

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS  
ANONYMOUS®**  
CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

JULY 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)

**Tues., July 4, 2023, Independence Day, "Honesty is the Fireworks for a New Way of Life—Step 4."**

**Sun., July 2, 2023, 4 pm—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=TnRQakpUSFpIOGZ0QTh3cmpGUjhTZz09#suc](https://zoom.us/j/94721259974?pwd=TnRQakpUSFpIOGZ0QTh3cmpGUjhTZz09#success)  
[cess](https://zoom.us/j/94721259974?pwd=TnRQakpUSFpIOGZ0QTh3cmpGUjhTZz09#success) or <https://www.oarise.org/>

**Wed., July 5, 2023, 5:00 pm EST, OACFI Retreat Planning Meeting,** Zoom Meeting ID 818 0709 5842; Passcode: retreat, Phone in: 305 224 1968. [https://us02web.zoom.us/j/81807095842?](https://us02web.zoom.us/j/81807095842)  
[pwd=aGRsaDhvZ2dxT2xLS0wza1BUZkFWdz09](https://us02web.zoom.us/j/81807095842?pwd=aGRsaDhvZ2dxT2xLS0wza1BUZkFWdz09)

**Fri., July 7—Sun., July 9, 2023, Region 2 Convention, "Putting the Pieces Together."** Hybrid event. \$35. Simultaneous Spanish translation. <https://www.oar2.org/upcoming-convention.html>  
*See flyer below.*

**Sat., July 8, 1:00—3:00 pm EST, Triangle OA Intergroup 12th Step Within Committee, "The Freedom of Abstinence."** Zoom Meeting ID 834 3932 6593, no passcode listed. *See flyer below.*

**Sat., July 8, 2023, 5:30 pm—7:00 pm EST, A Design for Living Intergroup Monthly Speaker Series, "Into Action."** Zoom Meeting ID 200540624 No passcode [www.ad4l.info](http://www.ad4l.info)

**Sat., July 22, 2023, 1 pm—2:30 pm EST, San Francisco Intergroup, "Undereating in OA: Restricting, Bulimia, & Anorexia."** Zoom. Videoconference link will be posted at [www.oasf.org/events](http://www.oasf.org/events) one week prior to the event. *See flyer below.*

(Continued on right)

(Continued from left)

**Sun., July 23, 4:00-6:00 pm EST, San Diego Intergroup Twelfth Step Within Committee, "Lighten Up! Let Go! Laugh Workshop—We Are Not a Glum Lot!"** Zoom Room ID: 854 2974 9682 (no passcode) <https://us02web.zoom.us/j/85429749682>

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

**Sat., July 29, 2023, 10:30 am—12 pm EST, Greater Atlanta Intergroup, "The Tool of Service—Where Do I Fit in?"** Zoom Meeting ID 431 394 3661, Passcode: serenity. <https://atlantaoa.org/2023/04/19/2023-5th-saturday-the-tool-of-service-workshops/> *See flyer below.*

**Sat., September 16, 2023, 2:00 pm-3:30 pm EST. Region 3, "You Are Not Alone, " Relapse Prevention Workshop.** Zoom info. TBA. *See flyer below for registration info.*

**October 13-15, 2023. OACFI Fall Retreat, Lake Yale Retreat Center, Leesburg, 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**



**REGISTER SOON!!** 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?](#)**

Committees seeking volunteers: 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, JULY 5 AT 5 PM**

Join Zoom Meeting

<https://us02web.zoom.us/j/81807095842?pwd=aGRsaDhvZ2dxT2xLS0wza1BUZkFWdz09>

Meeting ID: 818 0709 5842; Passcode: retreat

Phone in: 305 224 1968 US

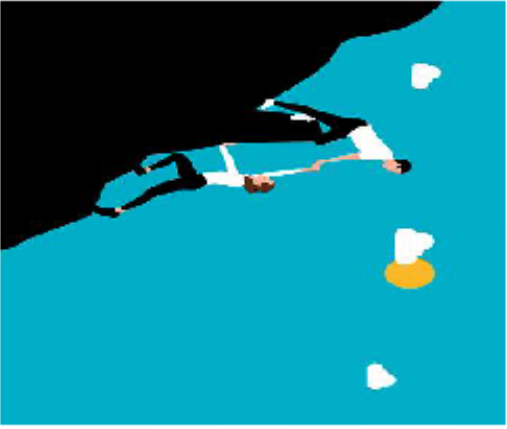
## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# OVEREATERS ANONYMOUS<sup>®</sup>

## CENTRAL FLORIDA INTERGROUP

### OA Fall Retreat 2023

October: 13<sup>th</sup>-15<sup>th</sup>, 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 30<sup>th</sup> No refunds after September 30<sup>th</sup>. "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](mailto: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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Overeaters Anonymous Workshop on the Twelve Steps

*A 15-session workshop designed to help participants  
achieve and maintain abstinence through working all Twelve Steps*

August 24-December 7, 2023  
Thursdays, 6-8 p.m.

*August 24th is the Introductory Session, no class on Thanksgiving Day*

from Karen H. 6/21/23: *Today's VOR focuses on two things that go hand in hand. One, the lead, exhorts us to work the steps. Basic mainline program. And to work them abstinely. The primer for life is held within them. Daily. It's a rhythm. And any one of them can give us the guidance we need to navigate life. It's good to lean into their instructions. To renew their power. And to allow ourselves to be healed and changed. That leads me to the second thing today's reading leans into; Our step work/God work to fully take hold and guide us must be done sincerely. It's purity of heart work. It's aligning genuineness of intent towards my program. Daily. And in that orientation best courses of action can then unfold. God things!*

The following OA approved literature will be used in the workshop session and homework assignments:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*
- *Alcoholics Anonymous, Fourth Edition (the Big Book)*
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*
- *Twelve Step Workshop and Study Guide, Second Edition-Overeaters Anonymous*

Participants need their own copies.

**.Workshop will be held via Zoom, Central Florida Intergroup**

Questions: Contact Debby H. : [hugs333@att.net](mailto:hugs333@att.net) or 386-402-6631

This is a closed workshop for 4-12 participants. No new members may join after the Introductory Session. Participants commit to attend and fully participate in all sessions.

**\*\*NOTE: THE FACILITATOR IS SEEKING A CO-FACILITATOR. PLEASE CONTACT DEBBY H. IF INTERESTED**



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**Register Now!**

**Recovery:  
Putting the Pieces Together**



**2023 Overeaters Anonymous  
Region 2 Convention  
Orange County / Costa Mesa CA  
July 7-9, 2023**

**Experience a weekend of fun, fellowship, and recovery!  
Participate in-person or via Zoom (2 channels)!**

**Marathon meetings  
OA speakers / panels / workshops  
Spanish simultaneous Zoom translation  
In-person: entertainment, dining, and surprise activities!**

**Register Online**

In Person \$75 • Zoom \$35 • Book hotel  
[oar2.org/upcoming-convention](http://oar2.org/upcoming-convention)  
Questions? [convention@oar2.org](mailto:convention@oar2.org)

**Hotel**

Hilton Orange County / Costa Mesa  
3050 Bristol St. Costa Mesa, CA 92626  
\$189/day per room (discount code "OAR2")  
\$18/day hotel parking (discounted rate)

**Dining**

**please order before June 30**  
Sat. Box Lunch  
Sat. Banquet Dinner with Speaker  
Sun. Buffet Breakfast with Speaker

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Triangle OA Intergroup 12<sup>th</sup> Step Within Committee  
invites you to join us in celebrating abstinence!



# The Freedom of Abstinence

*Abstinence means freedom  
from the bondage of  
compulsive overeating.*

(Voices of Recovery, May 6)

## Workshop details...

**Saturday, July 8, 2023**

**1:00 PM – 3:00 PM EST**

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

## Zoom details:

**Meeting ID: 834 3932 6593**

The meeting host will admit fellows to the workshop!

Suggested 7<sup>th</sup> Tradition donation of \$5.

## Workshop activities...

- Two speakers sharing their experience, strength, and hope on strong abstinence.
- Group activities
- Individual reflection time
- Movement
- Music
- Sharing time

For questions, please email:  
[12stepwithin@triangleoa.org](mailto:12stepwithin@triangleoa.org)

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



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

# **Undereating in OA: Restricting, Bulimia, & Anorexia**

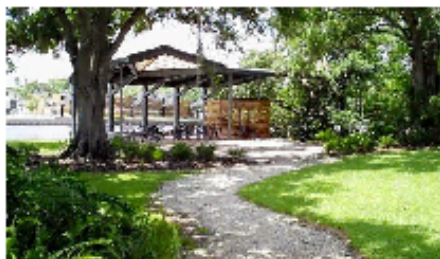
**July 22, 2023 | 10am - 11:30am PST**

Young persons encouraged to join this virtual event

→ Event link will be posted at [OASF.org/events](http://OASF.org/events) a week prior to event



## 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



Greater ATL OA IG  
presents

# The Tool of Service

2023 5th Saturday  
Virtual Workshops

ID: 431 394 3661  
PW: serenity

Our interactive format allows for Q&A, and it's fun as well as informative!  
Ever wonder how to increase participation in your service body,  
or why you even need to be of service?

Join us on Zoom-- and find out! <https://bit.ly/3e6jdtL>

5th Saturday Meeting Topics

04/29/2023	Structure & Increasing Participation
07/29/2023	Where do I Fit In?
09/30/2023	FAQs about Service
12/30/2023	ABC's & DEF's of Service

1030 AM  
to 12 PM  
ET

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](mailto:r3tswregister@oaregion3.org)**

**Zoom Meeting Info Coming Soon**



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 SEVEN:**

**Humbly asked Him to remove our shortcomings.**

Spiritual Principle:

**HUMILITY**

When I first began to work on the Sixth and Seventh Steps, I could not understand why anyone would NOT want all their character defects to be removed. But as I began to really work the Steps, I realized that I didn't know what my character defects were, and how I thought that I needed them to survive. I didn't realize how manipulative, passive-aggressive, full of self-pity, and negative that I was. I did not realize that these things were helping me to believe that I never did anything wrong, and that I was a powerless victim of how everyone in my life treated me. I was full of resentment towards the people that I thought so mistreated me. What I needed to see was that I loved being resentful and that I hung on to it as a badge of honor. "Look at me! The poor little victim!"

I had to be shown that these were things that weren't working for me, and that I had to HUMBLY ask my Higher Power to remove them on His time, not mine.

Here is a helpful reading from *Voices of Recovery*, June 4, p. 156 :

"We are powerless over each of our defects of character, just as we are powerless over our food. It will be up to a power greater than ourselves to remove them from us; we cannot do it alone." (From The Twelve Steps And Twelve Traditions of Overeaters Anonymous, p. 55)

For the longest time, I thought it was up to me to make my character defects go away, to try hard to be a better person, to battle knee-jerk reactions and force a new personality to emerge.

I came to see that the process was much more gentle. I'd already seen the benefits of letting my Higher Power work on my food problem. The awkwardness I felt about my imperfections became a catalyst to move ever closer to my Higher Power.

By acknowledging my powerlessness and asking for help in my prayers, I received new insights, much needed self-restraint and the ability to negotiate stormy waters without leaving a wake of disturbance in my path . . . ."

Christie H.

**HUMILITY**

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****TRADITION SEVEN:**

**Every OA group ought to be fully self-supporting, declining outside contributions.**

**Spiritual Principle:  
RESPONSIBILITY**

**Be Responsible Enough to Respect Tradition Seven**

Most compulsive overeaters today would agree that we were not very responsible when it came to our health, since we became members of OA. I know for myself, I constantly try to find the best way to create my diet (or food plan) whereby I'm eating right and feel healthy when I eat. My food plan needs to be accompanied by a good daily and weekly exercise routine. This process is not always an easy task for me, mainly because I need to train myself mentally how to think healthy. My health, my diet, my food plan, and my entire psychological make-up when it comes to food, totally depend on me being responsible. For us as recovering compulsive overeaters, living the responsible lifestyle becomes a lifetime task. We should see this goal as a group effort.

If we attack this enigma as a family of OA members, we have a better chance of being successful. In agreement with becoming more responsible individually, Tradition Seven targets us as a group to become financially responsible. This group responsibility entails being self-supporting and not accepting endorsements or financial support from outside entities. In addition, as we grow and mature in our recovery, we don't take our abstinence for granted. We take pride in our abstinence and are willing to fight to keep it.



Also, the Seventh Tradition's spiritual principle of responsibility guides our program and clearly supports the Traditions that come before it. The Seventh Tradition keeps us focused and on target. We cannot be influenced by outside money to lose or alter the principles of Tradition Three and Tradition Five. Tradition Three reads, "The only requirement for membership is a desire to stop eating compulsively." Our focus is clear; we use the tools of the program to obtain freedom from our disease on a daily basis. This freedom comes to us with a cost, a responsibility; we can't keep it without giving it away.

Tradition Five is our individual and group mandate. It reads, "Each group has but one primary purpose- to carry its message to the compulsive overeater who still suffers." By not accepting funds from outside persons or groups who might want to change us, we can stick to our primary purpose.

We are growing spiritually to become more responsible individuals than we were when we started. This is a positive plan for us to achieve recovery and develop a healthy attitude toward living an abstinent life.

Tony B.

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### CONCEPT SEVEN:

**The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.**

Spiritual Principle:

**BALANCE**

I find the Concepts difficult to understand, yet I know they are vital to OA functioning in a healthy manner. Below are a few definitions that help me grasp Concept Seven better. They are from a document found on the OA website, entitled “Service, Traditions, and Concepts Workshop Manual,” page 11:

“The World Service Office was established to answer inquiries, publish literature, and provide other services to OA groups and individuals everywhere.”

“A Board of Trustees, which is composed of seventeen OA members elected to serve OA as a whole, functions as guardian of the OA Traditions and Concepts and interpreter of policies affecting OA.” The document notes that the Board is “responsible for the operation of the World Service Office.”

“The World Service Business Conference, held annually, has voting membership consisting of delegates sent by intergroups (associations of groups), service boards (associations that provide support for groups and intergroups outside the U.S. and Canada, or those that share a common language or special focus), regions (associations of intergroup/service boards as defined by OA Bylaws), and trustees.”

The pamphlet, “The Twelve Concepts of OA Service,” states that the Bylaws of OA “are its self-adopted rules for the regulation of its business affairs.” This pamphlet also notes: “In practice, all the bylaws ensure that the Traditions are not violated by any action of the board or Conference, that service bodies are fairly represented at Conference, and that members of the Board of Trustees meet certain requirements.”

Concept Seven clearly defines which part of the bylaws relates to the Board of Trustees (BOT) and which part relates to the World Service Business Conference (WSBC). The pamphlet identifies the BOT as the directors of a non-profit corporation. The WSBC, according to the OA website, is “held to elect trustees, amend bylaws, adopt new business policies, and provide information to delegates through presentations and workshops on issues that affect OA as a whole.”

Each of the parties mentioned—the BOT and the WSBC—has certain well-defined responsibilities. The Board of Trustees does not have to do what the WSBC does, and the WSBC does not have to do what the BOT does. However, they work well together—thus the spiritual principle of “balance” arises—to help govern and operate OA.

“Balance” is a good principle for me to work on, since my life often feels unbalanced—too much play or too much work, for example. However, OA has helped me move towards a more balanced life—with my food, my actions, and my emotions. Just as this Concept provides a definition of duties, rights, and responsibilities, so can the OA program guide me to the duties, rights, and responsibilities that are in accordance with God’s will for me.

Alicia C.





## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### OA and Balance

Just before the first meeting I walked into, I sat in my car and scarfed a whole bag of something unhealthy and unhelpful. I dusted off my fingers, brushed off my shirt and legs in the parking lot and walked into an OA meeting. My knees were shaking and I was sweating. Early into that meeting, I quit sweating and started listening. Everyone was sharing a version of what I'd been experiencing for years.

Before my program, I swung from stressed and worried about something, to bingeing over it, then hating myself and feeling terrible shame. Then I'd go home and be rude to whoever was there. This became a negative loop I was caught in for years. Nothing was in balance in my life.

I consider myself a spontaneous individual; planning is hard for me to do under the best circumstances. Prior to OA, I thought boundaries and routine were silly. It would be hard for me to follow a regular routine. I had tried it numerous times and it always crashed.

As I started learning more about the program and incorporating a reading here, a meeting there, my eating started improving. After some outside help and meeting even more people who were recovering or recovered, I started copying them.

Turning my meal times into routine was one of the most life-affirming things I have ever done to care for myself. I know now how important my three meals are, how important that snack is on days I am hungry. I know how important (but still unappreciated) it is to plan ahead, to make a list, to take care of my food needs as though I'm a little kid who needs help.

Each and every time I follow the plan I have made with our tools, the white-capping lake of my life calms, and I can *choose* what to do next, rather than reacting to something I did or didn't do. I give myself time to pause before reacting.

I notice my work is more effective; I get more done. When I don't have food cravings, I am not wasting time thinking of unrelated stuff. I just eat my meal, I am comfortable, and I move on.

Even better, I get along better with my partner. I'm not picking fights because I hate the crap I just shoved down my throat or because I'd waited hours too long to eat, hoping the last binge would be digested. I can still be snippy, but I am better at recognizing hunger and most days, that lunch or dinner I need is either ready or getting started.

The best part of this balance is I have more to share with others. I can share what works and doesn't in my program; I can freely ask my fellows when I have a problem. I feel even-keeled, which is a new feeling to me. I can grow to love this feeling.

Annie M.



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****MY OA COVID SILVER LINING (THANK YOU, VIRTUAL MEETINGS!)**

I'm writing this from my Michigan home, where I spend about six months away from Florida each year. I started attending OA Central Florida Intergroup (OACFI) face-to-face meetings in 2008 when I moved to Florida. But when I returned to Michigan, I lost some contact with my OACFI support and friends. I went to face-to-face meetings in Michigan and met some great people, but it just wasn't the same. I missed the fellowship of my good OACFI friends. My annual migration pattern did affect my working the Steps and tools, and my OA program suffered. I had difficulty obtaining a permanent sponsor. In remote Michigan areas, I resorted to telephone OA meetings, but it just wasn't the same.

Then came COVID. This was a sad time, and I lost a few friends and relatives and even an OA sponsor to this ravaging disease. As a method of coping, we attended OA virtual meetings (through video-conferencing) online when OA face-to-face meetings were not possible. Thank you, virtual meetings!

Online virtual meetings have been my OA "silver lining" of COVID. In 2020, I saw an OA men's virtual meeting on Tuesdays at 7 PM. I now attend this meeting regularly. During the height of COVID, we had more than 60 men attending. What a blessing! Virtual meetings helped me to get a permanent male sponsor from New York City. I also sponsored men in various parts of the US, and developed a close bond with my distant OA friends, even though we rarely meet face-to-face. A virtual meeting platform has helped me to attend OA meetings and workshops throughout the country. Also, I'm traveling to Italy for two weeks this summer, and my OA virtual connection is always with me, wherever I go. Thank you, virtual meetings!

In August 2020, I noticed that there wasn't a dedicated speaker meeting in OACFI, so we started our OACFI Thursday Evening Virtual Speaker Meeting at 7 PM. I've served as the "speaker-seeker" for most of the past 30 months. We've had more than 125 unique national speakers with immense recovery to speak at our meetings. We've had participants from throughout the United States, Canada, South America and even Australia. Virtual meetings helped me to have exposure to such great inspiration, perspective, and recovery. All this would not have been possible without the virtual meetings. Thank you, virtual meetings!

Today, I'm doing well, having virtual meetings with my New York sponsor and distant OA friends, going to online meetings, working the steps and tools, and staying abstinent. I do cherish my face-to-face encounters, and I've already registered for the OA Lake Yale Retreat in the fall. However, the return of face-to-face meetings has caused OA virtual meeting attendance to decline nationally. Unfortunately, our OACFI Thursday Evening Virtual Speaker Meeting is also much smaller.

I invite you to attend our OACFI Thursday Evening Virtual Speaker meeting at 7 PM Eastern (Zoom ID: 863 7071 7790; PW: 654321). We are unique to OACFI. You'll meet national speakers and global participants who have changed my life. Thank you, OA! Thank you, virtual meetings!

Link to Thursday 7 pm EST Virtual Speaker Meeting: <https://us02web.zoom.us/j/86370717790>



Jack L.

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Overheard at a Meeting:

- ♦ A tumble keeps you humble.
- ♦ A coincidence is an incident where God remains anonymous.
- ♦ We are always as sick as our secrets.
- ♦ Food does not fix it.

#### Humility

"We see each adversity as a God-given opportunity to practice the kind of courage which is born of humility rather than of bravado."

—As *Bill Sees It*, 91 *Grapevine*, January 1962

Living the steps, instead of just reciting them in meetings, has enabled me to develop humility, which is a desire to seek and do God's will instead of my own. I am starting to rely on my Heavenly Mother's infinite wisdom more and more and trust on my prideful ego less and less.

Bingeing had loaned me egotistical bravado. I felt a rush when breaking free from the constraints of God's will. After a binge, in my much-repeated shame cycle, I woke up physically sick and emotionally hungover, realizing I'd damaged my relationship with myself once again.



Now, as I trudge the road of happy destiny, I start each day with meditation, asking my Heavenly Mother only for knowledge of Her will for me and the power to carry it out (Step 11). I move through the day, doing my imperfect best to be kind to myself and others (Step 12). When I goof up, I make amends directly and immediately (Step 10). When a living amends is called for, I ask God Mom to change my thinking and therefore my behavior in order to help me treat others better in the future (Step 7).

Living an honest life guided by OA, I no longer need to numb out. I am brave enough to navigate each challenge emotionally sober, relying on God's nudges to safely guide me through each twenty-four hours. Humbly working my program gives me courage to live my best life, and I am thankful.

Lucky in Maui



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Reflections



*True freedom is to share  
All the chains our brothers wear,  
And, with heart and hand, to be  
Earnest to make others free!*  
James Russell Lowell

Earnest. Not self-serving.

It is a tough rubric to measure up against. It always comes down to balance, doesn't it?

I do believe I experience many freedoms of recovery. I feel enormously blessed. I am a compulsive person . . . I want more . . . freedom, serenity, peace of mind, growth . . . experience, strength and hope. So . . . I'm going to keep trudging and plumbing the depths of my 12-Step recovery.

I need to always remember, the only recovery I can be responsible for is my own. Part of that is being willing to give it ALL away. It is a lot like love . . . a never ending well from which to draw forth its contents. I can only share the message I have to share . . . it is imperfect . . . it may only contain a very small kernel of truth for another . . . but it needs to be honest, humble and earnest.

And it is better if I am not a hot mess!

For today, I've got my act together. Thank you, HP!

Debby H.

"Voices of Recovery" today (May 30) ends with the maxim: "I am alone, but lonely no more." It's the power of the program. When I was eating/controlling food, I had a mighty fortress built up that kept me apart from people. I was very lonely, trapped in my body and head. As I found program, and live program principles, the walls of that fortress can tumble down. It starts with a sponsor, a food plan, and my reaching out in this fellowship to others for help and service. And it grows from there. Loneliness can still happen. But working a program, it can merely mean I am alone. There is love keeping me company now, plus a fellowship and Higher Power to pave my way. Being alone is no longer that frightening! And loneliness, well, there is a guaranteed antidote found in the 12 Steps. Thank you, God.



Karen H.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Working the OA Program

I read something yesterday that was very helpful for me in keeping my journey in perspective. Aside from the peace I'm feeling amidst chaos, I'm also enjoying a lot of health benefits. Before coming to program, I had been having a lot of health issues because of my compulsive overeating. Many of those things have been resolved. (The ones that haven't are the long-term consequences from years of abuse to my body). What I read reminded and motivated me to keep things clear about my journey 🧐. What I read is this—it is not about weight, so please don't take it that way:

“The quantity of your food affects how you look. The quality of your food affects how you feel.”

This journey is about so much more than what we see in the mirror: this improved health and energy, the tools to get through hard things, the relationship with my Higher Power, the connection with friends who understand, and improved and more healthy relationships. The list goes on and on.

Together we get better! ❤️💊

Kym



*Photo taken in Greece by Lucky from Maui*



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# News & Views from OACFI Committees

## Public Information and Professional Outreach (PIPO)

This committee has been very active! Two digital billboards (sample below) are currently up and located in Orlando for one month (June 5-July 2). The billboards are located near downtown. One billboard is on I-4 eastbound just north of downtown, on the right-hand side, and one billboard is located on the 408 eastbound close to downtown, heading into downtown near the Camping World stadium on the left side of the highway.

For outreach to professionals, nine bariatric physicians were contacted and mailed information about OA. Next, ten dietitians will be contacted and mailed information about OA.

The committee is gathering information regarding possibly placing ads on radio, Facebook, and Instagram.

*Editor's Note: The PIPO Committee meets via Zoom on the second Saturday of each month, after Intergroup. The next meeting is July 8, 2023. All members are welcome. See last page of this newsletter for Intergroup Zoom info.*





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?  
pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09](https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09)

Meeting ID: 297 035 614  
Passcode: 028590

OVEREATERS  
ANONYMOUS<sup>®</sup>  
CENTRAL FLORIDA INTERGROUP

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# 7<sup>th</sup> 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

PayPal: Send to [oacfitreasurer@gmail.com](mailto:oacfitreasurer@gmail.com)

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

Thank you Kathy M., Treasurer OACFI

## HOW TO USE PAYPAL

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-right-hand 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 and the newsletter editor 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>



*Photos*

*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?

Overeaters Anonymous' website has a section entitled "**Podcasts and Videos,**" where you can access podcasts and recordings organized under the categories listed below. Check it out at: <https://oa.org/podcasts/>

- ♦ Interviews, Readings, and Meetings
- ♦ Young People's Podcasts
- ♦ Podcast en Español (Spanish podcast)
- ♦ Traditions Videos
- ♦ Virtual Workshops
- ♦ Founder Recordings (*Hear the words of Rozanne S. OA's founder.*)
- ♦ Breaking Out of Relapse (*video*)
- ♦ Short Videos for Registered Groups and Service Bodies to Share on Social Media
- ♦ Public Information
- ♦ Public Service Announcements (*for radio*)





## 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**

**SERVICE OPPORTUNITIES**

**Overeaters Anonymous Central Florida Intergroup  
needs trusted servants for:**

- \* Twelfth Step Within Chair (newly vacant)**
- \* Next Generation Chair**
- \* Tik Tok Producer**
- \* Mailing List Coordinator**
- \* Region 8 Reps (2 positions open)**
- \* Literature Chair**
- \* Server Platform Coordinator**

**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.**

**“As OA members we may donate many hours of  
service . . . . Our reward is something money can’t  
buy—our own personal recovery.”**

**Voices of Recovery, December 21, p. 356**

# 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](mailto:tooncesc@yahoo.com).

item #		Cost	Apr-23
	<b>Pamphlets, Booklets and Wallet Cards</b>		
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 #	<b>Pamphlets, Booklets and Wallet Cards</b>	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
	<b>Books</b>		
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
	<b>Recovery Coins</b>		
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
	(Continued on next page.)		

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

	(Continued from previous page. OA Literature for Sale.)		
	<b>Recovery Coins</b>		
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
	<b>Audiovisual</b>		
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](mailto:newsletter@oacfi.org)

**NEW:**

1. ➡ **Deadline for items is the 1st of the month that is 1 month prior to publication.**
2. **Starting with the August 2023 issue, each month one of OA's nine TOOLS will be featured in a brief article (3-6 sentences is fine—write more if you like). The TOOL for August is "ACTION PLAN." Please consider writing the article; you can ask yourself the following questions:**
  - **How do I use this tool? What do I do to work it?**
  - **What does the tool mean to me? What are its benefits?**
  - **Anything else you would like to add!**

**Newsletter Needs by Date**

**For AUGUST 2023 Newsletter: [DUE July 1, 2023 or ASAP](#)**

**Need articles on:**

**Concept Eight: Delegation**

**Writing Prompt/Challenge:**

**How has fellowship in OA enhanced your program?**

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

**Need articles on:**

**Step Nine: Love**

**Concept Nine: Ability**

**Tool: Anonymity**

**Writing Prompt/Challenge:**


**Discuss a difficult amend and how you made it.**



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

<b>For OCTOBER 2023 Newsletter: <a href="#">DUE SEPTEMBER 1, 2023</a></b> <b>Need articles on:</b>
<b>Tradition Ten: Neutrality</b>
<b>Concept Ten: Clarity</b>
<b>Tool: Literature</b>
<b>Writing Prompt/Challenges:</b> <ul style="list-style-type: none"> <li>• How I work my program during holidays</li> <li>• How do you persevere when the going gets tough?</li> </ul>
<b>For NOVEMBER 2023 Newsletter: <a href="#">DUE OCTOBER 1 2023</a></b> <b>Need articles on:</b>
<b>Step Eleven: Spiritual Awareness</b>
<b>Tradition Eleven: Anonymity</b>
<b>Concept Eleven: Humility</b>
<b>Tool: Meetings</b>
<b>Writing Prompt/Challenge:</b> <ul style="list-style-type: none"> <li>• How I work my program during holidays</li> <li>• Describe how your spiritual awareness has changed since you became a member of OA.</li> </ul>
<b>For DECEMBER 2023 Newsletter: <a href="#">DUE NOVEMBER 1 2023</a></b> <b>Need articles on:</b>
<b>Step Twelve: Service</b>
<b>Tradition Twelve: Spirituality</b>
<b>Concept Twelve: Guidelines (selflessness, realism, representation, dialogue, compassion, respect)</b>
<b>Tool: A Plan of Eating</b>
<b>Writing Prompt/Challenge:</b> <ul style="list-style-type: none"> <li>• How I work my program during holidays</li> <li>• Gifts the program has given me</li> </ul>

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

# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Meeting List as of 6-7-23

			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	OA Monday Big Book Meeting Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdm1FOFdld1NVSOlrN0hTQT09">https://us02web.zoom.us/j/86203355835?</a> <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdm1FOFdld1NVSOlrN0hTQT09">pwd=S21XWGNKdm1FOFdld1NVSOlrN0hTQT09</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

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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 <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
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

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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 <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
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

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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12:00 pm	Med	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>	New Meeting 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

Med – Meditation

N – Newcomers

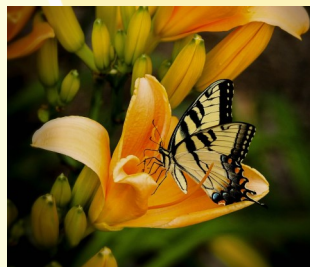
SF – Special Focus

SS – Step Study

### VIDEO-CONFERENCE MEETING SECURITY AND INFORMATION

The Southeastern Overeaters Anonymous Region 8 (SOAR 8) Technology Committee has created several informational documents, listed below. You can right-click on a title and choose “open hyperlink” to access the document directly, or go to the SOAR 8 website: <https://oaregion8.org/committees/technology/>

- ♦ [A Primer on QR Codes](#)
- ♦ [Tips & Tricks on Reducing Background Noise](#) (Virtual Meetings)
- ♦ [Video-conference Meeting Training & Security/Preventive Measures](#)



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### TREASURER'S REPORT FOR APRIL 2023

Group Number	Day	Name	APRIL 2023 Contributions
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 15.00
800822	M-S	Central Christian Church Noon	\$ 144.84
800729	Mon	Dunnellon Pres Church Dunnellon	\$ 140.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	UMC, DeLeon Springs	\$ 100.00
89068	Mon	Central Christian Church 12pm	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
800442	Mon	Grace Zoom	\$ 6.00
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	\$ 85.00
50209	Tue	Chatham Rec Ctr., The Villages	
52613	Tue	North Pool Celebration , Kissimmee	\$ 75.00
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	\$ 60.00
57675	Thurs	The Meeting Place Ocala	
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminister By The Sea	
52976	Thurs	Grace Episcopal, Port Orange	
89071	Thurs	Central Christian Church	
54798	Thurs	Better Together	
89006	Thurs	Zoom Speaker Mtg	\$ 45.00
89384	Thurs	Zoom Body Image	\$ 80.00
936	Fri	Tusawilla UMC, Casselberry	
20088	Fri	St. Lukes UMC	
45611	Fri	Lady Lake Library	\$ 40.00
89072	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$ 66.00
800378	Sat	Zoom Port Orange 9 am	

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

Group Number	Day	Name	APRIL 2023 Contributions
800324	Sat	For Today 9:30 am	
46887	Sat	Ascension Church	\$ 50.00
48952	Sat	Port Orange Presy	
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	
		Remaining treasury closed group	
		unknown group #	\$ 100.00
		Individual Contributions (PayPal)	
		Individual Contributions (check)	\$ 500.00
		literature	
		Step Workshop	
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		<b>Total Group Contributions</b>	<b>\$ 1,526.84</b>

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

**[www.facebook.com/oacfi.org](http://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:	<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.
12th Step Within:	<b>OPEN</b>
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 July 8, 2023

10 am August 12, 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)  
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 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.