

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

APRIL 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

Wed., April 5, 2023, Passover, "How Has the OA Program Liberated Me?"

Sun., April 9, 2023, Easter, "Remembering Where We Came From—Step 5"

Sun., April 16, 2023, Orthodox Easter, "Renewing My Daily Focus in My Spiritual Life—Step 3"

Fri., April 21, 2023, Eid al-Fitr (Ramadan ends), "Staying in the Now—Just for Today"

Sat., April 8, 2023, 3:30-5 pm, A Design for Living Intergroup Speaker Series. Zoom Meeting ID 200540624 No passcode www.ad4l.info

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.

(Continued on right)

(Continued from left)

Sun., May 21, 2023, 3—5 pm. Region 8 Twelfth Step Within Committee Workshop on "Abstinence." Zoom Meeting ID 871 0722 5137, Passcode 866901. *See flyer below.*

Thur., June 1, 2023. Deadline for "Name the Newsletter," Region 8. *See flyer below.*

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

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

SAVE THE DATE!!

OCTOBER 13th to 15th, 2023

OA Retreat at Lake Yale



Join us for a weekend of fellowship, recovery, and growth as we experience the unconditional love and acceptance found within the rooms of our program.

[Interested in giving service?](#)

Committee positions available: Registration, Greeters/ hospitality, Boutique, Program, Entertainment, Decorations, Raffle/ Gift baskets, Set-up crew, and clean-up crew.

Please contact : Kathy M (407-252-7575) or Robin G (407-310-5373) (TEXT 1st please)

Email is also available at: **Retreat@oacfl.org**

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What's the meaning of...

abstinence

ABSTINENCE WORKSHOP (VIRTUAL)

DATE: Sunday, May 21, 2023

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

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

Zoom Meeting ID: 871 0722 5137

Passcode: 866901

Join Zoom Meeting Direct Link:

<https://us02web.zoom.us/j/87107225137?pwd=VEZmZ0w3a2tEMWtxL3hIU0liYXlWZz09>

Featuring : 3 Speakers share their approach to abstinence

Ask-it-basket session for questions and answers

Time for individual sharing

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

For more information, please contact Susan at: smfitzmaur@gmail.com

REGION 8 - Twelfth-Step-Within Committee

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Name the Region 8 Newsletter Contest!

Submissions due by 1 June 2023.

The Region 8 newsletter, published spring and fall, does not have a name, so we are hosting a contest to name it. We need your input.

Here's how it will work:

All submissions must be sent by email to bylawschair@oaregion8.org before the deadline of **1 June 2023**. Include your name and phone number in the email.

Each person may submit up to **THREE** names for the newsletter (in one email or in three different emails).

The Bylaws Committee and the Region 8 Board will review all the submissions and sort out the top ten names.

The top ten names will be entered into a google forms survey and sent to ALL-SOAR8@oaregion8.org by **1 July 2023**.

Every person gets to vote. Everyone has two weeks to vote for their top **THREE** names from the list (no-write-ins at this point). Complete and submit the google form no later than **15 July 2023**.

The winner will be announced **1 September 2023** and receive the prizes listed below.

Winner* will receive:

Recognition and FAME in the fall 2023 newsletter (newly named by them)

A brand-new edition of The Twelve Traditions Workbook of Overeaters Anonymous (2023)

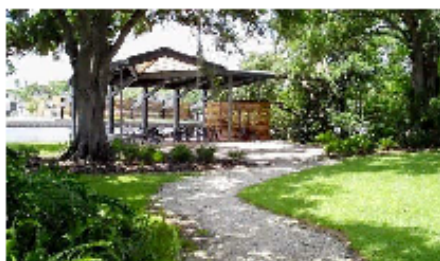
A Recovery Jar (donated by New Freedom Intergroup)

A free life-long subscription to the Region 8 newsletter

Good Luck!! We look forward to seeing your creativity. Our wide world of recovery is waiting! Thanks for your service!

** In the unlikely event two or more people submitted the identical name, we will award each of them duplicate prizes.*

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



PINELLAS TRADITIONS INTERGROUP
invites you to

The 13th Annual OA Franciscan Center Retreat **PRACTICING THE PRINCIPLES** **July 28-30, 2023**

WHAT: Three days of seasoned speakers, good fellowship, crafts, serenity and peace on the river

WHERE: The beautiful Franciscan Center Campus, 3010 Perry Avenue, Tampa, FL 33606

TIME: Check-in 4:00PM Friday Check-out by 11:30 AM Sunday

COST: Weekend Room & board \$266 for single occupancy or \$246 for double occupancy.
One day additional option is a Saturday only fee which is \$75 including 3 meals.
Both Options require a PTI registration.
An economical option is \$25 if received before June 1 or \$35 if received after that date.

Complete registration below and mail to:

Pinellas Traditions Intergroup

PO Box 294, Palm Harbor, FL 34682

Including a check made out to PTI for all fees.

OR pay online @ oapinellas.org and email your registration
to Karen R @ platoscloseston19@gmail.com.

* Be sure if paying online to include your name and "FR 2023"

FINAL REGISTRATION DEADLINE July 10, 2023

- Space is limited to approximately 50 participants so register early.
- Call your friends and make plans to carpool with them.
- Please announce this retreat and print copies of this flier for your meetings.
- Save this flier for your information. See you on the peaceful Hillsborough River!
- **This is a Fragrance Free Zone Please**

✕ ✕ ✕ ✕ ✕ *Cut on the dotted line and mail this Retreat Registration Form* ✕ ✕ ✕ ✕ ✕

PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT

Name _____

Address _____

Phone _____ email _____

Select your meal preference:

Friday Dinner : Vegetarian _____ Chicken _____ Fish _____

Saturday Dinner : Vegetarian _____ Chicken _____ Fish _____

Single room _____ Double _____ Roommate name _____

Would you care to volunteer in some service capacity this weekend? Yes _____ No _____

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 FOUR:

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle:

COURAGE

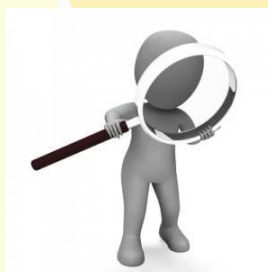
Who is the Person in the Mirror?

Often we think of bravery in the mindset of a military or warrior conquest. When we see firefighters rushing into a burning building to save lives, we see fearlessness and think to ourselves, “What a display of valor!” And that is a true thought. Nevertheless, there is another perspective of bravery. When one becomes transparent and allows oneself to be vulnerable, that takes courage. It is not easy to be open towards another human being. It is biblical to guard your heart. However, to guard your heart does not mean to live a life filled with secrets. Our ability to become intimate with another human being brings the relationship to a deeper level of spiritual strength and emotional maturity.

There is a milestone which we reach as we enter Step Four. We may not have realized it, but we have had a personal affair with our food. If one was to counsel another about exposing inner defects concerning past relationships within their lives, we would understand the wisdom. It would be easy to recognize the positive truth within that spiritual growth. Our relationship with our diet leaves us hollow when it is not identified within a healthy mental environment. Most of us have eaten mindlessly for decades and never questioned the ethics or morality of our behavior. However, the growth obtained through the process of working Steps One, Two and Three has opened our eyes. We become prepared to begin emotional healing. Step Four opens the door for this process to begin. Step Four takes courage!

We can now identify with heroes even though we might not think of ourselves in this manner. You might maintain a realistic and sobering mindset of who you really are as a person. No, it may not be your place within this world to be some community hero. However, don't underestimate your personal power. Step Four overcomes fears. It begins an inner healing process that many people have never experienced within their lifetime. It separates the ordinary from the achievers in society. The lion walks in the wild without fear of his environment. When we become intimate, we become stronger within our very own skin.

Tony B.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION FOUR:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle:
AUTONOMY

In 1946, Bill W. wrote the Twelve Traditions. I can honestly say that he was a true visionary. Tradition Four is proof of that.

Tradition Four brings together different cultures and ethnicities for one purpose. It also allows us to meet up in public places but not be influenced by our surroundings.

This Tradition helps the OA program grow, and as time changes, it enables the program to adapt and continue to meet the needs of our fellow members. Today we have special focus and special topics meetings which have helped me find the right meeting that fits my lifestyle. Knowing that I can jump into a LGBTQ meeting or a Body Image meeting reduces a lot of the pressure brought on by my disease.

Tradition Four allows me to discover and learn in my own individual way, but at the same time it unites me to my fellow OA family. It is priceless to see the transformation from one generation to the next in our program. Thank you, Bill W., for planning for our future.

Robin G.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



WORLD SERVICE OFFICE

Embracing Our Differences

Beloved Members, Groups, and Service Bodies of Overeaters Anonymous,

Humility, of course, is one of the fundamental principles not only of individual recovery but of the practices of OA as a whole. Such humility is apparent in the readiness with which OA members, groups, and service bodies have embraced the first paragraph of OA's *Unity with Diversity Policy*: "THE FELLOWSHIP of Overeater's Anonymous *promotes acceptance and inclusivity* [italics added for emphasis]. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute." The openness of OA, reflected in the acceptance of this policy, is something that brings solace to our members and demonstrates that our only concern is to carry the message and help heal the suffering compulsive eater.

We want to be sure we are exercising the same degree of humility and openness when it comes to the process by which we recover. It should be clear that OA promotes acceptance and inclusivity in approaches to the Twelve Steps just as much as it does on matters of race or religion. OA's policy on *Unity with Diversity* goes on to say, "THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose, and that individual differences in approach(es) to recovery need not divide us. THE FELLOWSHIP respects the rights of members, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to respect those rights as they extend the hand of fellowship to those who still suffer."

When we insist that there is only one way to recover, that there is only one piece of literature members should read, that the way we found to work the Steps is the way for everyone, we cease being accepting and inclusive. We surrender some of the humility and openness that marks our program of recovery, and we directly contradict our policy of *Unity with Diversity*.

OA is forever cognizant of the debt we owe Alcoholics Anonymous and celebrates the Big Book with admiration. It is just as important, however, to recognize the many members who use other OA-approved literature to guide their recovery and the many who have found a way to work the Steps and recover without using any literature.

Yes, groups are autonomous, but when they insist on one way to recover, when they suggest that OA material isn't good enough, they affect other groups and OA as a whole. As an inclusive Fellowship, we embrace all our differences.

Please join us in this recommitment to inclusivity—it is a great act of love, one our Fellowship needs and deserves.

Respectfully,

OA Board of Trustees

8075 Zenith Court NE • Rio Rancho, New Mexico 87144-8424 USA

Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA

Tel: (505) 891-2884 • Email: info@oa.org

Website: www.oa.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT FOUR:

The right of participation ensures equality of opportunity for all in the decision-making process.

Spiritual Principle:

EQUALITY

Every OA member has the right and responsibility to participate in the decision-making process at business meetings of Overeaters Anonymous. This participation may be direct, such as providing input and voting at the local levels, or, it may be indirect, such as entrusting an elected delegate or trustee to participate in other service body meetings, such as Intergroup or region and national assemblies.

From my perch as the benevolent dictator, the concept of equality was foreign. As an employer, mother, wife, and friend, I truly believed that I had the right answer, and if everyone just listened to me, life would be easier. Regrettably, “easier for me” just meant that I got my way, and others had to surrender their will to me. I have had to humble myself over the years, as I have learned to LISTEN, talk less, and listen some more. Taking those actions has taught me about democracy in action. When a fellow shares during a group conscience meeting, I learn from her or him. One of the things I have learned is that what I might have considered to be important may be of little importance to someone else. Conversely, what I felt was unimportant might have ended up being highly important to my fellow. This humbling process has opened my life up to better relationships with myself, my fellows, and my family. Those relationships have grown and become stronger. I learned through the process of equality, I am always supported. That support has also grown into love, and that love fills part of the large hole that I once felt could never be filled, no matter how much I ate.



With the rights of equality, no one's vote is more important than another's. No one's opinion is better or is not heard. Overeaters Anonymous provides the democratic format for any member to feel they matter and to have a voice in the functioning of Overeaters Anonymous. We do not discriminate. The meeting elders hold no more power than the newcomer. All are invited to speak their truths and to assist in the governing processes.

Kathy M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

The Challenge of Asking for Help

I hate asking for help. As a mom, I often ask for help and everyone is “busy.” As a kid, I was scared of grown ups. In early recovery in OA, I was horrified that my job was to choose my own sponsor. I thought, actually reach out and ask a stranger!

I can mark the beginning of my healing and recovery when I finally did ask someone to sponsor me. When the first two sponsors did not work out for me, I tried it a third time. We talked on the phone and hit it off. She left messages for me that were clear and understandable. She has helped me immensely and continues to do so with every call.

Asking meant that I could be rejected outright. And may even indicate that I was ignorant or clueless. The mean voice in my head would sneer, “You need *help*? Too weak to take care of yourself, huh?”

Everyone needs help, and knowing when to ask for help is a sign of growth. It means I have quieted that bossy voice enough to recognize the need. One of the first signs in communication and animal studies is the point at which (or if) a certain species will work together for a goal.



There are a thousand reasons not to ask for help; that’s why it’s a challenge. And the voice in my head that prevents me from seeking help is the voice of my addiction and my ego. My addiction wants anything that will get me to dip my toe into that pool again. And my ego is its friend, insisting I am so powerful and I don’t need any help.

OA has shown me the way in terms of asking. By asking for my sponsor, I was admitting vulnerability and that I was willing to do what it takes to achieve abstinence and remain abstinent. I will now ask for other things in life that I need help with. I’m trying to lower the bar now regarding asking for help. In the past, I would beat my head against the wall trying to do or figure something out, but now, I recognize frustration and the feeling that, “maybe this will be better if I take a break and go have a little something-something.” Oh no! That means it is time to put that down, take a break, and then ask for assistance after I’ve returned to normal.

Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Same but Different

We're the same, but we're different. How can that be?

The answer is simple—just leave it up to me.

I have a theory on most things, be it wrong or be it right.

Here is my answer, and surprisingly, it is in plain sight.

As I look around me, we are different in many a way.

But the one thing we have in common is friendship.

Our friendship is here to stay.

Beth Z.

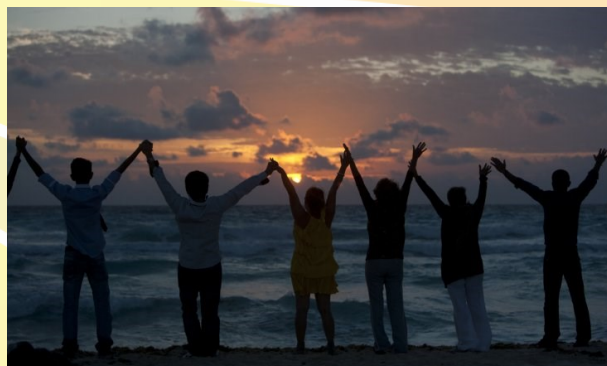


Photo by Joy R.

Overheard at a Meeting:

PAUSE =

Pray
And
Use
Spiritual
Energy

OR

Perhaps
An
Unknown
Solution
Exists

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



"I cannot expect the difficulties in my life to be erased because I wish it."
For Today, p. 278

It is so hard to remember that challenges are stepping stones towards growth. They look like obstacles, pitfalls, and road blocks to my will . . .

Oh. . .my will. Yup, that may just be the ticket. I am my biggest difficulty sometimes. What I want is not aligning with life. This does not mean I do not continue to persevere. . .it just means that another pathway is out there somewhere, and I need to find it!

Once I clean up the wreckage of the past, the future opens up day-by-day, hour-by-hour. Resilience is a good character trait to develop. Change is a good thing to embrace. Adapting to a new normal helps.

So many tools, so little time. Tick-Tock.

Sometimes help comes through resourcing. Sometimes help comes through miraculous intervention and we wonder how **that** happened.

With sober and abstinent eyes, I am able to see that the help comes, if I remember to get my hubris and willfulness out of the way.

Debby H.

Today's *Voices of Recovery* [Feb, 23] talks about deepening our principled-based life in program. All the ingredients are given to us to do so. Ultimately, we are asked to invest in the tools and to move beyond the bare minimum of a bit of prayer time to a heartier investment that yields the following:

- Living in the moment
- Keeping positive and developing coping mechanisms for when life throws curve balls
- Nurturing our relationships with family and friends
- A commitment to abstinence and remaining fit and healthy
- A belief that life is good and I can have/pursue joy in my life
- A realization that If I am not growing, I am dying

As we end each OA meeting there is an affirmation of the 24/7 investment in program: "It works if we work it!"

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP





New Meeting
Starting March 6, 2023

Overeaters Anonymous Monday Night Meeting

6:00 - 7:00 pm

Located in Maitland



Asbury Methodist Church
220 Horatio Ave W,
Maitland, 32751

Literature Meeting



Please contact:
Alyson T with any questions
407-718-2127

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

*You are cordially invited to the Friday
Night "Happy Hour"
Meeting at 7 pm EST, on
Zoom. (Tusawilla UMC)*



*Hear OA members share
why they are HAPPY to
be in OA!*

*Starting in May 2023, every first Friday of
the month will be a SPEAKER MEETING.*

Join Zoom Meeting [https://zoom.us/j/297035614?
pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09](https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09)

Meeting ID: 297 035 614

Passcode: 028590

The meeting lasts one hour, and when there is not a speaker, we study literature. We are currently studying the Big Book of Alcoholics Anonymous.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

News & Views from OACFI Committees

PIPO

(Public Information and Professional Outreach)

Please join the Central Florida PIPO committee on the 2nd Saturday of each month from 11:15-12:00 pm after Intergroup. (See last page of newsletter for Intergroup Zoom info.)

The committee is working together to share the OA message to all those who suffer.

Here are some items the committee is working on right now:

- ♦ Digital Billboards
- ♦ Radio Ads
- ♦ Facebook and Instagram ads
- ♦ Distributing OA materials to the health care community via OA members and mailings
- ♦ Health Fairs and Community events
- ♦ Add your idea here!

If this sounds interesting to you, please join us. All are welcome!

Alyson

Twelfth Step Within

OA Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible. "

Before joining the OACFI Twelfth Step Within Committee, I would say this pledge at a meeting and think about people outside the OA rooms who had not heard the message of hope. I now recognize that this applies to those who still suffer WITHIN the OA Fellowship as well.

Another revelation for me with joining the Twelfth Step Within Committee is the availability of resources at <https://oa.org/> and <https://oaregion8.org/> .

One example is, "Been Slipping and Sliding? A Reading and Writing Tool?" <https://oa.org/app/uploads/2021/09/been-slipping-and-sliding-a-reading-and-writing-tool.pdf>

One of April's *New Beginnings* writing prompts was: "Any action, no matter how small, can help us overcome procrastination." Clicking on the above link is a small step that can lead to the opening of mind and heart and help with relapse and recovery.

Georgia

Editor's Note: The Twelfth Step Within Committee currently meets with the PIPO Committee, on the second Saturday of each month, after Intergroup. See last page of newsletter for Intergroup Zoom info.

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 Tradition contributions matter! Thank you all for your continued support of our fellowship. Contributions currently come directly to OACFI from group treasurers as well as individuals, and through checks and PayPal. **ADDITIONALLY, CENTRAL FLORIDA INTERGROUP HAS OPENED THE MEANS TO RECEIVE DIRECT MEMBER CONTRIBUTIONS FROM ZELLE.**

Now each member or group can contribute their 7th tradition contribution 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 contribution 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: sending \$\$\$ to Treasurer@oacfi.org

Thank you Kathy M., Treasurer OA CFI

HOW TO USE PAY PAL

Follow these steps:

Log in to your Pay Pal account.

Select "Send."

Type in oacfitreasurer@gmail.com

Enter in the amount of your contribution 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. For a new group, you will need to obtain a group number from oa.org, if you don’t already have one, before contacting Intergroup (Step 2).
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. Phyllis will update the meeting list and send it to the webmasters; the webmasters will upload the information. 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>



Photo by Joy R.

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?



Lifeline, Overeaters' Anonymous magazine, a publication in which members share their stories of experience, strength and hope, is available online at: <http://www.oalifeline.org/>. *Lifeline* ceased producing print copies several years ago, but this website allows you to access many articles from past issues and search for articles on specific topics. Hard copies of past *Lifeline* issues from 1990-2020 can be purchased at: <https://bookstore.oa.org/lifeline/lifeline-back-issues-820.asp>

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
- * Web server/Platform Coordinator (must be tech savvy—training required))

Overeaters Anonymous Region 8 needs trusted servants for:

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

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. Preferred format is Microsoft Word.

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 MAY 2023 Newsletter: [DUE ASAP](#)

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?

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"?

(Continued on the next page)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

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?

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

Need articles on:

Step Nine: Love

Tradition Nine: Structure

Concept Nine: Ability

Writing Prompt/Challenge: How have you made amends to yourself?



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=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09	Joleen	352-425-2339
5:00 pm	V	39211	DeLeon Springs (Call contact person to verify location) United Methodist Church 265 Ponce de Leon Blvd. DeLeon Springs, FL (face to face)	Chris	609-744-8104
6:00 Pm NEW	L	57739	Face to Face meeting starting March 6, 2023—NEW Asbury Methodist Church 220 Horatio Ave. Maitland, FL 32751	Alyson T.	407-718-2127
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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (FACE TO FACE)	Debby	386-402-6631
5:30 pm	V	57273	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

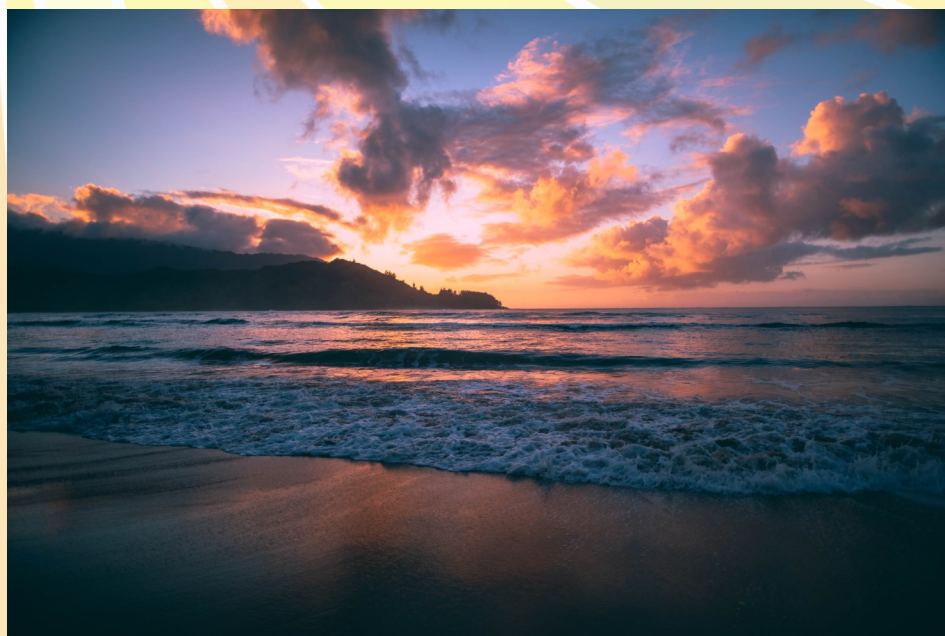
OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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.	386-402-6631

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

9:30 am	D	800324	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



KEEP IT SIMPLE!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Central Florida Intergroup Treasurer's report for January 2023

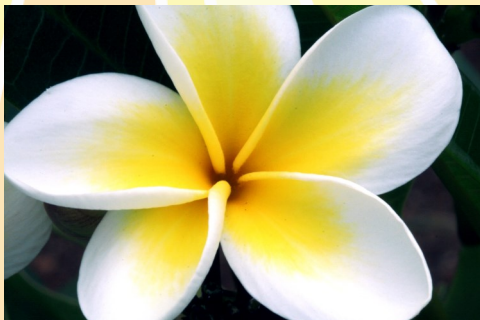
Group Contributions			JAN
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$15.00
800729	Mon	Dunnellon Pres Church Dunnellon	\$100.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	UMC, DeLeon Springs	\$25.00
89068	Mon	Central Christian Church 12pm	\$35.00
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	.
800442	Mon	Grace Zoom	\$22.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	
1048	Mon	Church of Ascention, Apopka	
89653	Mon	Zoom For Today Meeting	
800293	Tue	Many Faces One Solution	\$5.00
50209	Tue	Chatham Rec Ctr., The Villages	
52613	Tue	North Pool Celebration , Kissimmee	
56481	Tue	New Smyra Beach Church of Christ	
53032	Tue	YMCA Lecanto Fl	
57273	Tue	The Meeting Place Ocala	
89070	Tue	Central Christian Church	\$58.05
89069	Wed	Central Christian Church	\$37.00
48700	Wed	Lady Lake UMC	
57675	Thurs	The Meeting Place Ocala	\$30.00
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminister By The Sea	
52976	Thurs	Grace Episcopal, Port Orange	
89071	Thurs	Central Christian Church	\$35.00
54798	Thurs	Better Together	\$25.00
89006	Thurs	Zoom Speaker Mtg	\$50.00
89384	Thurs	Zoom Body Image	\$23.00
936	Fri	Tuskawilla UMC, Casselberry	
20088	Fri	St. Lukes UMC	
45611	Fri	Lady Lake Library	
89072	Fri	Central Christian Church	\$65.00
54490	Fri	Shepherd of the Hill Church, Clermont	
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$40.00

(Treasurer's Report continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

800378	Sat	Zoom Port Orange 9 am	
800324	Sat	For Today 9:30 am	
46887	Sat	Ascension Church	\$67.00
48952	Sat	Port Orange Presy	
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	
		Remaining treasury closed group	
		unknown group #	
		Individual Contributions (PayPal)	\$12.00
		Individual Contributions (check)	
		literature	
		Step Workshop	\$50.00
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		Total Group Contributions	\$694.05



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

www.facebook.com/oacfi.org

and our Instagram site at:

overeaters_anonymous_cfi

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 Co-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.
<i>Service helps your program and helps reduce our isolation.</i>	

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.oacfi.org)
 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 am April 8, 2023

10 am May 13, 2023

*** NEW ZOOM INFO. for Intergroup**

Meetings:

Join Zoom Meeting

<https://us02web.zoom.us/j/5083293778>

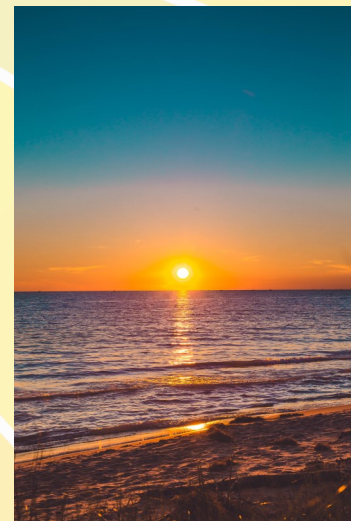
Meeting ID: 508 329 3778

(No passcode required.)

One tap mobile

+13052241968,,5083293778# US

ALL OA MEMBERS 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.