

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS  
ANONYMOUS®**  
CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

MAY 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](mailto:2020oamarathons@gmail.com)

**Fri., May 5, 2023, Cinco de Mayo, “In Offering Myself to HP, What Victories Do I Have to Celebrate?”**

**Sun., May 14, 2023, Mother’s Day, “Living Life on Life’s Terms—How Do I Practice This?”**

**Mon., May 29, 2023, Memorial Day, “Valuing My Own Voice and Others’—Live and Let Live.”**

**Fri., May 5, 2023 through Tues., May 30, 2023, Central Ontario Intergroup offering four sessions of “Quick Step Study Workshop Series,” each spanning five Fridays, and Greater Detroit Intergroup offering three sessions of “Twelve Step Workshop Series,” spanning 15 weeks. All virtual. <https://oa.org/event-calendar/>**

**Sat., May 13, 2023, A Design for Living Intergroup Monthly Speaker Series., 5:30—7 pm EST, “We Agnostics.” Zoom Meeting ID 200540624 No passcode [www.ad4l.info](http://www.ad4l.info)**

**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.**

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(Continued from left)

**Sun., May 28, 2023, San Gabriel Inland Empire Intergroup, Speaker Panel: OA Members with Dual Addictions, 4:30—7:30 pm EST, Hybrid, Zoom ID 604-572-7175; Password: 1960 <https://oa.org/events/panel-of-oa-speakers-with-dual-addictions-share-their-journeys-of-recovery/>**

**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, “I think I can. We know WE can.” See flyers below.**

**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**



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**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](mailto:Retreat@oacfl.org)**

**\*Next Zoom Meeting for those interested in helping with the retreat:**

**Wednesday, May 3 at 5 pm:**

Join Zoom Meeting

**<https://us02web.zoom.us/j/81807095842?pwd=aGRSaDhvZ2dxT2xLS0wza1BUZkFWdz09>**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

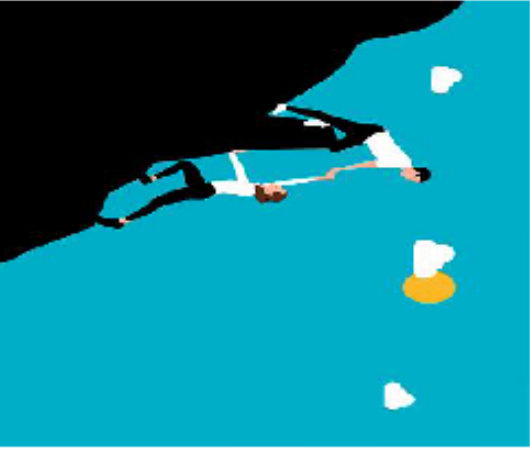
### OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

#### OA Fall Retreat 2023

Lake Yale Retreat Center  
County Road 452

Leesburg, Florida 34788

October: 13<sup>th</sup>-15<sup>th</sup>, 2023



Title: I think I can

We know **WE** can.

#### RETREAT INCLUDES:

- Speakers
- Fellowship
- Entertainment
- Workshops
- Yoga-Bring mat
- Boutique (not during sessions)
- Gift Baskets
- Meals
- Fun/Fellowship
- Rest/Sharing
- Lodging

#### Scholarships Available

**Room Registration ends September 30<sup>th</sup>**

**No refunds after September 30<sup>th</sup>. Except for emergency basis.**

**Single occupancy is \$ 241.00. Double occupancy is \$ 191.00. Commuters/Day trippers' cost is \$ 62.00 for Saturday only (October 14<sup>th</sup> 2023) which includes meals and events. Open registration May 1<sup>st</sup> 2023.**

**To register, Mail registration & checks payable to.....OACF Fall Retreat 2023. C/O P.O. Box 180293, Casselberry, FL 32718**

**Questions: Call Kathy M @ 407-252-7575**

**Or Robin G. @407-310-5373 or email**

**retreat@oacfi.org Payments can also be made through Zelle or Pay Pal. Just remember to mail in your reg. form .**

#### Please check all that apply:

- ☐ Double occupancy @ \$191.00.
- ☐ List roommate if known \_\_\_\_\_.
- ☐ I am bringing a gift basket for the retreat.
- ☐ I am willing to be a back-up for a workshop leader. (Requirement: 6 mos. Abstinence).
- ☐ I will help in the boutique (closed during meetings and workshops).
- ☐ I will help in registration.
- ☐ I am willing to help in entertainment.
- ☐ I am willing to volunteer for any need.
- ☐ I would like to donate for a scholarship.

#### Registration Information

Name: \_\_\_\_\_

Room Mate name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Special Needs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# The Joy of Working on the Retreat

Last year, I was Program Planning Co-Chair for the OACFI Lake Yale Retreat, and I wrote and performed in a skit that was part of the entertainment. I had a blast! There were many benefits to working on the retreat. To name just a few:

- I became good friends with wonderful people whom I cherish. I had just moved to this area and knew few people.
- It was fun! The camaraderie, the fellowship, sharing a common goal, all united me to my other fellow compulsive overeaters.
- It was service—something I must continue to do if I am to recover, one day at a time. It took me outside of my self-centered focus on my problems.
- It gave me experience in not always getting my way, in learning how to compromise and work with others, in asking for help, in setting boundaries, in learning to communicate clearly—all those “adult” skills I sometimes lack!
- I got to use my God-given talents and see others use theirs. None of us can do it all, and it was exciting to see people use their gifts for a common goal. For example, I told the co-chairs that if I did registration, people would end up sleeping in the grass. But there were other things I could do.
- It was fun and gratifying to see everything come together. After planning and working for months, there is a special excitement in seeing your efforts come to fruition for good.

It wasn't always easy. There were some bumps and rough spots—but that is part of most endeavors. And the few times when things got difficult, we would have a “Serenity Prayer” break, something I need to do more often during my day.

This year, my role will be more limited because of other responsibilities and things going on in my life, but another person and I are writing a skit in which I hope to perform—something I really enjoy! So, I encourage you to volunteer to help with the retreat and experience for yourself the many benefits of doing so!

Alicia C.

**NOTE: Many opportunities for service are still available for the retreat! Please see page 2.**



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



*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=VEZmZ0w3a2tEMWtxL3hIU0liYXIWZz09>

**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](mailto:smfitzmaur@gmail.com)

**REGION 8 - Twelfth-Step-Within Committee**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



## Name the Region 8 Newsletter Contest!

Submissions due by June 1, 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](mailto:bylawschair@oaregion8.org) before the deadline of **June 1, 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](mailto:ALL-SOAR8@oaregion8.org) by **July 1, 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 **July 15, 2023**.

The winner will be announced **September 1, 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](http://oapinellas.org) and email your registration  
to Karen R @ [platoscloseston19@gmail.com](mailto: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 19<sup>th</sup>)** 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 FIVE:**

**Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**Spiritual Principle:  
INTEGRITY**

**The Irony with Integrity: STEP FIVE**

If your addictive nature is anything like mine, you have become aware that you are capable of deceiving yourself. You may want to eat even when you don't feel hungry. You may feel lonely, angry, or tired, and instead of addressing the emotions appropriately, you self-medicate with food. Our ability to be honest in the mirror may seem shallow to hollow and almost non-existent. Through the grace of our Higher Power, plus the ingenious program of the Twelve Steps, we may still achieve abstinence even through our own deception. Step Four ignites the fire to start the journey; however, Step Five opens the door to overcome this obstacle of deception.



The key needed in Step Five is honesty. No, we may not feel safe . . . not at first. We may not want to be open. We may not trust the circumstances surrounding Step Five. Nevertheless, it is imperative that we are honest. Our ability to be honest with another human being creates a light towards another characteristic- integrity. The ability to do the right thing at the right time for the right reasons is keen. This lifestyle may seem foreign to some of us. However, when we fail to believe in our inherent goodness, the integrity found in Step Five allows us

to see that we are capable of being a positive influence for others, despite the fact that we are victims of a very ugly disease. Even though we may have found it hard to be totally honest with ourselves, we can build up this quality by becoming openly honest with someone else. Integrity is a hard characteristic to find in society; being honest makes us part of an elite crowd. This can help us to achieve the positive affirmation we need to overcome our deceitful lifestyle. Just as it appeared impossible to be totally honest with ourselves, our innocent attempt to be honest with another human being filled in the missing gaps. This can put us on the path to complete the next step towards total abstinence. Forgiving ourselves, with His Grace, shows us a clean path so we can walk our journey.

Tony B.

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### TRADITION FIVE:

**Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.**

**Spiritual Principle:  
PURPOSE**

I think this tradition of carrying the message applies not only to our groups, intergroups, regions, etc., but to me as well.

Days, weeks, and months go by; I have the OA message and promises in my heart and in all the cells of my body. Then when something, or a string of somethings, happens, I start to doubt. I doubt myself, my program, and question if I'm "doing it wrong." I wonder, "Why would X happen if I was doing it right?"

Usually, if I slow down and do some reading or writing or call my kind sponsor, the message and the purpose seep back into me, and I'm good to go again.

When my home group starts to flag in membership, I reach out to familiar members to check in. We are strong and mighty as a group; we flow outward with our own messages to share with those who are suffering. I get healing and relief from hearing the wisdom from the mix of people in the rooms.

I know in difficult times I like to hear about the message from my fellows; when we share at meetings, I will often hear a similar message spoken many different ways. Some of the ways soak in more easily than others, and some ways I remember because I may recognize someone I can take the message to another time.

At different times in life, I have wondered what my purpose was, and in dark times, wondered if there was any purpose at all. Those were times I was in the food. Now I know without a doubt, I have purpose every day. My group has a purpose, too – I am here to carry the message. There is suffering all around me, and I know something that may help. OA. Every day.

Annie M.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**CONCEPT FIVE:**

**Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.**

**Spiritual Principle:**

**CONSIDERATION**

Compulsive overeating can have a profound impact on a person's life. It's a complex issue that can be difficult to understand for those who have never experienced it. My struggles with compulsive overeating were compounded by my inability to be heard by those around me.

Growing up, I struggled with my relationship with food. I had Attention Deficit Disorder (ADD) and struggled in school, which was difficult because I followed a sister who was a genius. Teachers were happy to see "Donna's little sister" and a couple weeks later, they were frustrated and impatient with me.

The year I turned ten several very traumatic things happened that I'd prefer to keep private. I complained about what I thought was body pain, stomach pain, and started wetting the bed. All of this was likely complicated by unmet emotional needs and possibly Post Traumatic Stress Disorder (PTSD). My father was abusive and dismissive of my concerns, often calling me a "liar" and telling me to "stop being a dummy" without considering the underlying psychological and emotional factors that contributed to all my complaining. The whole family teased me calling me "Whiney Hiney." This lack of understanding made it difficult for me to ask for the help and support I needed from my family.

As an adult, I continued to struggle with life, using compulsive overeating as a drug to numb my emotional and physical pain. I didn't trust medical doctors because I had been ignored or wrongly judged by them so many times. They even ignored me when I told them something was wrong with my baby when I was nine months pregnant, and the baby ended up being stillborn. When I had health issues, doctors were often dismissive or judgmental and would blame it on my weight. They would prescribe diet and exercise without addressing the underlying psychological and emotional factors that contributed to my weight issues. I needed help, but not that kind of help.

Despite my attempts to seek help and be heard by those around me, I often felt dismissed and unheard. It was not until I learned about OA that I started seeing things through a different lens. Concept Five says that "Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered."

This concept helps me realize the importance of advocating for myself and my needs. This concept recognizes the importance of listening to and respecting the voices of individuals, even when their concerns may be difficult to understand or address.

For me, learning about the Steps, Traditions, and Concepts was part of the turning point in my journey towards healing and recovery. In OA, I began to advocate for myself and seek out support and resources that addressed the psychological and emotional factors that contributed to my struggles with compulsive overeating.

Through this process, I learned the importance of speaking up and being heard, even in the face of dismissiveness and judgment. By exercising my right of appeal and petition, I am able to find the support and resources I need to address my compulsive overeating and move towards a healthier and happier life.

Anonymous



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Who Am I?

Who am I? This is a question I frequently ask myself.

Perhaps I'll find the answer from the self-help books on my shelf.

These books may have an answer about the way I ought to be.

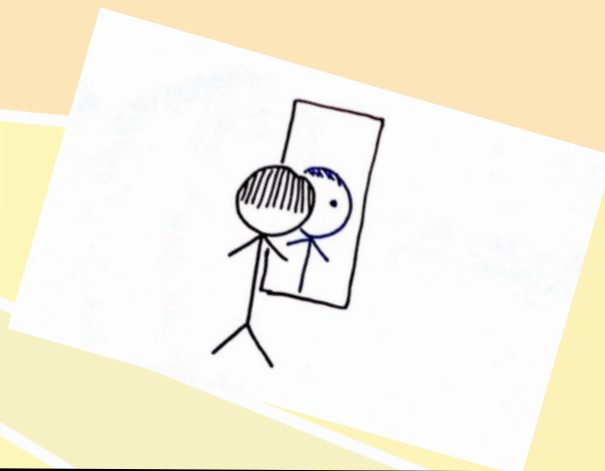
The only problem is these answers don't describe me.

How do I find the answer for this problematic question that I ask?

Perhaps when I unravel my emotions, this will be a simpler task.

I am not alone, and I have help you see,  
for I found help from a power greater than me.

Beth Z.



### Overheard at a Meeting:

The Big Book does NOT have a chapter titled "Into Thinking," but it DOES have one titled "Into Action."



*Photo by Joy R.*



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Reflections



*"Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers."*

—Tradition Five

Primary purpose. What is our message? Is it a message of recovery? It is a message of hope? It is a message of perseverance?

Or . . . is it something else?

I need to always remember that suffering is optional amidst so much hope and positive recovery examples that I see each and every day.

To know that the Promises are not a pipe dream but a reality is a powerful thing. To have known true suffering, and the overcoming of that suffering is another powerful thing. Those two aligning forces keep me coming back to the well of recovery over and over again. . . one day at a time.

Debby H.

I have always been a spiritual person, one that enjoyed seeing God in nature, births, funerals, weddings, children, pets, and such. There was and is a reverence that sees the mystery and power of something bigger than me. It had to be God. All powerful, I would say. Before program became a part of my life, that spiritual side did not touch my compulsive food behaviors. My own reasoning and strength struggled to find answers that could not control my disease.

It wasn't until program that my spiritual side got the gas it needed to find more, to find a loving God, as I could understand God, that is a constant. God is inside of me. My constant Valentine. Giving me what I need to be abstinent. And work a program. The phrase, "May you find God now," is critical. It leads to the strength of program.

And the good thing is it is for anyone; we can act as if, if need be. Our pen, burning candle, a sponsor, or a silver dollar can become our HP for a while. And that strengthens us because it's always something we can sense. Loving us. Encouraging us. Asking us to pause and pray. Ahhhh. Grateful that God is growing to be more central to my life and my abstinence. And grateful how rich my spiritual side becomes with abstinence and working the steps of the program.

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.*



*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. We hope to see you May 5!*

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

Meeting ID: 297 035 614  
Passcode: 028590

Meeting lasts one hour and when there is not a speaker, we study literature. Currently studying the Big Book of Alcoholics Anonymous.

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# News & Views from OACFI Committees

## Twelfth Step Within

Have you ever considered asking someone to partner with you specifically to support you in recovery from relapse? Would you welcome the opportunity to be a relapse mentor to other OA members? The Region 8 Twelfth Step Within committee offers a web form that you can use to request a relapse mentor or to volunteer to be a relapse mentor. Access the form by clicking on this link:

[Recovery from Relapse Mentor Request | SOAR8 \(oaregion8.org\)](https://oaregion8.org/relapse-mentor-request)

or by entering this URL in your browser's address bar:

<https://oaregion8.org/relapse-mentor-request>

*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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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](mailto:oacfitreasurer@gmail.com)

Zelle: Send \$\$\$ to [Treasurer@oacfi.org](mailto:Treasurer@oacfi.org)

Thank you Kathy M., Treasurer OA CFI

## HOW TO USE PAY PAL

Follow these steps:

Log in to your PayPal account.

Select "Send."

Type in [oacfitreasurer@gmail.com](mailto: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](http://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](http://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](mailto: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](http://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](http://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](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)

#### **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](https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org).

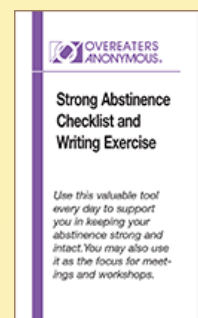
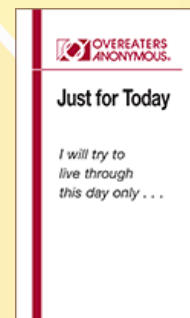
OR GO TO [https://oacfi.org/mailman/listinfo/oacfi\\_intergroup\\_news\\_oacfi.org](https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org).

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

## DID YOU KNOW?

The OA Bookstore at <https://bookstore.oa.org/> has various WALLET CARDS available for purchase, including:

- ◆ Think First
- ◆ Just for Today
- ◆ Strong Abstinence Checklist and Writing Exercises
- ◆ Twelve Stepping a Problem
- ◆ Carrying the Message
- ◆ I Put My Hand in Yours
- ◆ The Twelve Freedoms
- ◆ One Day at a Time
- ◆ Twelve Traditions Pocket Guide



To purchase, go to <https://bookstore.oa.org/> and type "wallet card" in the search box.



## 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](mailto: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

### 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](mailto:newsletter@oacfi.org)

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

#### Newsletter Needs by Date

**For JUNE 2023 Newsletter: [DUE ASAP](#)**

**Need articles on:**

**Concept Six: Responsibility**

**Writing Prompt/Challenge:** From *For Today*, p. 243, August 30: "Only by being willing to give up the safety of the old can I find out what the new has for me." Discuss how this phenomenon has happened in your life.

**Or**

From *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition, Step Six, p. 130: "'First Things First' is another slogan that sums up Tradition Six." Discuss how this slogan sums up the Tradition. What are the "first things"?

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

**Need articles on:**

**Step Seven: Humility**

**Concept Seven: Balance**

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

**Or**

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

(Continued on the next page)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

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

Need articles on:

Step Eight: Self-discipline

Tradition Eight: Fellowship

Concept Eight: Delegation

Writing Prompt/Challenge:

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:

What was your most difficult amends, and how did you make it?

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

Need articles on:

Step Ten: Perseverance

Tradition Ten: Neutrality

Concept Ten: Clarity

Writing Prompt/Challenge: What keeps you persevering in working your program when you don't feel like it?

Or

What would you say to a newcomer about perseverance?



*THANK YOU for submitting your articles, poems, and pictures!*



# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Meeting List as of 4-6-23

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	800822	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	800729	Ocala Big Book at Noon Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVS0lrN0hTQT09">https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVS0lrN0hTQT09</a>	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	L	57739	Face to Face meeting starting March 6, 2023 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 <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
7:00 Pm New time!	V	800442	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 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	800822	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

# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TUESDAY (continued)					
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. Silver 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	800822	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
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	800822	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

# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

THURSDAY (continued)					
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 **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 <a href="https://us02web.zoom.us/j/154974236">https://us02web.zoom.us/j/154974236</a>	Ilene H	352-753-2333
Noon	N	800822	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> 1 <sup>st</sup> Friday of every month is a SPEAKERS meeting	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

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

SATURDAY (continued)					
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** <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.	386-402-6631
9:30 am	D	800324	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
12:00 pm	Med	800822	Central Christian Church                      New Meeting 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>	Jacqueline	407-423-4086
Sunday					
8:00 am	V	57479	The Meeting Place 3391 E. Silver Spring Blvd, Unit E Ocala, FL 34470 (FACE TO FACE)	Tim	352-215-8495
5:00 pm	V	48951	7 <sup>th</sup> Day Adventist Church Zoom only Zoom 398 124 045 **Call contact person for password please**	Patti D.	407-791-1999

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





# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Central Flori-		TREASURER'S REPORT	
Group Number	Group Contributions		FEB. 2023
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$15.00
800729	Mon	Dunnellon Pres Church Dunnellon	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	UMC, DeLeon Springs	
89068	Mon	Central Christian Church 12pm	\$17.00
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
800442	Mon	Grace Zoom	\$39.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$20.00
1048	Mon	Church of Ascension, Apopka	
89653	Mon	Zoom For Today Meeting	
800293	Tue	Many Faces One Solution	
50209	Tue	Chatham Rec Ctr., The Villages	
52613	Tue	North Pool Celebration , Kissimmee	\$80.00
56481	Tue	New Smyrna Beach Church of Christ	
53032	Tue	YMCA Lecanto Fl	
57273	Tue	The Meeting Place Ocala	
89070	Tue	Central Christian Church	\$117.00
89069	Wed	Central Christian Church	\$51.62
48700	Wed	Lady Lake UMC	\$75.00
57675	Thurs	The Meeting Place Ocala	
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminster By The Sea	\$80.00
52976	Thurs	Grace Episcopal, Port Orange	
89071	Thurs	Central Christian Church	\$117.00
54798	Thurs	Better Together	
89006	Thurs	Zoom Speaker Mtg	\$45.00
89384	Thurs	Zoom Body Image	\$30.00
936	Fri	Tuscawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	
89072	Fri	Central Christian Church	\$217.00
54490	Fri	Shepherd of the Hill Church, Clermont	\$100.00
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$40.00
800378	Sat	Zoom Port Orange 9 am	
800324	Sat	For Today 9:30 am	\$100.00
46887	Sat	Ascension Church	\$97.00
48952	Sat	Port Orange Presby	\$80.00
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	\$200.00

(Continued on next page.)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Continued from previous page.

Group Number	Group Contributions	TREASURER'S REPORT	FEB. 2023
		Remaining treasury closed group	
		unknown group #	\$37.00
		Individual Contributions (PayPal)	\$68.00
		Individual Contributions (check)	
		literature	
		Step Workshop	\$50.00
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		<b>Total Group Contributions</b>	<b>\$1,575.62</b>



Check out Central Florida Intergroup's recently updated

**Facebook page** at:

[www.facebook.com/oacfi.org](http://www.facebook.com/oacfi.org)

(the "Upon Awakening" reel received over 1 million views!)

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:	<b>OPEN</b>
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:	<b>OPEN</b>
#1 Region Rep:	<b>OPEN</b>
#2 Region Rep:	Kathy M.
#3 Region Rep:	<b>OPEN</b>
#4 Region Rep:	Annie M.

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

Coming Intergroup Meetings (Second Saturday of the month):

10 am May 13, 2023

10 am June 10, 2023

### **\* 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!

### Central Florida Intergroup / CFI Board Members

Chair: Debby H. (386) 402-6631  
([chair@oacfi.org](mailto:chair@oacfi.org))  
Vice Chair: Christie H. (321) 277-7766  
([vicechair@oacfi.org](mailto:vicechair@oacfi.org))  
Treasurer: Kathy M. (407) 242-5675  
([treasurer@oacfi.org](mailto:treasurer@oacfi.org))  
Secretary: Carlene D. (407) 360-9120  
([Secretary@oacfi.org](mailto: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](mailto: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](mailto:Treasurer@oacfi.org)

Local Website: [www.oacfi.org](http://www.oacfi.org)  
Regional Website: [www.oaregion8.org](http://www.oaregion8.org)  
International Website: [www.oa.org](http://www.oa.org)  
Facebook Page: [www.facebook.com/oacfi.org](https://www.facebook.com/oacfi.org)  
Newsletter Email: [newsletter@oacfi.org](mailto:newsletter@oacfi.org)  
Literature Email: [literature@oacfi.org](mailto:literature@oacfi.org)  
TikTok channel: [@oacfi](https://www.tiktok.com/@oacfi)  
Bylaws: <https://www.oacfi.org/wp-content/uploads/2021/11/OACFI-Bylaws-11.13.2021.pdf>  
Policies and Procedures: <https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf>



“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.