that has swallowed my brother whole. His fate seems inevitable. He is almost 50 years old. I’m the older brother and I live in a home with my wife and my son. I often feel guilty because our situation is more stable and it weighs heavenly upon my heart.

Love is messy, especially in dealing with loved ones and family. This perspective was expressed and illustrated beautifully in the series of books by Canadian author, Oriah. The series of books which I am referring to is called, “The Invitation”, “The Dance”, and “The Call”. In Step Nine we are asked to look over our lives and see where our addiction to food has impacted other people’s lives and then try to make amends with them. Sometimes we may not feel personally responsible for these offenses. Other times we truly are not to blame for the hurt or pain others have experienced. However, if you are growing spiritually and have a mature foundation, you will see where your addiction caused negative outcomes either directly or indirectly in the lives of those around you. As for food addiction, we may simply be self - medicating with food in order to not feel or be emotionally present in the lives of our loved ones.

We all have a voice. Just like individual instrument in an orchestra, our voice is often heard. As simple as a blade of grass hidden in the philodendron of our yard, our small voice can be heard within our bustling environment.

Step Nine cannot always heal the wounds we have created in our environment. But it can ease the internal pain and allow us to continue to grow. As we begin to love ourselves in a deeper, more profound manner, our compassion for others increases. Our ability to nurture this spirit is essential and necessary for our abstinence to grow. A deeper root of humility is formed when we witness the love created when we practice Step Nine.

- Tony B.

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Concept 9 – Ability

Our helpful, beloved OA organization cannot survive without input and help from each and every one of us, to the level of our own ability. Whether new to our program, or living it for decades, a place exists for each of us to assist.

Just as in a traditional family structure, the youngest may have a “job” like folding towels or picking up his or her belongings at the end of the day. The oldest may have paying jobs to help out or will run out for a meal to bring home for everyone, or regularly help with harder chores. Each person in the family, whether it is two people or eight, has the *ability* to participate and help the family move forward.

The same is true for OA. Home meeting groups may only have a few regular members and as long as they are acting on their *ability* to offer service to that group, the group will thrive.

Sometimes we have the ability but have spread ourselves too thin to pick up another task in aid of OA. When that happens, we need to ask for help. That’s something I, personally, have always hated to do. “Ew. Ask for help? Makes me sound weak. Makes me imperfect,” I would think to myself.

That situation happened to me a while ago. I was unable to complete something, missed the deadlines, and frantically tried to figure a way to “cover-up”. Finally, I shared my difficulties with my committee members. At first, I felt like a flop, being unable to complete something that had seemed so simple at first. Once we discussed it, the others were able to step up and help with pieces of a project that, singly, was too big for me. It turned out that, splitting the tasks and sharing the work got the project completed. Everyone does better this way! The newly involved members can do a bit of service, the person who was overwhelmed can recover, leave out herself, and the project gets completed. Being open with our fellows in that situation helps each of us and our organization.

When I think about it, I believe it helps our abstinence. When I faced that situation, I did feel “like a flop” at first. After I shared my problem with the others and we split up the work, I was able to complete a portion of it. It felt great completing something. I did not walk away from it and pretend that I hadn’t dropped the ball. It felt “right”.

- Annie

**Is Food a Problem for you?
Are you 18 to 30 years of Age?**

A young Adult?

**Visit Overeaters Anonymous UP 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

**You’re braver
than you
believe, and
stronger than
you seem,
and smarter
than you
think.” – A.A.
Milne**

IMPORTANT!!!

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

Click on the link below!

https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Tradition Nine - Structure

“OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Upon first reading Tradition Nine, many attendees of OA are thrilled that they get a ‘free pass’ regarding stringent in our organization. Nothing could be further from the truth. Tradition Nine keeps bureaucracy from strangling the essence of our meetings and obscuring the real purpose of OA.

This Tradition of “non-organization” can be very disconcerting to those who long for perfect meetings that always operate according to well-defined rules. To those with this complaint, I suggest attending an OA meeting to get the message that perfection is all-consuming and oftentimes hard to attain.

In fact, OA meetings often have specific reading material with the only variable being the inclusion of additional program approved literature.

Most of the meeting is dedicated to the sharing of members experience, strength, and hope. If a stranger were to observe a typical OA meeting, chances are they would find the meeting to be quite organized. They would also be touched honesty and sincerity of those members who respond to the readings of the day. Personally, I am in favor of minimizing, if not eliminating, bureaucratic-service boards or committees.

I invite all members to attend a variety of OA meetings and see for themselves how groups subscribe to Tradition Nine. My guess is that you will see compliance, -maybe not perfect, but compliance, nonetheless.

Tony B

SAVE THE DATE!!



Overeaters Anonymous
Fall Retreat
Is FACE TO FACE
At Lake Yale in 2022

Have you been missing seeing each other in person? We have too!

Please mark your calendars for October 28-30th and join us for the fall retreat. Watch future newsletters for more information!

Want to help?? We need volunteers!
Text Jacqueline R. or Elaine V.
407 929-7723 or 407 273-7500

**Looking for opportunities for Service??
If you've been asking for HP to find a way to help you stay connected to the program, service is the answer!**

The Next Generation Rep position is great for you if you or feel young or young at heart and are excited about sharing the OA message to those young people who're suffering from our compulsion.

You don't have to be great at social media; we can teach you! If you have a desire to do outreach and help grow the program, this is the way.

We also need a 12th Step Within Rep. The person in this position would likely have a desire to facilitate step studies, Quarterly Workshops, and possibly help others find a sponsor.

Lastly, the Newsletter representative is the job for you if you enjoy organizing an e-document to inform others about what OACFI has to offer every month. Questions? Call Pam T. (603) 682-6267.

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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

Or type this in your URL

https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org

GROUP SECRETARIES THIS IS FOR YOU!

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

Please check your meetings today.

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

You can email Dee at 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, call Dee N. 407 489-0829 or Carrie C. 781 867-1071 or email the WSO's meeting list contact at LLaurence@oa.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: **CLICK HERE**

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.



5th Annual - Save The Date!



September 10, 2022

Join us at Tuscowilla Park

To celebrate recovery and increase awareness for those struggling with mental or substance use disorders.

Listen to great music, taste local food share your story and learn about services available to help recovery.



Various businesses and healthcare vendors from the community will also be offering services on site.

Sponsorship, vendor, volunteer and donation opportunities are available. Please email ccasa@mcchildrensalliance.org for more information.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Concept 9 – Principle of Ability

“Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.”

Even though I have been in OA since 1981, I know little about the Concepts. Yet, when I read this one, I realized I could probably write about it based on my experiences.

The first word is “ABLE.” Obviously, it is tied to the principle of the Concept, ability. What does it mean?

I have:

- The skills and aptitude for the position. I am not good with money. I struggle with understanding financial concepts, with budgeting. When I was treasurer for a group in another organization, I lost the group’s money once! I know God has graced me with abilities, but money-handling is not one of them. I would not be able to be an effective treasurer. But I can do other things.
- I have the time to do the job. I have a relative who has seven children; only one of them has graduated from high school, and the youngest is only two years old and has special needs. The relative is not in OA. But if she were, I know she would want to help. But would she have time for an OA position that required 10 hours a week? Probably not.
- I have the capacity to carry out the functions of the job. For example, I don’t drive at night. Thus, I would not volunteer to have the key to unlock a facility for a night meeting that is held in person. True, I could get a ride, but maybe not every time the door needed to be opened.
- Note that the requirements is for “able, trusted” servants, not “perfect” ones. I have made mistakes while holding service positions, and I have learned from them. This is part of the process of doing service. What is vital is that I try, to the best of my ability, to uphold the Traditions.

The second word is TRUSTED. With what am I entrusted?

- I will fulfill the requirements of the position to the best of my ability. I will ask for help and guidance if I need it.
- I will follow and uphold the Traditions and Concepts.
- I will step down when my service position ends.

Next, “SOUND AND APPROPRIATE METHODS OF CHOOSING THEM.”

I believe this means, simply, that trusted servants are chosen by a group, not an individual, and that the group is guided by Higher Power working through the Group Conscience. I think that this phrase also covers rotation of service, an important concept. Part of choosing a servant is choosing a new one when the service term for the current occupant of the position expires.

Next, “ARE INDISPENSABLE FOR EFFECTIVE FUNCTIONING AT ALL SERVICE LEVELS.”

What this means to me is that every position—from making coffee at a meeting to serving on the Board of Trustees for World Service—needs to have able, trusted servants. Also, no job is unimportant. Any action to help OA, no matter how small, is service.

By Alicia R.

Heard At A Meeting
A word of encouragement during
a failure is worth more than an
hour of praise after success.

Heard at a Meeting
Dear Stomach,
You’re bored, not hungry, so
shut up!

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OACFI Retreat

Lake Yale Baptist Conference Center
39034 County Road 452
Leesburg, Florida 34788
October 28—30, 2022

Perseverance—Don't Quit Before the Miracle
Happens

RETREAT INCLUDES:

- Speakers
- Workshops
- Entertainment
- Meditation
- Boutique (not during sessions)
- Gift Baskets
- Meals/Lodging
- Fun/Fellowship

Questions: call Elaine V. 407-273-7500 or
Jacqueline R. 407-929-7723 email retreat@oacfi.org

Currently rooms at event are sold out.
Send in your registration with payment
for commuters or RV payments.

*** Early registration ends
Sept. 9th.**

*** No refunds after Sept.
28th except on
emergency basis.**

*** Commuters/day trippers
for Saturday only
10/29/22. Cost is -
\$55.00 includes 3
meals. Registration is
bv 9/9/22.**

Make Checks payable to
OACFI Fall Retreat and send
to: Treasurer OACFI, P. O. Box
180293, Casselberry, Florida
32718. Please put "Retreat"
on outside of envelope.

Please check all that apply:

- ☐ RV spaces are available. If you wish RV accommodations, contact Elaine V 407-273-7500 or Jacqueline R. 407-929-7723 for information and fees.
- ☐ I am bringing a basket for the retreat.
- ☐ I am willing to lead a workshop. If you wish contact Debby H 386-402-6631 or Alicia R 443-754-0503 (Requirement: 6 mos. abstinence)
- ☐ I will help in the boutique (closed during meetings and workshops).
- ☐ I am willing to do service on a committee.
- ☐ I will help in registration.
- ☐ I am willing to help in entertainment.

Registration Information

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Special needs: _____

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
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CENTRAL FLORIDA INTERGROUP



Committees that need volunteers:

- | | | | |
|--------------------|----------------|-------------|-------------------|
| * Program Planning | * Registration | * Promotion | * Fundraising |
| * Entertainment | * Hospitality | * Boutique | * Meditation Room |
| * Decorations | * Literature | * Greeters | * Clean-up |

➤ If interested in volunteering, please attend SOME of these Zoom meetings:

- (1) Saturday, September 10 at 11:15am: <https://us02web.zoom.us/j/699026950>,
Meeting ID: 699 026 950 Password: 768958
- (2) Saturday, September 24 at 11:00 am: <https://us02web.zoom.us/j/84477398454>,
Meeting ID: 844 7739 8454 Password: serenity

For more information, call either of the retreat co-chairs:

Jacqueline R. at 407-929-7723 or Elaine V. at 407-273-7500



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 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	57175	Dunnellon Pres. Church Zoom meeting ID – 813 0992 9345 **Call contact person for password please** 20641 Chestnut St. Fellowship Hall Dunnellon, FL 34431	Gayle	603-306-6738
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 **Call contact person for password please** https://us02web.zoom.us/j/87612295859	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 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
7:30 pm	V	80042	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	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	V	57273	Lost and Found Club 616 S. Pine Avenue Ocala, FL 34471 (FACE TO FACE)	Evan	832-444-4977
6:00 pm	V	800293	Many Faces / One Solution (Formerly Asbury) Zoom only call in #1 646 558 8656 Zoom 314 478 076 **Call contact person for password please**	Tina S	407-864-6992

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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 https://zoom.us/j/84477398454	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 https://zoom.us/j/84477398454	Jacqueline	407-423-4086
4:00 pm	V	54798	Dunnellon Presbyterian Church 20641 Chestnut Street HYBRID MTG Dunnellon, FL 34431 Zoom 898 1338 0543 pw 005668 https://us02web.zoom.us/j/89813380543	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 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
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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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
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					
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

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. (soon to be open)
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 (chair@oacfi.org)
Vice Chair:	Debby H.(414) 491-3277 (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.

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
Bylaws:	oacfibylaws
Policies and Procedures	oacfi p & p

Coming Intergroup Meetings

10 a.m. September 10, 2022, October 8, 2022

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

Meeting ID – 699026950, Password: 768958

All members are welcome!

June Treasurers Report

<u>Number</u>	<u>Day</u>	<u>Group</u>	<u>Contribution</u>
48951	Sun	7 th Day Adventist Church	23.00
39211	Mon	DeLeon Springs United Methodist Church	-
39535 /89068	Mon	Central Christian Church 12pm	59.00
16681	Mon	Gloria Dei Lutheran Church Leesburg	-
57175	Mon	Dunnellon Pres. Church	20.00
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	-
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	-
56041	Mon	Pimlico Rec Center, The Villages	-
56481	Mon	Hospitality House New Smyrna	-
89653	Mon	For Today Dedicated Virtual Meeting	-
01048	Mon	Church of Ascension, Orlando	-
89653	Mon	Zoom Group Mon-Fri	-
53032	Mon	Coastal Library, Crystal River	-
46213 /800293	Tues	Many Faces One Solution	-
50209	Tues	Chatham Rec Ctr. The Villages	-
54196/89070	Tues	Central Christian Church	69.74
39536/89069	Wed	Central Christian Church	28.00
48700	Wed	Lady Lake UMC	-
52613	Wed	North Village Pool House / Fl Hosp Celeb	-
89384	Thurs	Body Image Zoom Meeting	4.00
89006	Thurs	Thursday Virtual Zoom Mtg	-
18502	Thurs	Church of the Messiah, Winter Garden	-
52586	Thurs	Wekiva Springs Presbyterian, Longwood	-
52976	Thurs	Grace Episcopal, Port Orange	-
54195/89071	Thurs	Central Christian Church	30.00
54798	Thurs	Dunnellon Library Group	-
00936	Fri	Tuskawilla UMC, Casselberry	-
20088	Fri	St. Luke's UMC	-
45611	Fri	Lady Lake Library	-
53167/89072	Fri	Central Christian Church	34.00
54490	Fri	Shepherd of the Hill Church, Clermont	60.00
51142	Fri	REBOS Club, St. Cloud	-
09016	Sat	Central Florida Intergroup	-
37491	Sat	Cathedral Church, St Luke	-
38611	Sat	St. Richards Episcopal, Winter Park	250.00
39883 /800324	Sat	OA For Today Saturday 9:30 meeting	-
46887	Sat	Ascension Church	-
48952	Sat	Union Congregational Church, Holly Hill	-
50419	Sat	Hibiscus Village Rec Ctr 10:00am 12 stps	-
51130	Sat	Hibiscus Village Rec Ctr-Newcomer	-
		Unknown Group #	2651.00

Individual Contributions (PayPal)

35.00

Individual Contributions (check)

Remaining Treasury

Angel Card Income

Words To Live By

Big Book Study Sunday

Total Group Contributions

\$3263.74