

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS
ANONYMOUS®
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

AUGUST 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

Sat., August 19, 2023, Sponsorship Day, "How Do You Carry the Message to Those Who Still Suffer?"

Wed., August 2, 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)
[pwd=aGRsaDhvZ2dxT2xLS0wza1BUZkFWdz09](https://us02web.zoom.us/j/81807095842?pwd=aGRsaDhvZ2dxT2xLS0wza1BUZkFWdz09)

Sun., August 6, 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=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success)
[pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#](https://zoom.us/j/94721259974?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success)
[uccess](https://www.oarise.org/) or <https://www.oarise.org/>

Sat., August 12, 2023, 5:30 pm—7:00 pm EST, A Design for Living Intergroup Monthly Speaker Series, "Working with Others." Zoom Meeting ID 200 540 624 No passcode www.ad4l.info

Fri., August 18—Sun., August 20, 2023, Sponsorship Day. Celebrated the third full weekend (Friday included) of August, this is a day set aside to acknowledge the importance of sponsoring in our Fellowship.

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.

(Continued on right)

(Continued from left)

Fri.—Sun., Sept. 22-24, Piedmont Intergroup Mountain of Miracles Annual Retreat, Black Mountain, NC: "Relationships—the Heart of OA Recovery." <https://piedmontintergroup.org/retreat-registration/>

See flyer below.

Sat., Sept. 30, 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.

Fri.—Sun., October 13-15, 2023. OACFI Fall Retreat, Lake Yale Retreat Center, Leesburg, FL, "I Think I Can. We Know WE Can." See flyers below.

Fri.—Sun., October 13-15, 2023. OA Unity Intergroup 2023 Retreat, Chattanooga, TN: "A Walk through the 12 Steps: The Sunlight of the Spirit is the Solution." <http://www.oaunity.org/events.html>

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@oacfi.org

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

WEDNESDAY, AUGUST 9 AT 5 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/87420030001?pwd=aVpOdjRhWkZJTUNXKzFEaU0ZTBKQT09>

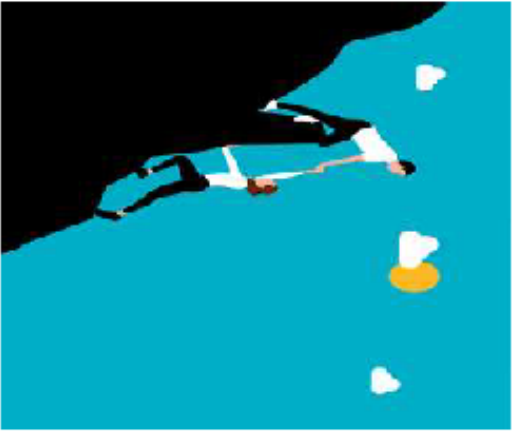
Meeting ID: 874 2003 0001; Passcode: retreat

Phone in: 305 224 1968 US

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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, "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 as follows:
PayPal: OacfiTreasurer@gmail.com
Zelle: 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

ATTENTION: BASKET MAKERS FOR LAKE YALE

It has been suggested that a few guidelines be put in place to assist those who generously volunteer to put together baskets for our Fall Retreat at Lake Yale on October 13-15, 2023. Thank you for all your service. We do need OA'ers to donate actual (empty) baskets.

We are requesting that each Group to donate a basket and one piece of OA literature. A handwritten or typed list of the items found in the basket should be attached to the front of the basket.

◆ Please consider these points:

- Items need to be new
- Please donate only OA-approved literature, i.e., OA and AA literature approved by OA. (See <https://oa.org/guidelines-meetings/approved-literature-list/> if you have questions.)
- We do not recommend food items.
- Please steer clear of religious items.

◆ Here is a list of possible themes:

- Personal Grooming
- Bath & Body—soaps, loofah, perhaps a candle
- Garden Theme
- Tea Party items—Teas, teacups (?), an OA Meditation Book
- Crafts—Miscellaneous items for any number of crafts
- Literature
- Letter-Writing: stationery, stamps, pens, etc.
- Journal and pen from Region 8 (for \$22), available at <https://cart.oaregion8.org/product/soar8-journal/>
- Pet Theme: Treats, toys, etc.
- Games Basket: wooden puzzles, crossword puzzles, sudoku puzzle books, deck of cards, Yahtzee, Jacks, Left Right Center, Pick-up Sticks, etc.
- Scrapbooking Basket—Misc. items
- Photo frames
- Measuring cups, scales
- Serenity Prayer items (available online, sometimes in religious gift stores) such as coffee mugs, plaques, key chains, etc.
- Gift Cards—to uncontroversial places or services. (Gift cards can be purchased in most drug, grocery, and big-box stores.) Examples:
 - Grocery stores, drug stores, big-box stores that sell variety of items, gasoline, online stores or services, general credit cards (usually charge a fee), bookstores, department stores, and restaurants (larger restaurants with a variety of food recommended—not dessert shops, since many OA'ers do not eat sweets!)



Be creative in assembling your basket and know that however it is put together, it will be appreciated. The **DRAWING** for these baskets helps to raise money for the retreat and any donation is appreciated.

Rosemarie K.

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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 Voices of Recovery reading 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: E-mail chair@oacfi.org

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 EMAIL chair@oacfi.org IF INTERESTED.**

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



MOUNTAIN OF MIRACLES ANNUAL RETREAT

Relationships

the heart of OA recovery

CHRISTMOUNT RETREAT CENTER, BLACK MOUNTAIN, NC
SEPTEMBER 22-24, 2023

PIEDMONTINTERGROUP.ORG/RETREAT-REGISTRATION

Deepening our understanding of the heart of OA recovery -
our relationship with ourselves, our bodies, our higher power, and OA
fellows through a study of the steps, traditions, concepts, tools,
slogans, and fellowship.



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

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.



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STEP EIGHT:

Made a list of all persons we had harmed and became willing to make amends to them all.

**Spiritual Principle:
Self-Discipline**

The Art of Learning Empathy: Step Eight

How is it considered self-discipline to know how to say, “I’m sorry”? My wife taught me how to properly say, “I’m sorry.” She showed me the true art of empathy, sympathy, and compassion from another person’s perspective. I’ve learned the art of being in touch with reality and knowing that I’m not always in the right. However, I’m still a little arrogant. Being empathetic and understanding another person’s point of view is not an easy goal to achieve; we cannot just mark it off our bucket list as a mastered skill. It is a lifetime journey; some of us may come to the end of our lives with unresolved issues and resentments.

It’s for these reasons that Step Eight is so important. One must come to terms with where they have wronged others and where their addiction has caused harm towards another human being. Plus, an addict needs to learn how to forgive themselves. This is the core of self-discipline and the root of where one finds compassion. When you understand and accept some of the mistakes you caused within your own life, you are then able to open your eyes to see how to care for someone else’s pain. All these emotions may not appear as a process of self-discipline, but the effort to make this leap of personal growth takes work.

The idea of quitting smoking cigarettes, or following an exercise plan weekly, or finishing reading a book which you started, or working on arriving on appointments promptly, can be daunting. However, practicing and mastering these tasks nurtures self-discipline. Furthermore, training one’s heart to feel properly and in a healthy manner is also a form of discipline and growth. The muscle you’re working on is spiritual. The principle you’re practicing works both in the mind and in the brain. The ability to feel a certain way is both physical and spiritual. Step Eight is designed to help you achieve self-discipline. Embrace this step with humility.

Tony B.

SELF-DISCIPLINE

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION EIGHT:

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers..

**Spiritual Principle:
FELLOWSHIP**

The Importance of Fellowship

Along the lines of the tradition, I would like to say that I'm grateful that we don't have paid workers and that it's actually other compulsive eaters that we out reach out to. Because hearing other people's experience, strength, and hope blesses me more than I can say.

The other day I was driving home from seeing a musical with my adult son. We had a lot of fun, and I started feeling like maybe we should go out to eat to finish off on a celebratory note.

As I drove, the urge got stronger and stronger. I silently prayed and could instantly envision my less exciting but healthy, abstinent meal at home waiting for me in my fridge. My disease was very loud, and as I passed different restaurants, I started thinking about what I would order there. It was like I had an angel on one side and a little devil on the other. The negative voice was getting louder and louder.

I quickly decided that I would do whatever it took to get home without stopping. But I knew I couldn't do it alone.

I called an OA fellow and didn't get an answer so I left a message.

I called another fellow and left a message.

I called ANOTHER fellow and left a message.

Finally, on my 4th call, a fellow answered. I could have given up. The food I was going to eat would still have been abstinent, but not great for me and not sticking to my food plan. This particular fellow asked me questions and actually helped me to see there was more to what was going on than just the food I wanted. It became very clear. She stayed with me on the phone for the ten remaining minutes it took for me to get home. And then I was safe. All of the feelings went away; I was so grateful that I hadn't given in. She served and strengthened me in a beautiful way.

I'm so glad that I have taken numbers and done outreach to build my community of fellows that I can help and that in turn they can help me. It's a beautiful thing to continue to see that it's never really about the food. Having fellows who understand compulsive eating to talk to has helped me see situations in my life through a different lens.

I am forever grateful for this blessing in my life.

Kym M.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT EIGHT:

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Spiritual Principle:

DELEGATION

Concept Eight is fairly straightforward. The pamphlet “The Twelve Concepts of OA Service” states: “The Executive Committee is composed of all board officers and other trustees elected by the full Board of Trustees. It is expected to meet regularly with the managing director to handle business matters of the World Service Office. The Executive Committee then reports back to the entire Board of Trustees.”

This pamphlet goes on to explain that the managing director is a skilled and experienced professional who is paid for the daily management of the World Services Office.

What, then, is the difference between what the Executive Committee does and what the World Service Office does? The same pamphlet mentioned above gives clear definitions. The Executive Committee “oversees all of OA’s operations,” including “the budget, prudent reserve, investment matters, annual audit, legal issues, and pricing OA literature.” On the other hand, “the World Service Office staff are registering groups and service bodies; answering member inquiries; providing worldwide meeting information; producing, publishing, and shipping OA literature and specialty items; publishing newsletters; maintaining the OA website; and preparing public information material.” If the World Service Office staff get a question related to recovery, traditions, or group problems, they refer it to a trustee.

Delegation can help things run smoothly by providing a clear outline of responsibilities and clear boundaries. I know that in my personal work experience, I have struggled greatly when my role was not clear. I like to be in control, and if I don’t know what I am supposed to do (even if I don’t actually do it!), I can freak out. I don’t like dealing with uncertainty—and that is not always a bad thing.

Delegation is also important to me because it is a reminder that I don’t have to do it all. Other people can have significant roles in a project or undertaking—no, I don’t get all the glory that my ego wants, but I also don’t have to have all the responsibility that my brain, body, and emotions can’t handle.

Alicia C.

All quoted material in this article is from the pamphlet “The Twelve Concepts of OA Service—Spiritual principles for all who serve,” 2001, 2008, revised 9/2022. Copyright Overeaters Anonymous, Inc. All rights reserved.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Self-Discipline

Lack of planning; simple planning. That will get me every time.

I discovered my most sensitive and most controllable trigger to eating foods that are not great for me. They aren't binge-foods – red-light items guaranteed to have me despising my existence while digging through the trash for the last couple of crumbs.

They are simply the type and quantity that doesn't help me feel great, think clearly and move well. Easy, no-prep foods that didn't originally grow in the ground or on a tree . . . get my drift?

I have this knowledge now: spend some time up front and I will be ready for any shortfalls. I spend some time planning the foods that help me *most* and spend the time shopping . . . Maybe for me, I need to plan to shop first thing on a weekend morning and I won't allow myself to do the things I'm itching to do – until shopping is done and food is stored away.

But how do I DO it? Just like my program, it's simple, but not easy. And it is do-able. I set alarms in my phone, block shopping and food-prep times in my calendar. At the start of a new habit like this, I post stickies to keep reminding myself. I now go out of my way when a friend invites me somewhere: before I accept the invitation, I check – is it that time of the week taken to prep, cook or shop? I remind myself to look at my calendar multiple times daily. The good news is my breakfast, a third of my daily meals, is on auto-pilot now. I don't worry about it, I seem to automatically add the food items to my grocery list as soon as I notice I am running low. My goal is for all three meals to be like this!

Like an obstinate toddler, I sometimes have trouble “remembering” the things that make life easiest for me. I prefer to do the “fun” thing. So I just keep adding the reminders and alarms. Besides the alarms, I know what I'm like and I know being kind to myself gets me farther ahead than belittling myself for being too – fill in the blank – and little by little, alarm by alarm, I start to follow the program I like and need.

One of the best parts of this system for me is that the more I practice it, the easier it is to do regularly and (bonus!) the better I feel about myself and my program. Then the more I want to do with my program and my fellows.

Annie M.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Made a Searching and Fearless Moral Inventory of Myself

Step 4 of the 12 Steps of AA affects recovering addicts in different ways. For me, it was the most difficult. At the beginning it was difficult because I did not have a full understanding of what was required to make an honest self inventory. I thought I had to dredge up all resentments, fears and hurts, and then forgive anyone who might have abused me. That is part of it but the major concept of the Step totally went over my thick head.

I learned that, “When the student is ready, the teacher will appear.” My wise sponsor put me on the right track. She taught me so much. Yes, when we delve back into the past, hurtful issues come to light—the main part of the process for me, however, was not focusing on what others may have said or done to me, but acknowledging “MY” responsibility for my actions (present and past).



When the bright spotlight was pointed in my direction and not elsewhere, complex emotions, surmised situations, nasty reactions, and a deep prejudicial nature met center stage. Hurtful? Definitely! To think that a victim could actually have character defects and personality disorders was a shock. For years I considered myself a victim because of many forms of abuse from those who were supposed to love and take care of me. I'd told my story over and over in the online and face to face anonymous meetings. Pity me! Please, someone hear me. Can anybody love and accept me for ME? Yes, I was a mess!

Through working Step 4 properly, I discovered I held tremendous anger against those who had harmed me. My self-esteem was lower than whale doo doo . . . I felt absolute shame for wishing a fate worse than death for my abusers. And then when I became a true member of my anonymous program and worked it diligently, my shame turned toward myself for all of the above.

I managed to get through all 12 Steps with my sponsor. All of the self-introspection worked like a true miracle. I grew to know that a Higher Power loved me unconditionally and that His love was all I needed. I began to see myself, not as a worthless entity, but a beautiful human being. The turning point from victim to victor was the day I took Step 1: “I admitted I was powerless over my addiction - that my life had become unmanageable.” On that day I turned my life over to my Higher Power and continue to do so, one day at a time. He has gone before me and done what I could not do.

Recovering Addict

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

MEN IN OA

We want your story!



Overeaters Anonymous is updating our existing publication welcoming men to OA with the intention of expanding the representation of men in OA. We are seeking stories that express your experience with compulsive eating and what brought you to OA.

Some ideas to get you started:

- How have food, weight, and body image affected your life and health?
- Share your experience of compulsive eating:
 - » Overeating
 - » Restricting
 - » Under-eating
 - » Excessive exercise
 - » Binge eating
 - » Chronic dieting
- What made you walk through the doors of OA?
- What was your experience at your first OA meeting? What were the positives? Negatives?
- What made you decide OA was for you?
- How has working the OA program changed your life? What hope would you like to share with the man new to OA?

Submission Requirements

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions must be submitted with a signed release form.
- Submissions of approximately 400-800 words with a title are preferred.

Due by September 15, 2023

**Email your story to
info@oa.org
with subject line
"To the Man"**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Overheard at a Meeting:

- ♦ If I'm sick, I don't need extra food to get sicker.
- ♦ Keep coming back until you want to come back.
- ♦ I am powerless over food, but I am not helpless or hopeless.
- ♦ I didn't have a needle in my arm but I had a fork in my hand.



The information below can be found at <https://lifeline.oa.org/the-new-lifeline-a-vision-to-share-our-recovery-on-lifeline-oa-org/>. Check it out and watch the video!

“The New Lifeline: A Vision to Share Our Recovery on Lifeline.oa.org

July 24, 2022

What is the inspiration and vision for our new Lifeline blog? Watch these scripted interviews with the committee that helped bring this project to life! Learn the many ways you can contribute and carry the message to everyone who is searching online for a solution.”

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



"As OA members we may donate many hours of service to each other, sponsoring, speaking at meetings and doing necessary committee and other service work. For this none of us receives payment in money. Our reward is something money can't buy—our own personal recovery."

—OA 12 & 12, p. 171

Volunteering our time and talents is a gift . . . which keeps on giving. We do this for a myriad of reasons . . . all of those reasons involve a bit of self-esteem. Esteem-able people do esteem-able things!!!

Each day as we move forward in our recovery journeys, we become better acquainted with the benefits of self-esteem. We do these things (service work, sponsoring, being sponsored) because there is a personal benefit, and they bring us in better alignment with our true natures. It feels good . . . and as in all things, we need to find the balance between giving back to others and nurturing ourselves.

Debby H.



Abstinence. Problem solving. One day at a time. Long-hauler. These words float in my mind as I read today's Voices of Recovery (July 8). Of course, the very beginning of program for anyone is dealing with the obsession with food. Does it go away? I wish. Nope. Abstinence—which brings right use of food into my life—must be renewed and strengthened daily. One and done does not exist. That leads me to the other stuff that program deals with if food is in order: LIFE. Living through all that comes our way demands a daily dose of tools, steps, and prayer. Problem solvers. God is doing for us what we cannot do alone. And there are willing helpers called our "fellows" to guide us if we ask for it. Finally, I am committed to being a long-hauler in this program. My path doesn't have to worry about tomorrow. But it does have to drive my recovery steadfastly and protectively like a trucker transporting across the country. I fuel up and rest as needed and follow my recovery map. Its end point always opens up to new vistas. Additional character defects. Yes! Miracles abound in program. Daily. And I am one of them, transformed and renewed in the strength of my recovery.

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

FOCUS ON



This is a **NEW FEATURE** in the newsletter! Every month one of OA's nine tools will be featured in a short article that answers the four questions below.

This month's featured tool:

ACTION PLAN

1. How do I use this Tool?

My action plan is used to define my daily 24 hours so I will remain abstinent.

2. What do I do?

On awakening, I pray and meditate. I exercise my body to promote a healthy body. I plan my meals and record what I eat and how much, in an app. I sponsor and take calls throughout the day. I spend time connecting with my family. I send my daily food summary to my sponsor. Before I go to bed, I do a 10th step.

3. How does this Tool help me?

Action plans prescribe my recovery actions throughout the day.

4. Why is it important?

Because without specific actions I will not remember to surrender.

Kathy M

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Do you like **SPEAKER MEETINGS?**

EVERY WEEK, the 7 pm (EST) Thursday Night Virtual Speaker Meeting has a speaker!

A member of OA will speak for 20 minutes.

We've had speakers from across the country, Canada, South America, and even Australia!

Please come join us:

Zoom ID: 863 7071 7790; PW: 654321.

Link to Thursday 7 pm EST Virtual Speaker Meeting:

<https://us02web.zoom.us/j/86370717790>

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

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

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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

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 OACFI

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

Check to make sure your group is listed as the correct type of meeting—hybrid, online, face-to-face or phone—on oa.org.

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-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, 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 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

Men's Face-to-Face meeting schedule

Men's phone and online meeting information

OA Men email discussion groups

OA Men phone outreach list

Is Food a Problem for you? Are you

18 to 30 years of Age?

A young Adult?

Visit Overeaters Anonymous YP on Facebook

<https://m.facebook.com/OAinfo/>

Thursday Night Phone Meetings,

9:30pm ET

Ph. 605-472-5395 Access Code 378978#

Find Answers at: www.oa.org

ALSO FOR YOUNG PEOPLE:

- ♦ Check out the Young People's Virtual Intergroup at <https://oayoungpeople.org/>
- ♦ Download, for free, the pamphlet "To the Young Person," at <https://bookstore.oa.org/digital-products.asp>



Photo by Joy R.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Subscription Info.:

IF YOU ARE ALREADY RECEIVING NEWSLETTERS, YOU DO NOT NEED THIS INFO. IF NOT . . .

Sign up to receive the New Beginnings Newsletter by email each month! It's free and an easy way to share the news and recovery with friends and newcomers. All you need to do is click on this link and follow the directions:

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

Or type this in your URL

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

IMPORTANT: How do I subscribe or unsubscribe to the Intergroup News?

You can subscribe or unsubscribe from this list at any time by sending an email to:

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

OR GO TO: https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org.

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

DID YOU KNOW?

Friday, August 18—Sunday, August 20, 2023, is SPONSORSHIP DAY, celebrated the third full weekend (Friday included) of August. This is a day set aside to acknowledge the importance of sponsoring in our Fellowship. Below are two resources OA has that may be helpful to sponsors or potential sponsors:

1. **Sponsorship Kit**, available for \$3.50 at <https://bookstore.oa.org/pamphlets/sponsorship-kit-210.asp>.

Includes a packet of inspiring and helpful information for sponsors, such as:

- The Tools of Recovery #160
- A Guide for Sponsors #200
- Sponsoring Through the Twelve Steps #220
- Excerpts from *Lifeline* magazine featuring stories about sponsorship
- Strong Abstinence Checklist and Writing Exercise wallet card #415
- Twelve Stepping a Problem wallet card #420
- Abstinence Literature Resource Guide

2. A nine-part **Sponsorship Podcast Series**. Information available at <https://oa.org/podcasts/sponsorship-success/>

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**
- * 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
the Intergroup Chair at chair@oacfi.org 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 secretary@oacfi.org.

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

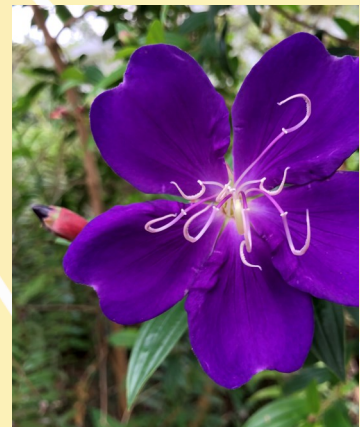
	(Continued from previous page. OA Literature for Sale.)		
Item #	Pamphlets, Booklets and Wallet Cards	Cost	Apr-23
750	Is Food a Problem for You?	\$1.00	25
751K	About OA (pack of 20 only)	\$5.00	7
755	Fifteen Questions	\$0.50	24
759	Public Information Posters (pack of 20)	\$6.00	2
770	When Should I Refer 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
	(Continued on next page.)		

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



Photos by Joy R.



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

Please note:

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). Please consider writing the article; you can ask yourself the following questions, if helpful:
 - 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 SEPTEMBER 2023 Newsletter: <u>DUE ASAP</u> Need articles on: Step Nine: Love Concept Nine: Ability
For OCTOBER 2023 Newsletter: <u>DUE SEPTEMBER 1, 2023</u> Need articles on: Step Ten: Perseverance Tool: Literature Writing Prompt/Challenges: <ul style="list-style-type: none"> • How I work my program during holidays • How do you persevere when the going gets tough?

- How I work my program during holidays
- How do you persevere when the going gets tough?

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

Need articles on:

Step Eleven: Spiritual Awareness

Tradition Eleven: Anonymity

Tool: Meetings

Writing Prompt/Challenge:

- How I work my program during holidays

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

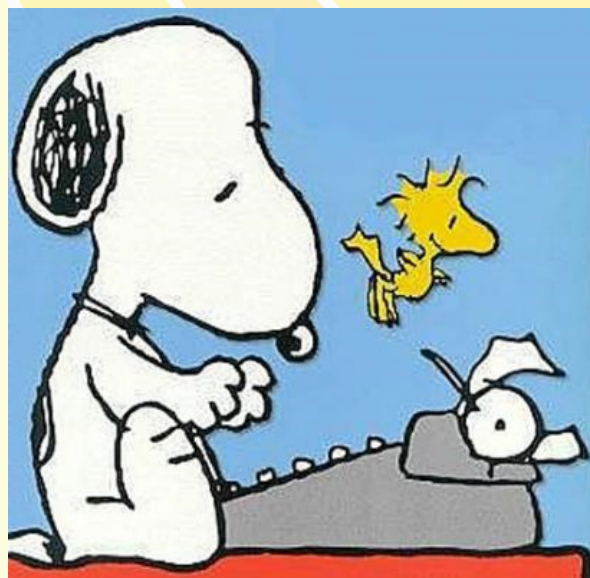
Need articles on:

Concept Twelve: Guidelines (selflessness, realism, representation, dialogue, compassion, respect)

Tool: A Plan of Eating

Writing Prompt/Challenge:

- How I work my program during holidays
- Gifts the program has given me



➔ 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 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	OA Monday Big Book Meeting 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	801000	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.)

12:00 pm	Med	800822	Central Christian Church Zoom only Call in 312-626-6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	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 th Day Adventist Church Zoom only Zoom 398 124 045 **Call contact person for password please**	Patti D.	407-791-1999

BB – Big Book

D – Discussion

L – Literature

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 MAY 2023

GROUP NUMBER	DAY	MEETING	MAY 2023 CONTRIBUTION
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 15.00
800822	M-S	Central Christian Church Noon	\$ 382.00
800729	Mon	Dunnellon Pres Church Dunnellon	
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	
57739	Mon	Maitland 6:00 PM	
800442	Mon	Grace Zoom	\$ 10.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$ 68.00
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	
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	\$ 100.00
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	\$ 50.00
936	Fri	Tusawilla UMC, Casselberry	
20088	Fri	St. Lukes UMC	
45611	Fri	Lady Lake Library	\$ 150.00
89072	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	\$ 145.00
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

800378	Sat	Zoom Port Orange 9 am	
800324	Sat	For Today 9:30 am	
46887	Sat	Ascension Church	\$ 123.00
48952	Sat	Port Orange Presy	
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	\$ 234.25
		Remaining treasury closed group	
		unknown group #	
		Individual Contributions (PayPal)	
		Individual Contributions (check)	
		literature	
		Step Workshop	\$ 50.00
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		Total Group Contributions	\$ 1,472.25

**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 Inter-group

<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.
12th Step Within:	OPEN
Next Generation:	OPEN
#1 Region Rep:	OPEN
#2 Region Rep:	Kathy M.
#3 Region Rep:	OPEN
#4 Region Rep:	Annie M.

Central Florida Intergroup / CFI Board Members

Chair:	Debby H. (chair@oacfi.org)
Vice Chair:	Christie H. (vicechair@oacfi.org)
Treasurer:	Kathy M. (treasurer@oacfi.org)
Secretary:	Carlene D. (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
Bylaws:	https://www.oacfi.org/wp-content/uploads/2021/11/OACFI-Bylaws-11.13.2021.pdf
Policies and Procedures:	https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf

Coming Intergroup Meetings (Second Saturday of the month):

10 am August 12, 2023

10 am September 9, 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!



“New Beginnings” contains personal stories that express the experience, strength, and hope of the individual member and not of OA as a whole. Submissions are subject to editing. When you submit an article, please be aware that the newsletter will be posted on www.oacfi.org, a website available to the public. If you print this newsletter, please do not leave it in a public location. Thank you.