

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS
ANONYMOUS®
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

JUNE 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

Thurs., June 1, 2023, Gay Pride Celebration, “Believe in Yourself—How Am I Letting My True Light Shine?”

Sun., June 18, 2023, Father’s Day, “Ninth Step Promises, We Will Suddenly Realize That God Is Doing For Us What We Could Not Do Alone”

Mon., June 19, 2023, Juneteenth, “How Do You Know You Are Making Imperfect Progress?”

Wed., June 21, 2023, Solstice, “Why Is It Important to Me to Work with a Sponsor?”

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

Sat., June 3, 2023, 4-6 pm EST, Region 7 Baltimore Area Intergroup Workshop, “Who’s Afraid of Service? Purpose, Principles and [Im]Perfection.” Zoom Meeting ID: 7310889762 Password : Be Abstn8. *See flyer below.*

Sun., June 4, 2023, 4—6:30 pm EST, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting, three speakers; topic TBA. Zoom ID 947 2125 9974, Passcode 810562. [https://zoom.us/j/94721259974?](https://zoom.us/j/94721259974?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success)
[pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#suc](https://zoom.us/j/94721259974?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success)
[cess](https://www.oarise.org/) or <https://www.oarise.org/>

Sat., June 10, 2023, 5:30—7 pm EST, A Design for Living Intergroup Monthly Speaker Series, “How It Works.” Zoom Meeting ID 200540624 No passcode www.ad4l.info (Continued on right)



(Continued from left)

Sun., June 11, 2023, 2—3:30 pm EST, Philadelphia Area Intergroup, “Exploring Body Acceptance” Workshop. Zoom Meeting ID 874 0529 3802, Passcode 024272. [https://us06web.zoom.us/j/87405293802?](https://us06web.zoom.us/j/87405293802?pwd=Q0trQlZTWUQzYisxZjFpcUVhVEJlVQQT09#success)
[pwd=Q0trQlZTWUQzYisxZjFpcUVhVEJlVQQT09#s](https://us06web.zoom.us/j/87405293802?pwd=Q0trQlZTWUQzYisxZjFpcUVhVEJlVQQT09#success)
[uccess](https://us06web.zoom.us/j/87405293802?pwd=Q0trQlZTWUQzYisxZjFpcUVhVEJlVQQT09#success) or <https://oa-philadelphia.org/#events> *See flyer below.*

Sat., June 17, 2023, 2-3:30 pm EST. Region 3, “You Are Not Alone, “ Relapse Prevention Workshop. Zoom info. TBA. *See flyer below for registration info.*

Sun., June 18, 2023, 4—6:30 pm EST, RISE (Recovery Inspiring Shared Experiences) Speaker Meeting; topic TBA. Zoom ID 947 2125 9974, Passcode 810562. [https://zoom.us/j/94721259974?](https://zoom.us/j/94721259974?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success)
[pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#](https://zoom.us/j/94721259974?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success)
[success](https://www.oarise.org/) or <https://www.oarise.org/>

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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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

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

Wednesday, June 7 at 5 pm and Wednesday, June 21 at 5 pm:

Join Zoom Meeting

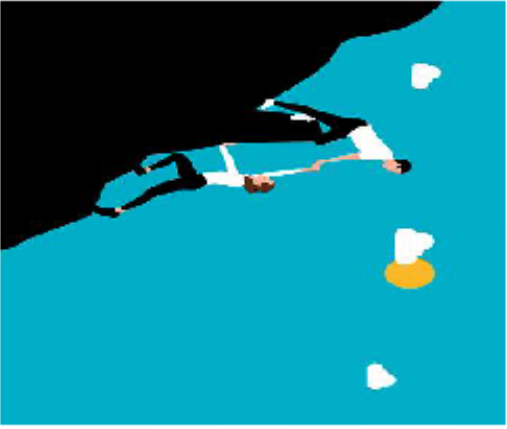
<https://us02web.zoom.us/j/81807095842?pwd=aGRSaDhvZ2dxT2xLS0wza1BUZkFWdz09>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS ANONYMOUS® CENTRAL FLORIDA INTERGROUP

OA Fall Retreat 2023

October: 13th-15th, 2023
Lake Yale Retreat Center
County Road 452
Leesburg, Florida 34788



I think I can

We know **WE** can.

RETREAT INCLUDES:

- Speakers
- Fellowship
- Entertainment
- Workshops
- Yoga-Bring mat
- Boutique (Start saving your boutique items for the retreat)
- Gift Baskets
- Meals
- Fun/Fellowship
- Rest/Sharing
- Lodging

Room Registration ends

September 30th No refunds after September 30th. "Register NOW!!! To help us and assure your preferred accommodations."

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

Payments can also be made through Zelle or Pay Pal: (treasurer@oacfi.org) Just remember to mail in your registration form.

Questions or service: Call Kathy M. @ 407-252-7575 or Robin G. @ 407-310-5373 or email retreat@oacfi.org

Please check all that apply:

- ☐ Single occupancy @ \$241.00
- ☐ Double occupancy @ \$191.00. (each)
- ☐ I am willing to be a workshop leader. (Requirement: 6 mos. Abstinence).
- ☐ I will help in the boutique
- ☐ 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. Donate amount of \$ _____.
- ☐ I am bringing a gift basket for the retreat.

Registration Information

Name: _____

Room Mate name: _____

Address: _____

Phone: _____

E-Mail: _____

Special Needs: _____

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 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 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

Saturday, June 3
4-6 pm EDT

WHO'S AFRAID OF
SERVICE?
PURPOSE,
PRINCIPLES, AND
[IM]PERFECTION

Join us for an inspiring workshop and learn how
service is crucial to our recovery.

4 speakers, followed by written reflection and Q&A



[CLICK HERE TO JOIN BY ZOOM](#)

Meeting ID: 731 088 9762 Password: BeAbstn8
One tap mobile +13017158592,,7310889762#,,1#,628738#

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

The OA **Body Shop**

Exploring **Body Acceptance**

PRESENTED BY: *The Philadelphia Area Intergroup of Overeaters Anonymous*

Sunday, June 11

2:00-3:30pm EST

ZOOM:

Meeting ID: 874 0529 3802

Passcode: 024272

or [Click Here](#) to Join Zoom Meeting

(Please be prompt to minimize disruptions)

- **Body Image Discussion***
- **Open Sharing**
- **Guided Meditation**

* Download and print a handout
to be used at the event.

*A 7th Tradition donation is requested but not required.
Information will be posted in the Zoom chat during the workshop.*

2nd 2023 • PAIG OA
Sunday
WORKSHOPS

For information or to submit future workshop
ideas, please contact Trish M at 215-355-8807.

A special series of virtual quarterly workshops designed to support recovery from
compulsive eating and compulsive food behaviors.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

You Are Not Alone

Quarterly Region 3 Relapse Prevention Workshop

Save the Dates:

Saturday, June 17, 2023

Saturday, September 16, 2023

Saturday, December 9, 2023

Time: 1:00 pm – 2:30 pm CT

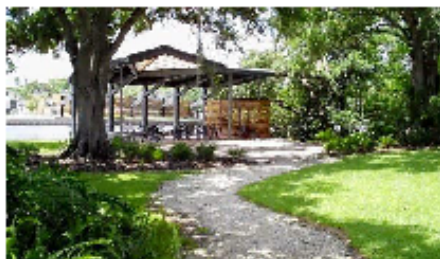
To Register Email:

r3tswregister@oaregion3.org

Zoom Meeting Info Coming Soon



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 SIX:

Were entirely ready to have God remove all these defects of character.

Spiritual Principle:

WILLINGNESS

Am I WILLING to have God to take away my many defects? I may be ready, yes, but I also need to be willing to live without the crutch, the fallback of, "Oh, yeah, I fell apart because of 'X' and ate for two days."

I recently had to face the issue of willingness – not willing, then realizing my actions, willing – for help in removing my many defects. I had a rough month with a family issue, a sticky situation at work, and a spouse who is frustrated with the crazy family to which I react. I got frustrated, angry, disheartened, careless, and I broke my abstinence. Twice in two days. It wasn't a marathon binge like it would have been four years, ten months and six weeks ago. Yes, when I had that shining goal: to celebrate my fifth anniversary (FIVE YEARS!). AMAZING that I could abstain from anything for so long and enjoy my life! I threw it all away.

I had hard, brief, and mean conversations with myself – I belittled myself. I didn't even think of talking to my HP, who has gotten me through so many sticky situations. I didn't even think of calling my sponsor. I know that humiliation and belittling do not work for me – they may only help drive me to a bad place. Yet I used those methods on myself.

I was unwilling to follow my plan, follow instructions for when I was in trouble, unwilling to stop and meditate. Unwilling. I ate off my food plan with the intent of relieving pain, even if it was only for a few minutes. I wanted what used to happen in drugstore parking lots, my desk when no one was around, and other secret places. Just a few minutes of peace. And it wasn't even my kryptonite food – it was something I had never even considered a problem food. But I ate it, twice, off-plan and with the hopes of relief. Guess what? I didn't get one second of relief. It didn't even taste good.

After the second time, I felt like I was caught in a sewer drain. I finally called my sponsor the next morning – bereft and thinking I ruined everything for myself. She "talked me off the ledge," and I was able to pull myself together. During our next scheduled call, my sponsor asked how I was eating; this is something that she never asked me before. "Fine," I said, and I meant it. I was on plan, and doing what I needed to do. I had no craving for the food I'd eaten a few days before. No cravings for my kryptonite food. I felt peaceful.

After the call to my sponsor, I began to talk to my HP several times a day – I set alarms to remind myself. I started working my meditation practice regularly. I ask myself: "Am I willing today to follow my program; to have my defects removed; and to keep starting over as often as needed?" The answer right now is "Yes." I see the spiral that landed me at the bottom – the one where I mistakenly thought eating a large amount of anything would solve a problem.

I would not have thought that I needed to start at the beginning with myself each day. I felt a lot of shame in needing to start over. I have meditated for many years, and that practice is all about starting over – and over – and over – and each time you get a little better. I had to refocus my view and look at my willingness toward abstaining with that new lens. Since I am not perfect, of course, I will have to start some things over. I'm now looking at this, also, as grace. I have had a second, third, and fourth chance. Many things in life, if not done correctly the first time, cannot be repeated; there are no second chances. With my OA program, though, I know there is always room for me to come back, and come back again. And offer that hand of friendship to any of my colleagues who may stumble on their way. I am willing to do that for me, and for them.

Annie M.

WILLINGNESS

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION SIX:

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle:
SOLIDARITY

The Value of Oneness; TRADITION SIX

We live in a very competitive economy. Whenever one business starts a new trend, another will soon follow the same concept. Money is messy and drives businesses to succeed. Finances need to be processed transparently and in a proper manner for Overeaters Anonymous to be successful. Our organization needs to operate without damaging the common purpose of the program. The Sixth Tradition helps us keep all matters concerning money on track. The reason the traditions were put in place is for the group to remain pure and uncluttered as members work their program. Members need to keep a focus on their recovery.

Money is an emotional and personal topic. Nevertheless, it holds a pivotal place within society. Many consider it a necessary evil in life; others may only see its benefits. Either way, when a business makes the bottom line its primary purpose, the treatment of the individual changes. The bottom line, i.e., the holy dollar, is central to a business succeeding. However, psychologically, the value of an individual's progress is always more important. When people think of solidarity, we also often think of what it means to be unique or one. An OA member follows their own unique plan; they interpret and communicate the program through their own unique lens. However, we can never allow the prestige of money to divert us from the true nature of our program.

An addict has a personal relationship with food. This is the focus point for every group and for every member. The Sixth Tradition reads, *"An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."* OA needs a sense of solidarity in order to remain supportive and for a member to maintain abstinence. This primary purpose is more important than the business of the group or organization. If we stand as one with our primary purpose, we can grow together towards physical, emotional, and spiritual recovery.

Tony B.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT SIX:

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Spiritual Principle:

RESPONSIBILITY

The definition of the noun “responsibility” is as follows: “The state or fact of having a duty to deal with something or of having control over someone.” (Definition from Oxford Languages, online version) In Overeaters Anonymous, the World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. For this, I am very grateful. Knowing that I have a team indirectly watching over me in this program is an incredible feeling. Let me explain. The mere fact is that I can go to a meeting, any type of meeting, whether it is face-to-face or on the online platform Zoom, and that anonymity will be practiced at that meeting. There is also a structure and guidelines for all meetings to follow, and this is very important for me. I will also not be judged by my actions or pushed away from this organization. This is all predicated on the position of responsibility that the Board of Trustees holds. I know that they have many other responsibilities, but the ones that I have mentioned are essential for me.

In my daily rituals, I, too, carry the powerful word “responsibility” to heart. I believe that I have the responsibility of being honest with myself, my Higher Power, my sponsor, my sponsees, and the rest of my OA family. I also believe that I have the responsibility to use the tools of the program to the best of my ability. My biggest responsibility, and I believe this with all my heart, is to show up and be there for my OA family. I used to dodge the word “responsibility”; I never wanted to be responsible for anything, but because of OA, I now welcome the responsibility that comes with my program of recovery. Thank you, OA.

Robin G.



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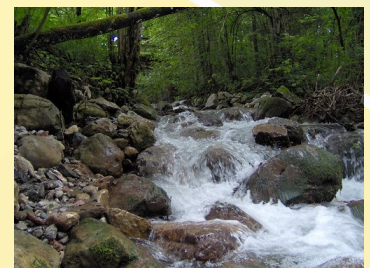
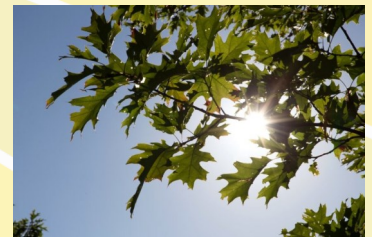
Overheard at a Meeting:

- The reason you have those fears is that you are relying on yourself.
 - The steps are a guide to life.
 - I will never rise above being human.
- Getting rid of my fear is helping me be a better person.
 - I will love you until you love yourself.

Laughter

*Laughter can be heard from everywhere.
From the swaying branches of a tree touched by a
soft summer breeze,
a babbling brook,
and a child's loving hug of a cuddly teddy bear.
Laughter is a sign that all is well.
A peaceful place where love and GOD dwell.*

Beth Z.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



"What a day may bring, a day may take away."

Thomas Fuller

What comes . . . goes . . . yin has its yang . . . in or out, up and down . . . for every outer there is an inner!

Our lives are always shape shifting . . . nothing is constant except death. Dead is dead . . . and yet . . . decay happens! There is no inert.

So . . . don't get too comfortable!

Abstinence may be well and strong today . . . and then seismic shifts in emotions happen and . . . poof! . . . off to the races . . . or the downward spiral into obsession.

Life happens.

Sometimes I wonder what keeps me abstinent. I'm grateful for recovery meetings which I attend with a regularity I could not foresee in the beginning. I'm grateful for my daily discipline of working Steps 10,11, and 12. I'm grateful to have a sponsor and to be a sponsor. Working with others is a gateway into having a strong program. I cannot give away what I do not have. And yet . . . I need to be willing to give it away. Another paradox!

Debby H.

Willpower. On my own I have very little. My nature is process oriented. To move along, open to my next move, my next bite . . . yes. Before program, there was an unending threshold of spontaneous eating whenever the instinct hit. And it did not take much to stir the eating impulse. Feelings. Changes. Boredom. All tied to the call of food. I wish I understood how it all began, but alas, therapy and such really does not answer that question. It is a moot point to unearth. What has become essential for me over the years in program is to take my process-oriented, spontaneous self and plop it into the structure of program. Willpower and self-propulsion are not the keys. Program is. And what truly comes as I work my program is what others could observe as willpower. It is not. It is God power. God brings to me what I cannot do alone. The gift of fellowship and the Steps guide me. I am supported in being abstinent one day at a time. Again, on the outside people may say I have willpower. I say to myself, "It is God power," and I smile and acknowledge I am grateful for my program. Very grateful.

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.*

Join Zoom Meeting [https://zoom.us/j/297035614?](https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTB1OUN0dz09)
[pwd=QTJsYUprOW1HNEQvSi9MOTB1OUN0dz09](https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTB1OUN0dz09)

Meeting ID: 297 035 614
Passcode: 028590

**OVEREATERS
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Meeting lasts one hour and when there is not a speaker, we study OA Conference-approved literature.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

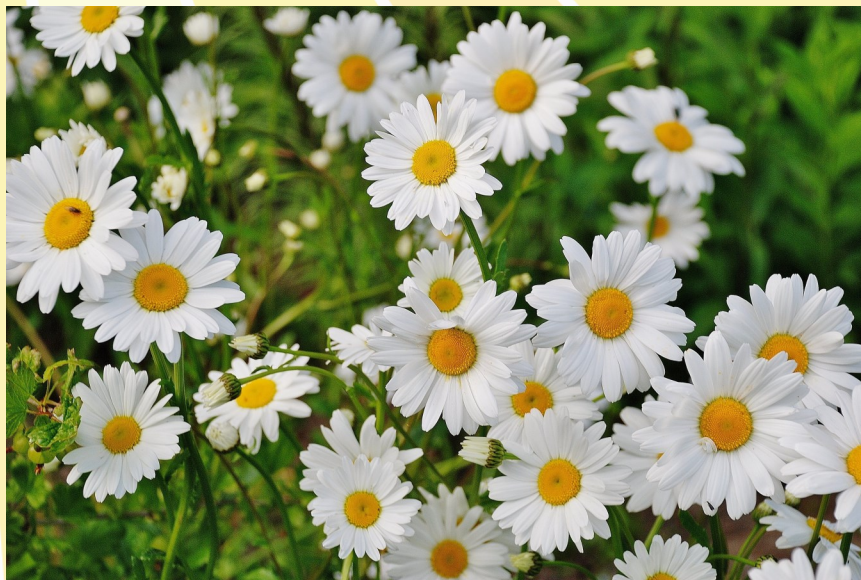
News & Views from OACFI Committees

Twelfth Step Within

Meeting Reminders:

Are you looking for a way to increase meeting attendance and carry the message to more compulsive eaters? Some Central Florida Intergroup meetings have found it helpful to send out meeting reminders. These can come in various forms. Some groups send out group email reminders or text messages to meeting members the day before or day of the meeting. Others contact individual members directly. This can be done by a meeting committee or on an ad-hoc basis. Each group can decide in their group conscience whether and how they would like to send out meeting reminders. Some meetings use the “We Care” book pages from face-to-face meetings to contact members and remind them of the meetings. And, of course, any individual can always reach out to any other individual in fellowship and encourage them to attend the meeting. Maybe your meeting will come up with even more creative ways to remind members of the opportunity to attend a meeting.

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

PayPal: Send to oacfitreasurer@gmail.com

Zelle: Send \$\$\$ to Treasurer@oacfi.org

Thank you Kathy M., Treasurer OA CFI

HOW TO USE PAYPAL

Follow these steps:

Log in to your PayPal 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>

It works if you work it!

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?

NRT meetings are “Non-Real-Time” Meetings.

According to oa.org, “Non-real-time meetings are meetings that do not meet in real-time or meetings that do not occur immediately. These meetings may take place over a period of hours or days. Examples of non-real-time meetings are email or bulletin loops, social media pages, bulletin boards or forums, and mobile applications. “

A search done by the editor today on Overeaters Anonymous' website, at <https://oa.org/find-a-meeting/?type=0> , revealed 38 English-speaking NRT meetings. Check them out!

These meetings may be especially helpful for someone who may find it difficult to be able to set aside a full hour, at a specified time, for a meeting.

Together we get better, whether it's with real-time contact or otherwise!

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

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 is its own reward.”

Voices of Recovery, November 23, p. 328

SERVICE OPPORTUNITIES

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**OA LITERATURE FOR SALE!**

Please see the list below. For each piece of literature, the number of items available as of April 2023 is in the far right column. To purchase literature, please e-mail Carlene at tooncesc@yahoo.com.

item #		Cost	Apr-23
	Pamphlets, Booklets and Wallet Cards		
102	2017 Membership Survey Report	\$1.00	3
105	Recovery Checklist	\$0.50	10
106	Many Symptoms, One Solution	\$0.50	23
109	Think First wallet card	\$1.00	10
110	OA Members Come in All Sizes	\$2.00	4
135	In OA, Recovery is Possible	\$2.00	18
144	A New Plan of Eating	\$2.00	2
180	If God Spoke to OA	\$1.00	7
185	Welcome Back	\$2.00	18
200	A Guide for Sponsors	\$2.00	7
210	Sponsorship Kit	\$3.50	2
220	Sponsoring Through the Twelve Steps	\$2.00	3
240	To the Family of the Compulsive Eater	\$1.00	11
250	To Parents and Concerned Adults	\$0.50	8
265	A Common Solution	\$2.00	16
270	To the Newcomer	\$2.00	26
285	Black OA Members Share Their Experience, Strength and Hope	\$2.00	2
290	To the Man Who Wants to Stop Compulsive Overeating, Welcome	\$2.00	7
330	The Twelve Concepts of OA Service	\$2.00	2
390	Anonymity	\$2.00	6
410	Just for Today wallet card	\$1.00	3
415	Strong Abstinent Checklist wallet card	\$1.00	14
420	Twelve Stepping A Problem wallet card	\$1.00	5
425	Carrying the Message wallet card	\$1.00	24
430K	One Day at a Time wallet card (pack of 30 only)	\$5.00	1
435	Pocket Reference for OA Members wallet card	\$1.00	9
437K	I Put My Hand in Yours (pack of 20 only)	\$3.00	3
440W	Bulletin Board Attraction Sticky Notes (pad of 25 only)	\$3.00	2
705	"Where Do I Start?"	\$2.00	110
725	Focus on Anorexia and Bulimia Packet	\$3.50	11
(Continued on next page.)			

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

	(Continued from previous page. OA Literature for Sale.)		
Item #	Pamphlets, Booklets and Wallet Cards	Cost	Apr-23
750	Is Food a Problem for You?	\$1.00	25
751K	About OA (pack of 20 only)	\$5.00	7
755	Fifteen Questions	\$0.50	24
759	Public Information Posters (pack of 20)	\$6.00	2
770	When Should I Refer Someone to OA?	\$2.00	18
870	Professional Presentation Folder	\$3.50	1
	Books		
950	Body Image, Relationships, and Sexuality	\$13.50	3
953	Twelve Traditions Workbook (box of 25)	\$337.50	0
960-2	Twelve Step Workshop and Study Guide (2nd Ed)	\$15.00	1
965	Participant Guide to Twelve Step Workshop and Study Guide (2nd Ed)	\$8.50	5
970	Taste of Lifeline	\$15.00	5
974	For Today Workbook	\$13.50	7
978	Seeking the Spiritual Path: A Collection from Lifeline	\$11.00	2
980	Overeaters Anonymous (3rd ed)	\$16.50	6
984	For Today	\$13.50	1
990-2	The Twelve Steps and Twelve Traditions of OA (2nd Ed)	\$16.50	17
992	The Twelve-Step Workbook of OA (2nd Ed)	\$15.00	8
994	Abstinence (2nd Ed)	\$12.50	1
996	Voices of Recovery Workbook	\$13.50	9
998	Beyond Our Wildest Dreams	\$20.00	2
1000	Alcoholics Anonymous (4th ed)	\$13.50	3
	Recovery Coins		
4801	Anniversary Medallion 1 year	\$2.00	8
4802	Anniversary Medallion 2 year	\$2.00	9
4803	Anniversary Medallion 3 year	\$2.00	8
4804	Anniversary Medallion 4 year	\$2.00	10
4805	Anniversary Medallion 5 year	\$2.00	7
4806	Anniversary Medallion 6 year	\$2.00	3
4807	Anniversary Medallion 7 year	\$2.00	3
4808	Anniversary Medallion 8 year	\$2.00	1
4809	Anniversary Medallion 9 year	\$2.00	3
4810	Anniversary Medallion 10 year	\$2.00	7
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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

	(Continued from previous page. OA Literature for Sale.)		
	Recovery Coins		
4811	Anniversary Medallion 11 year	\$2.00	3
4812	Anniversary Medallion 12 year	\$2.00	3
4813	Anniversary Medallion 13 year	\$2.00	3
4814	Anniversary Medallion 14 year	\$2.00	2
4815	Anniversary Medallion 15 year	\$2.00	3
4816	Anniversary Medallion 16 year	\$2.00	2
4817	Anniversary Medallion 17 year	\$2.00	2
4818	Anniversary Medallion 18 year	\$2.00	2
4819	Anniversary Medallion 19 year	\$2.00	4
4820	Anniversary Medallion 20 year	\$2.00	2
4825	Anniversary Medallion 25 year	\$2.00	2
4830	Anniversary Medallion 30 year	\$2.00	2
4835	Anniversary Medallion 35 year	\$2.00	2
4840	Anniversary Medallion 0 year	\$2.00	2
470	Serenity Prayer Coin	\$0.45	27
480	Recovery Medallion	\$5.00	7
552	30-day Recovery Coins	\$0.60	27
553	60-day Recovery Coins	\$0.60	31
554	90-day Recovery Coin	\$0.60	21
555	6-month Recovery Coin	\$0.60	30
556	90-day Recovery Coin	\$0.60	44
560	Newcomer Welcome Coin	\$0.45	20
	Audiovisual		
656	Overeaters Anonymous (3rd ed) CD	\$20.00	1



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

**NEW: Deadline for items is the 1st of the month
that is 1 month prior to publication.**

Newsletter Needs by Date

FOR JULY 2023 newsletter DUE ASAP

Need articles on:

Step 7: Humility

Concept 7: Balance

Writing Prompt/Challenge:

From Voice of Recovery, September 21, p, 265: "Humility frees me from the bondage of self" Discuss how this concept is true for you.

For AUGUST 2023 Newsletter: DUE July 1, 2023

Need articles on:

Tradition Eight: Fellowship

Concept Eight: Delegation

Writing Prompt/Challenge:

How has fellowship in OA enhanced your program?

(Continued on the next page)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

For SEPTEMBER 2023 Newsletter: [DUE AUGUST 1, 2023](#)

Need articles on:

Step Nine: Love

Concept Nine: Ability

Writing Prompt/Challenge:

Discuss a difficult amend and how you made it.

For OCTOBER 2023 Newsletter: [DUE SEPTEMBER 1, 2023](#)

Need articles on:

Tradition Ten: Neutrality

Concept Ten: Clarity

Writing Prompt/Challenge:

How do you persevere when the going gets tough?

For NOVEMBER 2023 Newsletter: [DUE OCTOBER 1 2023](#)

Need articles on:

Step Eleven: Spiritual Awareness

Tradition Eleven: Anonymity

Concept Eleven: Humility

Writing Prompt/Challenge:

Describe how your spiritual awareness has changed since you became a member of OA.



***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 https://us02web.zoom.us/j/6935850119	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 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=S21XWGNKdm1FOFdld1NVSOlrN0hTQT09	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 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	800822	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

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

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 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	800822	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
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 https://us02web.zoom.us/j/82375409368	Kathy M	407-252-7575
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 https://us02web.zoom.us/j/86370717790	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

			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	800822	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 1 st 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
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
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

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

			SATURDAY (Continued)		
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 https://zoom.us/j/84477398454	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 th Day Adventist Church Zoom only Zoom 398 124 045 **Call contact person for password please**	Patti D.	407-791-1999

*Photo by Joy R.*

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TREASURER'S REPORT FOR MARCH 2023

Group Number	Day	Name	MARCH 2023 Contributions
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 15.00
800822	M-S	Central Christian Church Noon	\$ 114.84
800729	Mon	Dunnellon Pres Church Dunnellon	\$ 140.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	UMC, DeLeon Springs	
89068	Mon	Central Christian Church 12pm	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
800442	Mon	Grace Zoom	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$ 171.00
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	
89069	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57675	Thurs	The Meeting Place Ocala	
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminister By The Sea	\$ 100.00
52976	Thurs	Grace Episcopal, Port Orange	
89071	Thurs	Central Christian Church	
54798	Thurs	Better Together	\$ 50.00
89006	Thurs	Zoom Speaker Mtg	\$ 45.00
89384	Thurs	Zoom Body Image	\$ 3.00
936	Fri	Tusawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	
89072	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	
9016	Sat	Central Florida Intergroup	

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Continued from previous page.

Group Number	Day	Name	MARCH 2023 Contributions
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$ 40.00
800378	Sat	Zoom Port Orange 9 am	
800324	Sat	For Today 9:30 am	\$ 500.00
46887	Sat	Ascension Church	\$ 75.00
48952	Sat	Port Orange Presy	\$ 40.00
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	\$ 100.00
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	
		Remaining treasury closed group	
		unknown group #	
		Individual Contributions (PayPal)	\$ 25.00
		Individual Contributions (check)	
		literature	
		Step Workshop	\$ 50.00
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		Total Group Contributions	\$ 1,548.84

**Check out Central Florida Intergroup's
recently 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.

Service helps your program and helps reduce our isolation.

Coming Intergroup Meetings (Second Saturday of the month):

10 am June 10, 2023

10 am July 8, 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
 Vice Chair: Christie H. (321) 277-7766
vicechair@oacfi.org
 Treasurer: Kathy M. (407) 242-5675
treasurer@oacfi.org
 Secretary: Carlene D. (407) 360-9120
Secretary@oacfi.org

7th Tradition Contributions by check may be sent/mailed to:

Central Florida Intergroup

P.O. Box 180293, Casselberry, FL 32718

Or pay by **PayPal** – Click on your own Pay Pal account. Select send. Type in oacfitreasurer@gmail.com. Enter the amount with the group name, number, and meeting day. Select continue. Then select send payment now. For **Zelle**, send payments to

Treasurer@oacfi.org

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



“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.