

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

SEPTEMBER 2023

Sharing experience, strength and hope with
those who suffer from compulsive eating and compulsive food behaviors

OACFI RETREAT:

**REGISTRATION FOR OVERNIGHT
GUESTS ENDS**

SEPTEMBER 30, 2023



Day-tripper slots for



Saturday now available for \$65.

**Day-trippers can register up to the
day of the retreat.**

DON'T MISS OUT!

**See the next three pages, including revised
registration form, with day-tripper info.**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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OA Fall Retreat 2023

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

RETREAT INCLUDES:

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

Room Registration ends

September 30th No refunds after

September 30th, "Register NOW!!! To Help us and assure your preferred accommodations." Day trippers' registration are now open.

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@email.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

I think I can
We know **WE** can.

Please check all that apply:

- ☐ Single occupancy @ \$241.00
- ☐ Double occupancy @ \$191.00. (each)
- ☐ **Day Trippers on Saturday only! \$65.00 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

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ANONYMOUS®
CENTRAL FLORIDA INTERGROUP

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)

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

Wednesday, September 6, 2023, 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



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 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.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

Mon., Sept. 4, 2023, Labor Day: "Faith without Works is Dead—doing the Footwork of Recovery Every Day"

Sun., September 3, 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?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success> or <https://www.oarise.org/>

Mon., September 4, 2023, 9:30 am-11:30 AM EST, Fellowship of Hope Meeting, Philadelphia Area Intergroup, "Working Together." Zoom Meeting ID 884 2062 7878. Request passcode from OAFQHquakertown@gmail.com; <https://oa-philadelphia.org/working-together-2/>

Wed., September 6, 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?pwd=aGRSaDhvZ2dxT2xLS0wza1BUZkFWdz09>

Sat., September 9, 2023, 9 am-5 pm EST, Region 5, One-Day Virtual Convention, "Stepping into the Promises," <https://www.region5oa.org/event/region-5-2023-virtual-convention-2/> for registration info. See flyer below.

Sat., September 9, 2023, 10:30 am—5 pm EST, Houma, LA groups, "The Spirituality of OA Recovery, Unity, and Service." Hybrid event. Zoom Meeting ID 823 8302 6495, Passcode 080287. <https://www.oaneworleans.org/events.html> See flyer below.

Sat., September 9, 2023, 9 am—10 pm EST, OA Virtual Region "Newcomer Open House." Zoom Meeting ID 880 5127 6988, Passcode: 101112, <https://oavirtualregion.org/events/> See flyer below.

Sat., September 9, 2023, 2-4 pm EST, Baltimore, NOVA, Southern New Jersey and DC Intergroups, "Sponsors—How to Get One and How to Be One." Zoom Meeting ID 731 088 9762, Passcode: BeAbstn8 <https://oabaltimore.org/events/> See flyer below.

Sat., September 9, 2023, 5:30 pm—7:00 pm EST, A Design for Living Intergroup Monthly Speaker Series. Zoom Meeting ID 200 540 624 No passcode www.ad4l.info

Sun., September 10, 2023, 2 pm-3 pm EST, Central Ontario Intergroup, "How to Work with Others." Zoom Meeting ID: 825 9072 7351, Passcode 030322, <https://www.oaontario.org/events-upcoming> See flyer below.

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(Continued from left)

Fri.-Sat., September 15-16, 2023, OA Virtual Region's Footsteps Intergroup – Creative Reprieve meetings, "Festival of Creativity." <https://oavirtualregion.org/events/>

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.

Sun., September 17, 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?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success> or <https://www.oarise.org/>

Starting Tuesday, Sept. 19, 2023, 2 pm—3:30 pm EST, Central Ontario Intergroup "Quick Step Study", 5 sessions. Via Zoom. Register by emailing coquicksteps@oantario.org See flyer below.

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., September 23, 10 am—2:30 pm EST, Diamond State Intergroup, "Sponsorship Workshop." Hybrid. E-mail diamondstateintergroup@gmail.com for Zoom info.

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 above.

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-assemblies/soar8-assembly-fall-2023/> See registration 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

Hello,
September!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Region 5 2023 Virtual Convention

Saturday, September 9th, 2023

One Day Virtual Convention – 8 AM to 4 PM CT/9 AM to 5 PM ET

STEPPING INTO THE PROMISES



Hosted By
Members of Region 5
Via Zoom, Zoom links will be sent
the day prior to the Convention.

**The Convention will feature Guest Speakers focusing
on the OA Promises within each of the 12 Steps.**

Pitches from attendees.

Newcomers session.

Recovery from relapse session.

Click [HERE](#) to register online.

Online registration open through **September 8, 2023.**

Click [HERE](#) to download mail-in registration (due on or before **August 26th, 2023).**

All mail-in registrations and checks should be sent to:
Region 5 Overeaters Anonymous
P.O. Box 221224
Shaker Heights, Ohio 44122
Attn: Convention Registration

*Donations for the event are welcome.
The Convention is the main annual
fundraiser for Region 5. Everyone is
invited, regardless of ability to pay.
Please join us!*

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Newcomer Open House



Saturday, September 9th, 9:00am ET-10:00pm ET (UTC-4)

Meeting Topics Include:

Newcomer Orientation.

Anorexia, Bulimia, and 100-pounder weight loss.

Where do I start? What are the 12 Steps?

Young People in OA. Men in OA.

Meetings for BIPOC: Black, Indigenous, and People Of Color.

Meetings in English, Greek, Spanish, and French.

How do I develop a Plan of Eating?

What does a Sponsor do and how do I find one?

What is a Higher Power & what if I don't believe?

Zoom ID: <https://us02web.zoom.us/j/88051276988?pwd=bmhpQXo0TytkREN1Vmo3RmNMSUF3dz09>

Meeting ID: 880 5127 6988 Passcode: 101112

Find your local number: <https://us02web.zoom.us/j/88051276988?pwd=bmhpQXo0TytkREN1Vmo3RmNMSUF3dz09>

help@oavirtualregion.org



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Houma, LA Groups are celebrating 46 years of recovery!

***The Spirituality of OA Recovery,
Unity, and Service***

Saturday, September 9, 2023

***Terrebonne Parish Main Library
151 Civic Center Blvd.
Houma, Louisiana 70360
985-876-5861***

***Hybrid Celebration: Face to Face and Zoom: Face to Face Speaker
See you in Person or on Zoom!***

Join Zoom Meeting

<https://us02web.zoom.us/j/82383026495?pwd=L0FkcVo3WlVlc2YzYzFiMjZPQlNwZz09>

Meeting ID: 823 8302 6495 Passcode: 080287 One tap mobile +13052241968,,82383026495#,,,,*080287# US

For audio only: Dial +1 346 428 7799 US (Houston) Meeting ID: 823 8302 6495 Passcode: 080287

Door Opens @ 9:00am Program Starts @ 9:30am to 4:00pm CST

Lunch @ 11:30am– 1:00pm (Brown Bag It or Near by Restaurants)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



How to GET one and
How to BE one!!!

SEPTEMBER 9TH

2-4PM EST

ZOOM ID: 731 088 9762

PASSWORD: BeAbstn8

[Click Here to Join the Zoom](#)

- Are you afraid to be a sponsor?
- Do you need a sponsor but don't know how to find one?

Whether you **need a sponsor** or you are not sure about **becoming a sponsor**, **join us** on September 9 from 2-4pm Eastern time. You will learn how to handle difficult situations that sponsors may face. Those looking for a sponsor can find one that day! Available sponsors will share their contact info and how they sponsor people. You can go home with a new temporary or permanent sponsor!



Brought to you by: Baltimore, NOVA, Southern New Jersey and D.C. Intergroups

Do you need a sponsor? Find one here!

Are you afraid to sponsor? Learn how here!

Get tips on how to sponsor—dos and don'ts!

Changing sponsors—what if it's not a good fit?

Resources provided for sponsors and sponsees

Dial by your location

- +1 301 715 8592 US (Washington DC)
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



How To | Work With Others

Date:

Sunday, September 10, 2023 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 825 9072 7351

Passcode: 030322

No pre-registration and no maximum number of participants.

www.oaontario.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup
Presents a:

Quick Step Study

- ⦿ **TUESDAYS (Five sessions)**
Sep 19, 26, Oct 3, 10 and 17, 2023
2:00pm – 3:30pm Eastern Time
(Toronto/New York time)
- ⦿ **By Zoom or phone**
- ⦿ **Free - 7th Tradition**
- ⦿ **Session Format: Write on the step, share on the step. (Read the step ahead of time.)**
- ⦿ **You don't have to attend all the sessions**
- ⦿ **Registration is limited:**
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time for each session.
 - Register by emailing:
coiquicksteps@oaontario.org

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**"This workshop has been
all and more than I could
have hoped for."**

~former workshop participant

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.



SEE REGISTRATION FORMS ON NEXT 2 PAGES.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

REGISTRATION FORM:

Registration Status:

____ Recovery Convention Attendee

OR: Business Assembly Attendee (Need COE):

____ Board Member ____ Trustee

____ Funded Comm. Chair ____ Parliamentarian

____ Representative (First timer) IG# ____

____ Representative (Returning) IG# ____

____ I WILL be a ● Mentor

____ I cannot mentor this time

____ I am also my INTERGROUP'S CHAIR

____ I will be attending virtually and **NOT** voting.

____ My registration as a VIRTUAL VISITOR is FREE.

I need translation services: ____ Portuguese

____ Spanish

I WILL GIVE SERVICE:

____ Speaker - I have 90 days of continuous abstinence ____ Initial here

____ I speak Spanish/Portuguese

____ (Please circle language)

____ Anywhere -- as needed

____ Hospitality Room

____ Hugger/Greeter

____ Meeting Room Timer

____ Page/Runner (in Business Assembly)

____ Registration Table

____ Sell Tickets for Drawings

If you need a roommate, check below. NOTE: Please make a reservation for a room with two beds – it can always be cancelled if not required.

____ I need a roommate

MEAL INFORMATION

Last date to order meals: 10/13/23

Lunch and Dinner on Saturday will be catered for your convenience, or you can find just the right food spot to savor the best seafood or classic southern cuisine. Guests are invited to partake, as well.

Lunch (\$20) will be catered by "Latin Chicks" and you may select from several delicious spinach wraps (with side salad) or a green dinner salad with seasoned chicken. Dinner (\$50) is a buffet with salmon and burgers, plus salad and side dishes, at the North Beach Bar and Grill restaurant (2.5 miles north of the hotel). Tybee Island has a golf cart taxi service for \$5 a ride.

Complete information about meals is available on <https://SOAR8.Welcome-Home.eventbrite.com> and www.oanfig.org web pages.

There is no restaurant at the hotel (only a lounge and poolside bar). Tybee Island restaurants are just steps from the hotel and offer a wide variety of dining options. Breakfast is on your own. Each room should have a refrigerator.

For more information about this event contact:

Committee Chair – Augusta L.

Email: augustalivingston1985@gmail.com

Phone: 912-508-4777

TRANSPORTATION:

SAV: Savannah/Hilton Head Airport

The hotel is approximately 60 minutes from the airport. (No shuttle is available.) Estimated costs:

- Taxi = \$53 one way (+\$5/extra person)
- Uber/Lyft = \$35 one way

(Transportation fees to downtown Savannah over this Halloween weekend may be significantly higher than normal.)



New Freedom Intergroup
PO Box 550842
Jacksonville, FL 32255-0842
www.oanfig.org

If you are reading a paper copy, additional copies of this flyer can be downloaded at www.oaregion8.org OR www.oanfig.org. Please distribute to your groups.



"Welcome Home, Y'all"

(Willingness is the key)

New Freedom Intergroup of OA is hosting the SOAR 8 Fall Recovery Convention and Business Assembly.

October 27-29, 2023 Tybee Island, GA

Hotel Tybee

1401 Strand Ave, Tybee Island, GA, 31328, USA
Hotel Tybee is located next to the Beach Parking and Pavilion (14th Street). It is approximately a 2.5-mile walk to the restaurant, past the Tybee Lighthouse, and the Marine Center which are located at the North Beach of Tybee.



New Freedom Intergroup

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

HOTEL INFORMATION



Hotel Tybee
1401 Strand Ave., Tybee Island, GA, 31328, USA
Phone number: 912.786.7777
(Call hotel directly – do not book online)

You must make your own reservations before 9/26/2023. 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 the current room rate.

THERE WILL BE NO EXCEPTIONS.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night. (Total = \$199.50 /night.) Rates are available for three days before and after the event. Rooms have refrigerators, microwaves, and coffee makers. Rate is for up to four people in the room. (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

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 and 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.

Driving directions from Florida:

- Follow I-95 N to Montgomery St in Savannah. Take exit 167B from I-16 E
- Follow E President St, Islands Expy and US-80 E to your destination in Tybee Island.

More information:

- There is no shuttle to or from the hotel. Please use taxi or Uber/Lyft. Coordinate with others.
- We are not having a boutique due to lack of space.
- There will be no literature sales.
- All intergroups are asked to bring a basket to donate to the silent auction. Thank you in advance.
- There will be virtual attendance and voting for the **Business Assembly only. Non-voting visitors may attend for free.** There is no virtual attendance at the Recovery Convention. We'll see you face-to-face!
- There will be a silent auction, drawings, and recovery merchandise available.

Convention Highlights

Opening Ceremony: 7:00 PM FRI
Workshops start: 9:00 AM SAT
9:00 AM SUN
Convention ends: Noon SUN
Meditation/Yoga at 7:00 am Sat & Sun

Registration in Business Center 1st Floor Lobby
Friday: 3:00 – 7:30 PM
Saturday: 7:00 AM – Noon

REGISTRATION FEES

- **Early registration:** \$40.00
(Postmarked by 9/26/2023)
- **VIRTUAL registration (BA Only): \$40.00**
- **SAT Only Pre-Registration: \$30.00**
- **Late registration: \$50.00**
(Postmarked **AFTER** 9/26/2023)

WALK-INS ARE WELCOME!!!

- **SAT only Walk-ins: \$35.00**
(Parking fee of \$20 will be charged by the hotel.)

No refunds after **10/13/2023**. Your registration fee will be kept as a 7th Tradition donation.

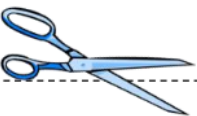
No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.

Register on-line:

<https://SOAR8-Welcome-Home.eventbrite.com>
(A surcharge is added when using this site.)

Register by mail:

Make checks payable to: "NFI"
Mail check and registration form to:
Barbara Carter
28303 SW 101st Avenue
Newberry, FL 32669
(352) 474-1366
bcarter337@att.net



REGISTRATION FORM

"Welcome Home, Y'all"
Name and City for Badge:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Fees Enclosed:

Registration Fee \$ _____

Sat. Lunch only (\$20)* \$ _____

Sat. Banquet only (\$50) \$ _____

DONATION \$ _____

TOTAL \$ _____

*If ordering lunch, please circle your choice:

*SPINACH WRAP CHICKEN PORK
(Choose one filling) BEEF VEGGIE

OR: Garden dinner salad with seasoned chicken

- All wraps include side garden salad
- All sauces and dressing will be on the side

Please fill out both sides of registration form.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP NINE:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle:

Love

Of course, after Step 8—Made a list of all persons we had harmed and became willing to make amends to them all—comes the very important and sometimes dreaded 9th Step. When I was at this step, I was seeing a very experienced 12-Step therapist. She told me to write a letter to my father and tell him all my intimate feelings. She further explained that I lived in fear. She said the reason I lived in fear is because I was afraid of my father. Who isn't? She told me after I wrote this letter and read it to him, it would change my life. The therapist said that I would still see the barrier (wall) of fear; the difference is I would be able to walk through it. She was the most empowered and intuitive person I ever met. Even though it was thirty years ago, it seems like yesterday.

I went home and thought about how I was going to write this letter. Talk about fear! But once I put the pen to paper, all these positive feelings started to come out. I must have been stuffing those feelings for 30 years and too afraid to tell him, even though I know I always wanted to please him, no matter what! He wanted me to be thin and I was thin. I loved to exercise and was a manager at a gym. I loved aerobic dance. So, in the letter I told him I loved him (understatement). He was my hero and I always wanted to be his baby. I was the firstborn of two children. The letter consisted of any positive feeling I could think of.

When we started this meeting where I shared my intimate feelings, he stopped me and said, "You don't have to do this." Yes, I did! After I read the complete letter, he didn't really say anything. He wasn't the warm and fuzzy type. So, I started walking out the door. As I was walking out the door, I heard all the Promises on page 83 in the Big Book. It was one of the most beautiful moments in my life. "We are going to know a new freedom and a new happiness." This came true for me. I knew a new freedom! Like my therapist said, I would still see that wall of fear, but now I could walk through it. There have probably been thousands of times in my life when I have walked through that invisible wall of fear. So, it was a beautiful life-changer. I told my sponsor and she said after Step 9, the Promises come true—and they have and they will for you, too!

Anonymous

LOVE

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION NINE:

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Spiritual Principle:
Structure**

How OA Builds Its Organization

When we think about structure, we see a certain definition within our minds. I'm going to illustrate three forms of structure to show you the aspects of its definition. First, we think of a house. An important part in building a house is the foundation. This part supports and holds up the entire mass of the house. Another important aspect of the structure is the frame. This gives a panorama of the design of the house. There are also posts or columns or wooden studs to support the floors, walls, and rooms. These parts, the foundation, the frames, and the studs are the key components for carpenters who are building this house.

The second example of structure can be illustrated in cooking. When a chef is making a recipe for soup or sauce, the chef builds in layers of flavors. There is usually a basic process which is used for a style of cooking, to create a certain food item. For example, there are usually specific procedures and ingredients when making lasagna, such as pasta, sauce, and cheese. There are also certain ingredients when making meatloaf, such as meat, eggs, and some sort of breading product. A chef is skilled when using ingredients to create any dish he/she desires. These ingredients for specific recipes provide the structure upon which the chef builds.

The third examples of a structure is a business. All businesses offer either a product and/or a service. They have accounting and human resource entities which deal with payroll, finances, and the economic stability of the company. Then we have the working staff, managers, bosses, and CEO of the business. Regardless of the size of the company, there are still levels of authority and guidelines regarding who controls the company and makes critical decisions.

These are all example of how the word "structure" can be used in different situations. Now let's look at OA and consider the Ninth Tradition: *"OA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve."* How is Overeaters Anonymous structured? It uses recovering, experienced members who have obtained some abstinence to serve specific functions (business agendas, planning and creating meetings, public relations, social media, etc.) The focus of the OA organization is gratitude and service to the newcomer. Gratitude is derived from the many blessings experienced members have received following the OA program. Service makes this program attractive and available to others in society. The OA program is simple and clean, but not easy. Nevertheless, it works. And the fact that a structure works—giving us something to build and grow upon—is its essential feature.

Tony B.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT NINE:

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Spiritual Principle:

ABILITY

When I first read this concept, I immediately thought of employees being selected for a job. The employees have to have certain abilities, be trustworthy, and be knowledgeable in their fields. Also, they have to be chosen in a proper manner. For all of these factors, there needs to be clear guidelines as to what is expected and what is acceptable.

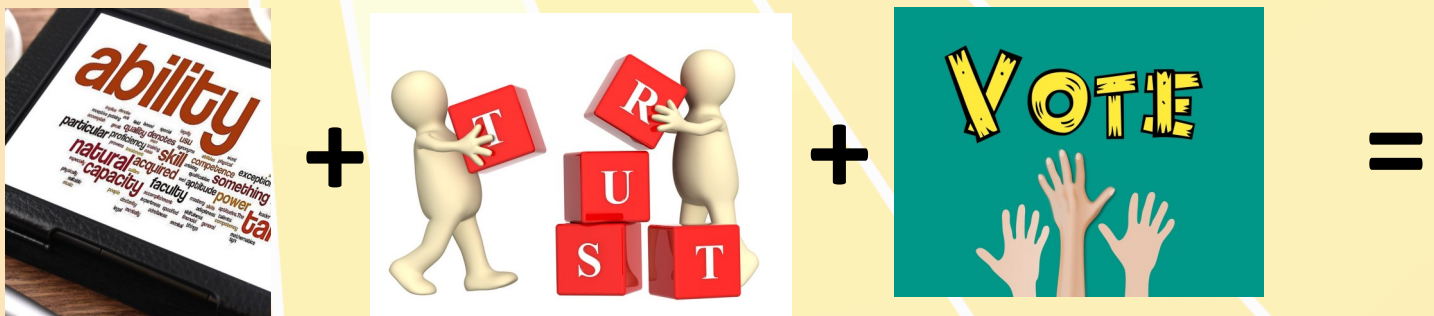
If any of these things are missing when employees are chosen—the employees' abilities, their trustworthiness, or a proper method of selection—things can go wrong. Functioning can become less effective, or even totally ineffective. A business could fail, or a non-profit may have to close.

The Overeaters Anonymous' pamphlet, "The Twelve Concepts of OA Service," also makes a crucial point when it states: "Although some service positions may require certain skills and abilities, willingness is the first step in OA service." Funny how in OA we hear so much about willingness!

This pamphlet also states: "One of the best ways to attract service participation is to allow members to 'grow' into service positions." For example, someone could be on a committee before becoming committee chair.

If you feel called to serve, many opportunities are present in our Intergroup. See pages 35, 36, and 48 of this newsletter. I can tell you from personal experience that being of service in OA is very gratifying, and if you make errors, people are very understanding and supportive. Perfection is not a job requirement for OA service! If it was, I never would have done any! And as a bonus, you also make great friends and enhance your own and others' recovery!

Alicia C.



EFFECTIVE FUNCTIONING

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Hardest Amend Ever

I lift my arms to embrace my tense, hunched body, and they are frozen. I listen for the kind, warm voice to croon, “You did the best you could with the tools you had. I’m so sorry you went through that. You are enough. You are healing.” The voice I hear is harsh and mean. I want to scream and cry but I am mute.

Over the past couple of years, I have made many amends. I was lucky to make an amend to my dad while he was alive: a ten-page, single-spaced letter, telling him how differently I see things now, and most importantly, how sorry I am for the crap and disrespect I dished out to him for years. I felt so light after making this amend. I realized he may not reply, or may possibly get angry with me, but it didn’t matter. I got the “ICK” out of my heart. I had no cravings at all for several weeks. This one amend made a huge difference in my faith in OA and my willingness to keep going.

I’ve made and meant many amends in my life. The church of my youth underscored guilt and I bought into that—I would sometimes confess to sins that I did not commit because the sins I reported seemed insignificant.

The amend I struggled with—the one I started to tell you about—was the amend to myself. In the beginning, I despised myself and believed I deserved all the physical and psychological pain of bingeing. I thought self-hatred was an appropriate punishment for my actions. I was the meanest person in the universe to me. I am someone who is considered kind to others, especially those in need. I wonder why I never thought of extending a kind hand to myself.

The first time I worked on the Steps with my sponsor, she asked about amends to myself. “Uh, why?” I thought. I thought eating clean and doing service *was* my amend. As we talked more and more about origin stories and addictions, I slowly realized the biggest amend I owed is to me. It’s the hardest, too.

When I hear my HP’s voice in my head, it is always kind, soft and loving. I am slowly learning from my HP that treating myself in that style “sticks”—I end up doing better all around. I have learned I need a kind voice to guide me on my way. I can’t walk alone, and I don’t respond well to harsh, cutting commands.

Today I give myself living amends. I commit to listening to what I say, preferably before I say it, and giving it careful consideration. And if something inappropriate gets out, I excuse myself and work on filtering next time. And the correction is kind—not blamey.

I have heard small plane pilots in bad weather get on the radio and say to a tower, “Requesting course correction.” The pilot receives the information and corrects their flight path. There’s no blame or yelling. I start a lot of my days radioing HP for course correction.

Annie M.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Willing to Go to ANY Lengths

I volunteer with the youth ministry at my church and was recently on a week-long retreat with them.

This brought about many interesting and unhealthy food choices. It was also hard at some meals to have anything that was abstinent for me. One of the nights when the kids were eating something especially bad for me, I had one of the other leaders pick me up some ground meat and a pack of frozen vegetables. I cooked up the ground meat and ate half of it along with some veggies. It was great. At another meal, we were short on time and the group decided at the last minute to go to a fast-food place an hour away, on the way to another location. We were heading out in two minutes and didn't have time to go anywhere else before or after.

I said a quick silent prayer and asked what my Higher Power would suggest. Before I knew it, I was grabbing the little Ziplock bag with the cooked ground meat in it and pouring the rest of the frozen veggies into the bag with the meat.

There was no sense in heating it up because it wouldn't stay warm during the hour-long ride.

We arrived at the fast-food joint. As I was eating thawed frozen veggies and cold ground meat straight out of the Ziplock bag with a plastic fork, it wasn't super appetizing, but I felt nourished and happy. I was grateful that I was willing to go to any lengths!

Kym M.



Willingness

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

A Retread Finds a New Groove

Many years ago, Al-Anon, a 12-Step program, set the pattern for living with an alcoholic during a fifty-seven-year marriage, to date. Through that program, I discovered OA (Overeaters Anonymous). Another decade passed before I gained a true understanding of the OA program. Although I attended meetings weekly, my body was present but my mind was elsewhere. Perhaps my mind was too broken to adhere to the basics. No sponsor was sought, no Steps were taken, and although there was a spiritual connection, the power line was a long distance from the Power House.

November 14, 2022, was a turning point. Tears fell rapidly and the mantra, “*I can’t do it! I can’t do it!*” was heard by a loving husband, who understood his wife’s lifelong battle with compulsive overeating and addictive eating behaviors. Cuddled in his warm arms, she was told, “*No, hon, you can’t do it alone. I suggest you go back to OA. You need the help of your Higher Power and what the fellowship of OA brothers and sisters have to offer.*” The husband went off to his own 12-Step program meeting that day. Browsing the internet, the OA online meeting from the NE Christian Church in San Antonio, TX stood out like a lighthouse’s beacon. An inner voice said, “**This is where I wish you to be. This is your new home.**”

It is over seven months later. Their Monday and Friday hour-long morning meetings begin at 10:30 am Florida time and 9:30 am Texas time. A sponsor was found within this group. The 12 Steps were dealt with one day at a time. Since that November day in 2022, abstinence from processed sugar has reigned due to working the OA program properly. Many years ago, the 12 Steps, 12 Traditions and 12 Concepts were mere words, repeated over and over again. The AA Big Book (*Alcoholics Anonymous*) took up space and needed dusting from time to time.

This time around, because of a sponsor’s teachings and guidance, the 12 Steps became alive, vibrant, and bountiful. Each one contains beneficial assurances to those who wish to admit that they cannot recover from addiction nor modify their obsessive behaviors on their own. The Promises are there for those who are willing to go to any lengths in order to step on the path to recovery—and to take the journey from vanity to sanity. One day at a time

The Promises found on page 83-84 of the AA Big Book are:

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

All of these promises have come to fruition within these seven-plus months of abstinence. I am ever grateful to my Higher Power, and my OA brothers and sisters who have become my new family. I attend two online meetings and one face-to-face meeting per week. I make the time during each day to share quiet time with my Higher Power, both morning and evening. I read OA literature, make phone calls to OA members, and am a sponsor to three fledglings. Like a mother bird, I gift my time to feed my chickies. It is up to them to fly on their own, with the help of the program. Some fall out of the nest because their wings are not strong enough and they flutter to the

ground, but, most of the time, with open minds and hearts, and surrendering, they grow strong in the program, work the 12 Steps on a daily basis, stay abstinent, and become sponsors to others. Use it or lose it. Like an old tire, I’m a retread. Though aged, my usefulness has been restored. Only my Higher Power knows how long I’ll stay on this road to recovery. Today, I eat to live and not live to eat.



Avalon M.
Compulsive Overeater

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

News from OACFI Committees



PIPO

(Pubic Information and Professional Outreach)

A Facebook ad was recently run for two weeks. A radio streaming ad also ran on iHeartRadio, during the month of August 2023. The next radio ad will be run on WMGF Magic 107.7 FM, a station broadcasting in Central Florida, in October 2023. To hear the 30-second radio ad, go to the OACFI Facebook page, under “About,” and click on the folder in “Videos”:

<https://www.facebook.com/oacfi.org/videos/975336646848443>

The committee will continue working on mailings of OA information to health professionals.

The committee meets after Intergroup, on the second Saturday of the month. See the last page of this newsletter for Intergroup meeting info. All members are welcome.

FACEBOOK AND INSTAGRAM

FACEBOOK: A test advertisement posted worldwide on Facebook for five days (7/26/23-7/31/23) reached 526 people. An ad posted on Central Florida's Facebook page for 14 days (7/26/23-8/9/23) reached 4,460 people. Our Facebook page now has 819 followers and 725 likes; we netted 33 new followers with the ad. A video for men was viewed 84 times on Facebook.

Right-click on the image or link below and choose “open hyper-link” to see OACFI’s Facebook page.



<https://www.facebook.com/oacfi.org/>

INSTAGRAM: The total number of followers is 64, including 46 followers and 16 non-followers. There have been a total of 222 posts.

Right-click on the image or link below and choose “open hyper-link” to see OACFI’s Instagram page.



https://www.instagram.com/overeaters_anonymous_cfi/



Be sure to check out OACFI’s Facebook and Instagram pages—lots of podcasts, oa.org info., information on marathons and workshops, and much more!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



News from OA World Service

- ♦ **SURVEY:** Would you like to take an 11-questions survey about the OA website (oa.org)?

Go to : <https://oa.org/news/take-our-survey-share-your-thoughts-about-oa-org/?news-category=0&page=0>

- ♦ **OUTSIDE ISSUES:** What is an outside issue? See the letter the OA Board of Trustees and Unity with Diversity Conference Committee published on oa.org recently; it's on the next page of this newsletter

- ♦ **NEW PUBLIC COMMUNICATIONS POLICY:** Read all about this at : <https://oa.org/news/new-public-communications-policy-approved/?news-category=0>

One thing this policy does is explain that it is okay to use paid ads that give factual information about OA, such as meeting time and location, as long as personal anonymity is preserved.

- ♦ **WORLD SERVICE BUSINESS CONFERENCE REPORT** available at:
<https://oa.org/news/wrap-up-report-world-service-business-conference-2023/?news-category=0&page=0>

- ♦ **PREPARE FOR DEEP FAKES—UPDATED VIDEOCONFERENCE MEETINGS TRAINING AND SECURITY PREVENTIVE MEASURES** available at:
<https://oa.org/news/new-videoconference-meeting-training-and-security-preventive-measures/?news-category=0>

- ♦ See even more news, at: <https://oa.org/news/?news-category=0&page=0>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

What is an outside issue? Are we being open-minded in our meetings?



WORLD SERVICE OFFICE

July 11, 2023

What Is an Outside Issue: Are We Being Open-Minded in Our Meetings?

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

We all come from different backgrounds and experiences. The OA program is for everyone with a desire to stop eating compulsively. We are meant to be inclusive and welcoming to all.

A subcommittee of the Unity with Diversity Conference Committee has been in contact with some members of specific-focus groups, including BIPOC, LGBTQIA+, and Health Issues, and has found that, despite all previous statements on inclusivity, there are still members who don't feel safe or included. The subcommittee was distressed to hear that some OA members, when sharing their life realities, were told that their life experiences were considered outside issues and were shut down.

How will we ensure that everyone is included?

The Unity with Diversity Committee's primary concern is that *all* OA members, in *all* meetings, feel safe while sharing their experience, strength, and hope and are not told that their share is an outside issue. Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food.

The Unity with Diversity Committee is discouraged that efforts to date have not brought about sufficient change.

It is an urgent matter that people are not silenced at OA meetings. Action is required from the Board of Trustees and the whole Fellowship to create a safe space for all to share.

Respectfully,

OA Board of Trustees and Unity with Diversity Conference Committee

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA

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

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

Website: www.oa.org

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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:

- ⇒ This is a program of work.
- ⇒ I was a legend in my own mind.
- ⇒ Steps- Do something rather than do nothing.
- ⇒ Take the cotton out of your ears and put it in your mouth.



Photo by Joy R.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



"Let him go where he will, he can only find so much beauty or worth as he carries."
Ralph Waldo Emerson

This is the miracle of doing the Step work . . . we clean up the past, rid ourselves of the resentment reels which play incessantly in our brains . . . and replace that void with beauty and worth and grace.

It seems so easy when one is on the other side of the equation.

I am on a sojourn of connecting with the past through events of the present. It is a gift to have this opportunity. To have eyes to see beauty or worth in the everyday is priceless . . . invaluable.

In recovery, we learn to live in gratitude. And acceptance.

I am a person who uses food to deal with life . . . this is my first inclination, my default, my defense mechanism. I can learn to not react . . . to pause . . . to avoid knee jerk reactions. This takes intention and focus. I cannot let my guard down on who I am and what I need to do as far as self care and not merely maintenance, but continued growth and progress.

Debby H.

Taking a daily dip into program. It's all I need to do to maintain my gift of life and abstinence.

I embrace that. It moves me beyond my compulsion and obsession. I come to be refreshed.

This dip really is a plunge. No sitting and staring at the water before I start swimming. Nope.

It's run and jump into all that I am given in program. I enjoy the fellowship. I relish the antidotes to my fear, shame, guilt, and anger. I thrive. And I find my way. God is good.

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.

This month's featured tool:

ANONYMITY

Where would I be without anonymity? As a teacher in a small town, and later a state legislative candidate in a close race for a large district, I could not have reached toward recovery without the promise of anonymity. It allows me to move toward connection and to break isolation, the driver of my disease. Anonymity promises that I am welcome and, even were I to encounter someone who knows me or of me, our shared recovery comes first. In OA I find non-judgmentalism, understanding, and compassion - opposites of unhealthy attitudes commonly found in the wider world. I am so grateful!

"Roz"

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."

HOW TO USE ZELLE

- Zelle is an app that is inside the payment area of your online banking function. If you already have your banking app on your phone, there's no download necessary. If your bank or credit union doesn't offer Zelle, then your bank is not set up to pay money with Zelle.
- You must register to send and receive through Zelle, the similar way you pay bills in your online banking. Zelle will ask if you want to use your cell phone or email. Once your account has been set up, you can create a pay to entity.
- To send money to Intergroup straight from your banking app, use the following email: treasurer@oacfi.org
- Enter the amount you want to send. The money will go directly into Intergroup's bank account, typically in minutes.
- For more instructions or to see an instructional video, go to: <https://www.zellepay.com/how-it-works>

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>



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?



OA Foot Steps is a virtual intergroup. Its website has information about various types of groups, including WhatsApp groups. According to www.techtarget.com, "WhatsApp is a free cross-platform messaging service. It lets users of iPhone and Android smartphones and Mac and Windows PC call and exchange text, photo, audio and video messages with others across the globe . . . " Foot Steps has a list of WhatsApp groups, some of which are meetings and some of which are chats. The types of groups include:

- Sponsor-sponsee
- Outreach Only
- 100+ (have given up more than 100 pounds or in needs of giving up 100 pounds)
- Body Image
- Mental Health
- Chronic Illness
- Daily Gratitude

For more information, go to: <https://oafootsteps.com/whatsapp/>

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

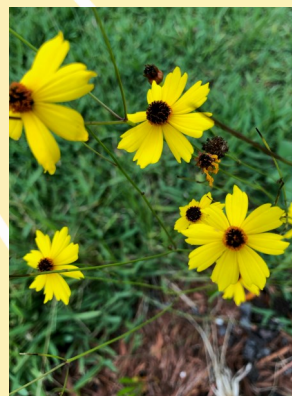
	(Continued from previous page. OA Literature for Sale.)		
Item #	Pamphlets, Booklets and Wallet Cards	Cost	Apr-23
750	Is Food a Problem for You?	\$1.00	25
751K	About OA (pack of 20 only)	\$5.00	7
755	Fifteen Questions	\$0.50	24
759	Public Information Posters (pack of 20)	\$6.00	2
770	When Should I Refer 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 OCTOBER 2023 Newsletter: [DUE ASAP](#)

Need articles on:

Tradition Ten: Neutrality

Tool: Literature

Writing Prompt/Challenges:

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

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

Need articles on:

Step Eleven: Spiritual Awareness

Tradition Eleven: Anonymity

Tool: Meetings

Writing Prompt/Challenge:

- How I work my program during holidays

(Continued on the next page)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

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

2024

For JANUARY 2024 Newsletter: [DUE DECEMBER 1 2023](#)
Need articles on:

Step One: Honesty

Tradition One: Unity

Concept One: Unity

Tool: Service

Writing Prompt/Challenge:

- Describe a “new beginning” the program gave you.
- How do you balance long-range planning with living one day at a time?

For FEBRUARY 2024 Newsletter: [DUE JANUARY 1 2024](#)
Need articles on:

Step Two: Hope

Tradition Two: Trust

Concept Two: Conscience

Tool: Telephone

Writing Prompt/Challenge:

- How has the program enhanced your ability to love any or all of these—your HP, yourself, and others?
- Describe a time you felt you had lost hope and how you regained it.



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



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Meeting List as of 7-31-23

			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=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09	Joleen	352-425-2339
5:00 pm	V	39211	DeLeon Springs (Call contact person to verify location) United Methodist Church 265 Ponce de Leon Blvd. DeLeon Springs, FL (face to face)	Chris	609-744-8104
6:00 pm	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

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—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

(Meeting List—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 (FACE TO FACE) 5151 Lake Howell Road Winter Park, FL 32792 The last Saturday is a speaker meeting (The meeting had been hybrid but is now only face-to-face.)	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

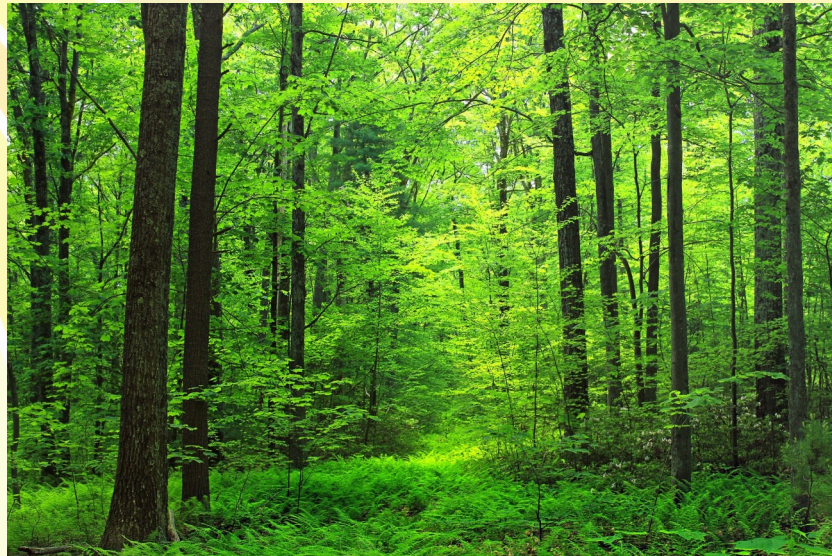
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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—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** As of September 1, 2023 Zoom: 844 7739 8454 Password: serenity	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, which are 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 JUNE 2023

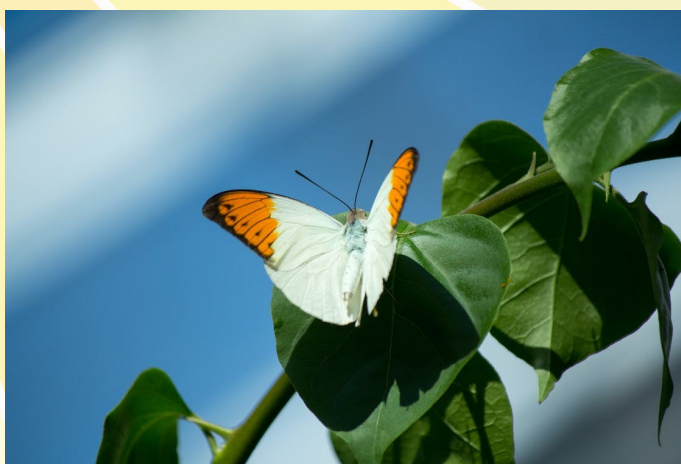
Group Number	Day	Meeting	June 2023 Contributions
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 15.00
800822	M-S	Central Christian Church Noon	\$ 64.58
800729	Mon	Dunnellon Pres Church Dunnellon	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	UMC, DeLeon Springs	
89068	Mon	Central Christian Church 12pm	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
57739	Mon	Maitland 6:00 PM	\$ 294.00
800442	Mon	Grace Zoom	\$ 6.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$ 190.00
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	\$ 60.00
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	\$ 80.00
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	\$ 70.00
89384	Thurs	Zoom Body Image	\$ 30.00
801000	Fri	Tusawilla UMC, Casselberry	
20088	Fri	St. Lukes UMC	
45611	Fri	Lady Lake Library	
89072	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Treasurer's Report for June 2023—Continued from previous page.)

Group Number	Day	Meeting	June 2023 Contributions
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	
800378	Sat	Zoom Port Orange 9 am	\$ 40.00
800324	Sat	For Today 9:30 am	
46887	Sat	Ascension Church	\$ 92.00
48952	Sat	Port Orange Presy	\$ 24.00
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	\$ 100.00
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	
		Remaining treasury closed group	
		unknown group #	\$ 20.00
		Individual Contributions (PayPal)	\$ 25.00
		Individual Contributions (check)	
		literature	\$ 184.00
		Step Workshop	\$ 50.00
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		Total 7th Traditions	\$ 1,344.58



Let Go and Let God!

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.

Upcoming Intergroup Meeting (Second Saturday of the month):

10 am Saturday, 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!

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



“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.