

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

OCTOBER 2023

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

OACFI Retreat

Friday, October 13 to

Sunday, October 15, 2023:



Day-tripper slots for



Saturday, October 14

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

OVEREATERS
ANONYMOUS®
CENTRAL FLORIDA INTERGROUP

SAVE THE DATE!!

OCTOBER 13th to 15th, 2023

OA Retreat at Lake Yale Conference Center in Leesburg, FL



REGISTER SOON!! Day-tripper slots available.

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, October 4, 2023, 5 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/87420030001?pwd=aVpOdjRhWkZJTUNXKzFEaIU0ZTBKQT09>

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 a 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



Houston Metro Intergroup of Overeaters Anonymous
hosts the
First Annual 2023 Texas OA State Convention
and Region III Fall Assembly
October 13-15, 2023
Houston, Texas

Register Online

at: txoaconvention.org/registration

1. Early Bird (until 9/13/23 Full Access including Saturday Banquet - \$125
2. After 9/13/23, Full Access including Saturday Banquet - \$150
3. Virtual Pass for all 3 General Sessions - \$30
4. Banquet Only - \$50

Hotel Information

The Royal Sonesta Houston Galleria
2222 West Loop South, Houston, TX 77027

Parking

Self parking is \$15 a day, includes overnight and in/out privileges
Valet parking is \$40 a day

Hotel Reservation Information

Reservation Phone Number: 855-463-3091
Reservations made by September 20, 2023: Cost is \$159/night up to occupancy of 4
Reservations after September 20, 2023: Convention rate of \$159 is subject to availability
Code to get Convention Rate: 101923TXOA

Service Opportunities

Workshop Session Leaders
Registration/Raffle Ticket Sales
Hospitality Room

Clothing Boutique

Hugger/Greeter
Literature Table
Anywhere there is a need



Convention Contact Information

- info@TXOAConvention.org
- www.TXOAConvention.org
- 832-617-3757



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



NATIONAL ASSEMBLY
& CONVENTION

"The Promises"

"A NEW FREEDOM AND A NEW
WAY OF LIVING"

Virtual attendance for 2023

21ST - 22ND
OCTOBER
2023

REGISTER NOW AT:
[WWW.OAGB.ORG.UK/
NATIONAL-ASSEMBLY](http://WWW.OAGB.ORG.UK/NATIONAL-ASSEMBLY)

CONTACT EMAIL:
OAGBNA2023@GMAIL.COM

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 _____

____ 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.

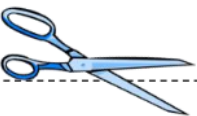
No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.

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
26303 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

****Important:** Flyer below lists events in Pacific Daylight Time—add three hours to these times to get Eastern Standard Time.

LVOA Intergroup presents
2023 Zoom Fall Retreat
Abstinence through the Holidays:
Negotiating the Slippery Slopes
Saturday, October 28



****See note above regarding times.**
9-noon Applying the Tools

1-4 Applying the Steps

6-8 Applying the Traditions

Zoom meeting: 963 218 9907

Password: Recovery

Each session has speakers who will tell their story and provide tips to handle upcoming holidays. Want to get through the end of the year with your abstinence intact? Join us for a fun-filled day and learn how you, too, can keep your abstinence.

Together we get better!



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

The announcement below is copied from the Overeaters Anonymous' World Service Office *News Bulletin* for September 2023. Copyright Overeaters Anonymous. All rights reserved.

Let's Gather I*D*E*A*S for International Day Experiencing Abstinence

International Day Experience Abstinence (IDEA) is an opportunity for everyone in our Fellowship to affirm our abstinence from compulsive eating and compulsive food behaviors, whether our abstinence is just for today or one day at a time for twenty years. For anyone who is not yet abstinent, attending an IDEA event is a great way to hear experience, strength, and hope.

IDEA is two months away, November 17–19, so it's a good time to start planning your local OA's event and sending it to Event Calendar on oa.org. In fact, [one OA intergroup has already sent in their event!](#)

Here are some OA resources to help you get inspired:

- [Abstinence, Second Edition book](#)
- [Abstinence Literature Resource Guide](#)
- [Abstinence Presentation](#)
- [Difference Between Abstinence and a Plan of Eating Workshop](#)
- [IDEA Workshop](#)
- [Lifeline: Stories of Recovery](#)
- [Recovery Insurance Policy](#)
- [Strong Abstinence Checklist and Writing Exercise](#)
- [The Simplicity Project](#)

Together we can all pitch in and make IDEA a success! [\(Send us your event!\)](#) Thank you for your service!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP TEN:

**Continued to take personal inventory
and when we were wrong, promptly
admitted it.**

**Spiritual Principle:
Perseverance**

Step Ten: How Our Fate is Revealed

Once we have made an effort to start exercising, the practice of continuing to exercise is a common illustration of perseverance. This mindset of continuing to repeat a habit is the heart of the concept of perseverance. The idea of stopping bad habits and replacing them with good ones exemplifies good character. However, one usually finds this process difficult to do, even though it seems simple to process mentally. When we look at Step Ten, it reads: "We continued to take personal inventory and when we were wrong, promptly admitted it."

Do you remember how you felt when you approached Step Four? For most of us there was much anxiety around this Step, plus fear and doubt about completing the step correctly. We tended to worry about what it meant to become truly honest and transparent. These feelings had a way of leaving us hollow, only to have that hole filled with positive, affirmative relationships and healthy emotions. We were not aware at the time, but this course of action from Step Four to Step Six became the method by which we removed character defects and made lasting change in our character. Repeating this process leads us into Step Ten: the art of removing bad character traits to replace them with a better character trait. The act of honestly repeating this process leads us to emotional maturity. We find growth within ourselves as we move through these steps. Abstinence is the foundation upon which we build this new life. It is amazing to witness how our Higher Power provides us with the wisdom needed to navigate the seasons of our lives. We never know how important the steps we take are until we begin to see our fate being revealed.

Tony B.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION TEN:

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

**Spiritual Principle:
Neutrality**

The best way to lose weight is _____.

The next president should be _____.

The way to achieve world peace is _____.

During an OA meeting, you should never hear the blanks in the phrases above filled in, nor will you find answers on the OA website or in OA literature. That is because of Tradition Ten. The ideas mentioned in these phrases are all outside issues. OA takes no position on such issues.

What is an outside issue? I believe that outside issues include, but are not limited to: diets; diet clubs; weight-loss programs; medical interventions for weight loss; medications; psychiatrists; therapists; therapy; eating disorder treatment centers; churches; religions; spiritual beliefs; nutrition; food plans; exercise; sugar; non-OA -Conference-approved literature, other Twelve-Step programs, politics, and world events, to name a few. This list is based in part on a list given in the first question under "How do we uphold Tradition Ten?" in the chapter on Tradition Ten in the book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* (Second Edition). It's important to note that the Tradition states that OA has "no opinion on these issues," i.e., neither a good opinion nor a bad opinion of them. Putting them down in a meeting is as bad as praising them. If I *have to* mention any of these things—and usually I can share my recovery without doing so—I should do my best not to endorse or oppose them, and should certainly not suggest or state that OA itself endorses them or opposes them. Furthermore, and most importantly, I believe the focus of my sharing should not be on any one of these things per se, but on the OA program itself, and on how the OA Twelve Steps, Twelve Traditions, Twelve Concepts, Tools, and literature help me to recover from compulsive overeating. After all, the message I want to carry (Tradition Five) is not information about any of these outside issues, but information about how OA helps me to recover.

At the same time, it is important to note that OA's Unity with Diversity Conference Committee and Board of Trustees recently published a letter "emphasizing that sharing within OA about any and all factors in our lives that could cause us to act out with food is **not** an outside issue!" You can check out this letter at this site: <https://media.oa.org/app/uploads/2023/07/11130303/what-is-an-outside-issue-are-we-being-open-minded-in-our-meetings.pdf> (Copyright Overeaters Anonymous. All rights reserved.)

One thing that I think helps is that when my sharing involves something outside of OA, I can keep any reference to that thing general. For example, if I am talking about a commercial weight-loss program and how that was not enough for me, I do not have to mention that program by name; I can just say that to deal with my overeating, I needed more than a commercial weight-loss program could give me.

Likewise, I can ask myself if what I am about to say will offend someone who disagrees with it. If so, perhaps it may not be something I should say in a meeting.

Having no opinion on outside issues also solidifies our unity—the unity, as referenced in Tradition One, upon which our personal recovery depends.

These are my own opinions and do not represent OA as a whole! If you have any questions, go to <https://oa.org/> or any piece of OA-Conference-Approved literature for answers!

Alicia C.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT TEN:

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

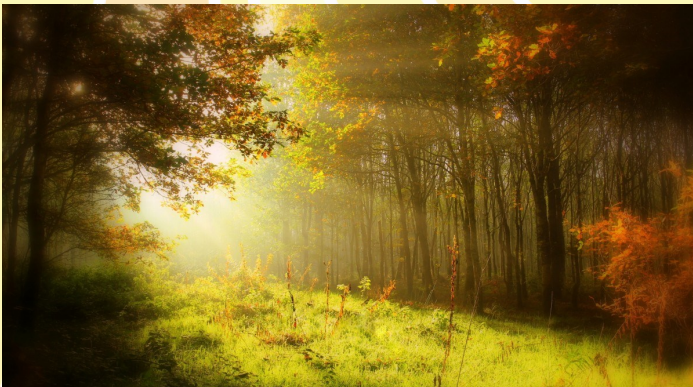
Spiritual Principle:

CLARITY

Clarity

The light outside looks golden with fall and the coming of the autumnal equinox. Since we are in Central Florida, though, “fall” is a mindset and an appreciation for that beautiful, watery, golden light. The treasured cooler air is a few months away.

I find myself looking forward to a change of seasons, the possibility of wearing a sweater or other accessory . . . in November. And at least in my head, I can conjure up crisp air, which turns into the urge to clean up, clear out here and there. For me, there is a certain energy to the coming of fall.



Clarity is becoming more and more important to me as my abstinence grows. And it was the most difficult thing to achieve prior to abstinence. Lost in the fog of a crap-food hangover, or being buried in shame from stuffing myself yet again and acting out in front of people I love, I could never see anything clearly. It was truly like I wandered in a noxious cloud of toxic fog.

Clarity for me right now is looking at my “plate” and seeing too many jobs, tasks and unrealistic goals threatening to spill over. I am taking a hard look at what is realistically achievable with the time I have. On one hand, I feel so

good about OA that I want to help here, serve there, join this, be there for that . . . and then I start missing appointments or deadlines. In the cooler fall light, I see, I got carried away; my hope and optimism went a little whacky and I over-joined, over-committed myself. In the middle of all the over-joining and over-committing, I am reluctant to resign or quit . . . instantly berating myself for “being a quitter.”

This month I consciously look out at this golden light, then look at all the jobs I have agreed to, review them, and try to place them in a calendar. Sometimes no matter how badly I’d like to be part of something, it seems taking a step back is the better option for my program, my abstinence, my mind. I see on this calendar, clearly, there aren’t enough hours in the day for all of this. Which means if I keep on, I will not be doing my best job on any of the jobs. And my sponsor reminds me our program and all the jobs within it are for our group’s participation and shared good, not just a couple people’s.

I hope you all are refreshed by the coming change of season.

Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP THREE REVISITED

SIMPLE, BUT NOT EASY

Step Three is so simple, but not that easy. I must continually turn my will over to God so I can live sanely through good times and bad. This can happen by continuing to work the Steps.

Step Three tells me that when I give up self-will regarding food and turn my life over to God, I receive all the help and guidance I need.

I have a choice about the foods I eat, and when I turn my obsession over to God, I make better choices. I can select foods and behaviors that don't fuel my obsession, and I feel better about it. I discovered last week that I have trouble eating a particular food in moderation and had to throw away 2/3 of it. I've decided not to buy it anymore, but I had to ask God to make me okay with that decision.

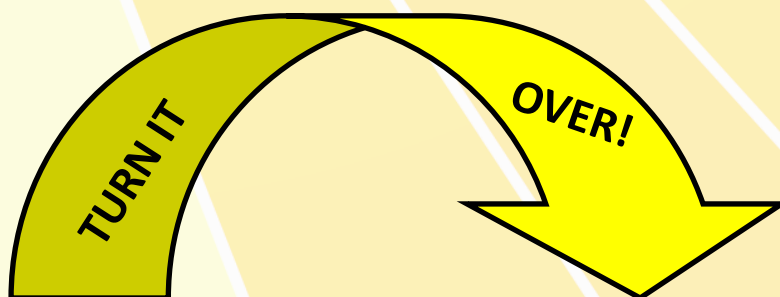
I also need to turn over my intuition to God. As I work the Steps, my intuition begins to function correctly, and I can focus on God's will for me with food and with life. It blows me away when I intuitively handle situations which used to baffle me. I know for certain that it's God working in my life. If I keep God's will forefront, I make much better choices.

I trust that God will eliminate my yearning for food if I continue abstaining. I'm so grateful that just for today I prefer and enjoy foods that are good for me. I'm also grateful that I want to continue being abstinent, and I know that's God's will for me. It's nothing short of a miracle that I've been able to abstain for even one day, let alone 2½ months. Prior to coming back to OA, I couldn't even go one day without eating sugar! I have sugar in the house for a craft project and the thought of popping some in my mouth has entered my mind. The sugar is not calling to me but, out of habit, it is something I considered eating. I ALWAYS had a stash of sugar on hand every day of my life that I wasn't abstaining.

One of my daily prayers is that I ask God to walk with me and talk with me. Another one is that I ask God to help me do His will. Many times, I need to ask for the willingness to live by God's will. I can face any situation sanely when I've turned it over to God. I need to remember that it's out of my hands, and I need to let go of self-will and humbly ask for help. I believe God's will and abstinence are mine for the asking.

Yours in the Fellowship,

Anonymous



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

VANITY



SANITY

I Came for the Vanity and Stay for the Sanity

Recently rejoining the Overeaters Anonymous program brought me to my first face-to-face meeting after many years. At this meeting someone said, "We came for vanity and stayed for sanity." Hearing this unfamiliar slogan was like a sucker punch.

Vanity is excessive pride in or admiration of one's own appearance or achievements. For me it meant the exact opposite: worthlessness, futility, always on the outside looking in. Self-esteem did not exist. Being seemingly invisible or scorned was the norm.

Every "so called" remedy I hoped for was an advertising hoax to draw this compulsive overeater into discouragement and desperation instead of satisfaction. If I continued to do what I had always done, I would have gotten the same disappointing results . . . more insanity. Finally, my Higher Power enlightened me. I came to believe that I could not do it alone, that there was a Power greater than me to take the reins, and make the journey towards sanity more comfortable.

The realization that changes had to be made burst upon my mind like the brightest neon rainbow. If I wanted to succeed in recovering from the disease of compulsive overeating and excessive food behaviors, alterations of my attitude, outlook on daily life, food plan, and self-appreciation were vastly necessary. I stepped aside, gave my Higher Power full control and became abstinent to this day. The point was not what I was eating, but what was eating me! As one of our slogans goes, "Nothing tastes as good as abstinence feels."

People-pleasing fell into the Academy Award area for superior achievement. "Acting as if" was an everyday scene in the play of pretending to be or not to be. The affirmation of others was desperately sought. Admonishments or complaints crushed my already fragile heart of hearts and spirit. Pathetic? Yes! For TODAY I need no human accolades, kudos or praises. I embrace what most men fear and avoid. The thanks, appreciation, and love from my Higher Power override the hurt of being unnoticed and depreciated by others. Today I don't eat over these inconsequential negatives that life throws my way.

Working on my many character flaws (anger, impatience, resentments, and vanity, and many more) one day at a time, fills all the possible voids. I don't have time to consider how others perceive me. I'm too busy attempting to become the best version of myself, in the eyes of my Higher Power. As long as I have my Higher Power's friendship, my life and working my program will be a success. I won't leave until the miracle happens.

Grateful Recovering Food Addict

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Overheard at a Meeting:

- ⇒ Self-pity has no bottom.
- ⇒ Having a person listen to my Fifth Step provides accountability with skin on.
- ⇒ There's no healing without feeling.
- ⇒ A tumble keeps you humble.

Life Has Its Ups and Downs

Life has its ups and downs.

Sometimes we smile.

Sometimes we frown.

That's more the reason we can change for the best.

Times a ticking, there's no time for rest.

Beth Z.

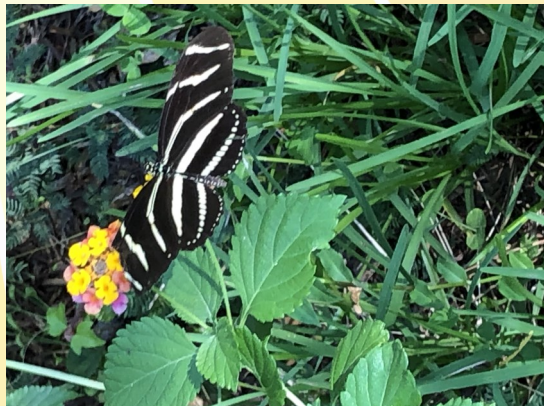


Photo by Joy R.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

News from OACFI Committees



FACEBOOK AND INSTAGRAM COMMITTEE

FACEBOOK: : In September 2023, Facebook had 847 followers, 14 of them new, and 737 Likes, 13 of them new. The Facebook reach—the number of unique users who see the page or a post—is 4,500, including users from Canada, the United Kingdom, Australia, and Mexico!

To help attract newcomers, the Facebook/Instagram Committee Chair is asking face-to-face meetings to make up a flyer to be spotlighted online. The flyer should not contain any names, phone numbers or personal email addresses.

To help attract new comers, here are some questions to ask your group. 1. How does your meeting greet newcomers? 2. Are phone numbers given to newcomers? 3. Does your meeting make sure a newcomer's questions are answered? 4. Are newcomers being called and made to feel welcomed after the meeting? 5. Do you have a regular newcomers meeting? Remember: Each Group/ Meeting has but one primary purpose: to carry its message to the compulsive overeater who still suffers.

Right-click on the image or link below and choose "open hyperlink" to see OACFI's Facebook page.



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

INSTAGRAM: Our Instagram page had 82 followers.

Right-click on the image or link below and choose "open hyperlink" 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!

PIPO (Pubic Information and Professional Outreach)

A 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 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.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



News from OA World Service

- ♦ **FREEDOM FROM ANOREXIA VIRTUAL INTERGROUP:** This virtual intergroup was registered in July 2023. Meetings affiliated with it are listed here:
<https://oa.org/find-a-meeting/?type=3&sort=ASC&ignumber=09698&limit=999999&submit=true>
- ♦ **NEW SUGGESTED ONLINE MEETING FORMAT:** This link will take you to suggested online meeting formats and includes links to PDFs that can be used during online meetings, as well as revised meeting formats with the Twelve Concepts: <https://oa.org/news/new-suggested-online-meeting-format-revisions-to-all-meeting-formats/?news-category=0>
- ♦ **AUDIO RECORDINGS OF APPENDICES TO OVEREATERS ANONYMOUS, THIRD EDITION:** Check out these audio recordings at: <https://oa.org/news/audio-recordings-of-appendices-to-overeaters-anonymous-third-edition-now-on-lifeline-oa-org/?news-category=0>
- ♦ **STILL-STRUGGLING WITH COMPULSIVE OVEREATING AND CARRYING THE MESSAGE:** This link will take you to a checklist to help you achieve abstinence and carry the message no matter where you are in your journey: <https://oa.org/news/still-struggling-with-compulsive-eating-our-new-checklist-can-help-you-to-carry-the-message/?news-category=0>
- ♦ See even more news, at: <https://oa.org/news/?news-category=0&page=0>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Call for Stories about Mental Health and Recovery

Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image.

If any of this is part of your lived experience, please consider sharing your story as a vital service to our OA community!

Questions to get you started:

- What is your experience with balancing your mental health issues and your OA recovery?
- How have the Steps, Traditions, and Tools helped you maintain your recovery while living with a mental health diagnosis?
- What accommodations have you needed to make in order to manage medication side effects, such as weight gain, extreme fatigue, loss of appetite, or memory loss?
- How has the program helped you respond to OA members who don't understand mental illnesses or the need for medication?
- How have you dealt with mental health issues in your role as a sponsor or sponsee?
- How have other OA members supported your recovery in the face of mental health challenges?

Send submissions to info@oa.org by November 30, 2023 with the subject line: "Mental Health & Recovery."

Please note:

- Submissions are assumed intended for publication, are subject to editing, become the property of OA, Inc., and will not be returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may also remain anonymous upon request.
- Submissions should be typed and submitted with a signed release form.
- Please keep stories to 800 words or less.
- All languages welcome!



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



The real fault is to have faults and not to amend them.

Confucius

Amend. Amend. Amend.

This is the brilliance of 12-Step Recovery. That daily 10th Step. The review. The reveal. The realignment.

It's consistently regenerative.

Keeping the 'self' in prime order for service.

Self-serving . . . required!

I need good self care, not indulgent care, in order to be at top form for serving others. I need to find a good balance between being self-focused and outward focused. This takes intention. And attention. It takes a clear head and an open heart.

Living this day abstinently and soberly is a very good place to start!

Debby H.

Quick fixes. They really do not exist. And believe me, my addict self searches constantly for them. I want what I want, now! And with minimal effort. Alas, I have come to see the long haul, that my sojourn in program is indeed a daily practice of working my program. Instant results do not appear, like instant food. Nope. I find my way and answers as I work the principles in all my affairs. They endure; as long as I stay the course. An interesting mix evolves in my life; that takes patience. And some work. It's all good. I believe in the goodness. And I wait for answers that are guaranteed in an abstinent, Step-driven life . . . of recovery.

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

FOCUS ON



This month's featured tool:

LITERATURE

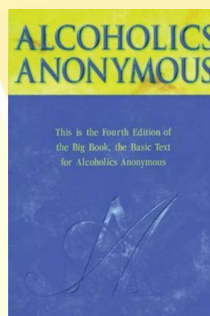


Literature is one of the foundations of Overeaters Anonymous. I read literature at every meeting: the Steps, the Traditions, prayers, and the texts of our books. OA literature keeps a meeting focused on the Tradition of carrying the OA message to other compulsive overeaters.

I center my thoughts every day on the meditation in Overeater's Anonymous' daily reader *For Today*. I write a few words on each meditation. I share my thoughts by texting my words to another compulsive overeater. I discuss the *For Today* meditation with another member of OA in telephone calls.

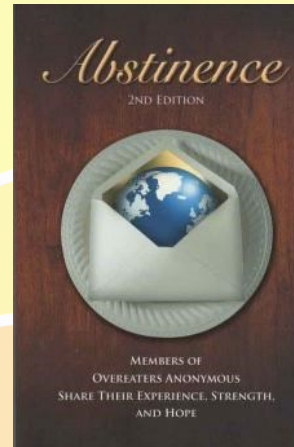
Many prayers, including our Third Step Prayer, are contained in AA's "Big Book," *Alcoholics Anonymous*. OA literature is a source for prayer and meditation. I use literature at any moment of the day to help in my recovery.

Cheryl S.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

BOOK REVIEW



ABSTINENCE, 2nd Edition

Ever wonder about abstinence and how it pertains to you? Or to others in our group?

The Monday, 6:00 pm meeting at Asbury United Methodist Church in Maitland is learning by reading *Abstinence*, 2nd edition. (See the next page for information about this meeting.)

This is a helpful choice to read at a new face-to-face meeting after a few years of working my program online-only. I would recommend this book to any sponsee, whether they are new to OA or new to my sponsorship. It's strong enough to be included in a short daily read or used as the meeting format above. It's helpful to someone coming back from a slip or wanting to stay abstinent on auto-pilot. (Note to reader: my experience with auto-pilot is that it doesn't work and fails when I least expect).

The book starts with a history of abstinence and includes chapters on achieving, maintaining, re-achieving, living with abstinence, and how abstinence changes with time and experience. The testimonials are brief and direct. They are three paragraphs to a couple pages in length. Most are current to our modern lifestyle and very relatable. Chapters have little phrases highlighted in a sidebar that are one-sentence thoughts to pause and consider.

The wisdom from my fellows on the different stories is enlightening to me, and healing. Often we only get through one story because everyone has thoughts to share. I've had my own "Oh, yeah! When you say it that way, I have experienced that too!" moments when someone calls out a particular phrase or sentence.

This is a wonderful book for sharing, book groups, sponsor-sponsee, or coming back to recovery.

You can find it at the oa.org book shop for \$12.50, without shipping (<https://bookstore.oa.org/books/abstinence-second-edition-994.asp>) or at the Monday meeting.

Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TWELVE-STEPPING A PROBLEM

The following document was downloaded from oa.org, at: <https://media.oa.org/app/uploads/2021/08/22222212/twelve-stepping-a-problem.pdf>. The second page is on the next page of the newsletter. Copyright Overeaters Anonymous. All rights reserved.



Twelve Stepping a Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

- 1) I admit I am powerless over _____. How does this make my life unmanageable?
- 2) Do I believe that a power greater than myself can restore me to sanity? YES or NO
If no, explain why not. What would recovery look like in relation to this problem?
- 3) Have I made a decision to turn _____ over to the care of God/Higher Power? YES or NO If no, explain why not.
- 4) Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?
- 5) Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to number six. If NO, return to number one.
- 6) Am I entirely ready to have God/Higher Power remove these defects of character? YES or NO If no, explain why not.

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

- 7) Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO
(Refer to fears, resentments, harms in number four above.)
- 8) Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?
- 9) How and when will I make amends?
- 10) Continue to take a personal inventory. What specific actions can I take today?
- 11) What specific actions can I take today to establish, re-establish, improve conscious contact with God/Higher Power?
- 12) What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?

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

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>

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*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,

9:30 pm 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?

OA has a Virtual Region that contains many Virtual Intergroups, including the following:

- * 12 Steps 4 COE's
- * Better Together
- * Ebony Overeaters Anonymous
- * Freedom from Anorexia
- * A Design for Living
- * Men's
- * OA Foot Steps
- * Secular Special Focus
- * Young People

Check out the full list and find direct links to each Virtual Intergroup's website at:

<https://oavirtualregion.org/vr-intergroups/>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

SERVICE OPPORTUNITIES

**NEW
SERVICE
OPPORTUNITIES**

• **TREASURER**

Available January 1, 2024

• **WEBMASTER**

Available October 7, 2023

If interested, come to the next Intergroup Meeting on Saturday, October 7, 2023 at 10 am. See last page of newsletter for Zoom info. Also, please email: chair@oacfi.org.

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

A new way to carry the message!

A new way to carry the message!

Region 8 has an excellent resource page with links to OA information that may benefit newcomers, returning, and current members. People may scan this QR code (point your smart phone's camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this flyer and pass it around in face-to-face meetings or insert it into a visual format for virtual meetings.

Check it out. Pass it on.



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Region 8

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 September 2023 is in the far right column. To purchase literature, please e-mail Carlene at secretary@oacfi.org.

item #	Pamphlets, Booklets and Wallet Cards	Quantity on Hand
102	2017 Membership Survey Report	1
105	Recovery Checklist	10
106	Many Symptoms, One Solution	23
110	OA Members Come in All Sizes	4
135	In OA, Recovery is Possible	18
144	A New Plan of Eating	2
180	If God Spoke to OA	7
185	Welcome Back	18
200	A Guide for Sponsors	7
240	To the Family of the Compulsive Eater	11
250	To Parents and Concerned Adults	8
265	A Common Solution	16
270	To the Newcomer	26
285	Black OA Members Share Their Experience, Strength and Hope	2
290	To the Man Who Wants to Stop Compulsive Overeating, Welcome	7
330	The Twelve Concepts of OA Service	2
390	Anonymity	6
425	Carrying the Message wallet card	24
430K	One Day at a Time wallet card (pack of 30 only)	1
435	Pocket Reference for OA Members wallet card	9
440W	Bulletin Board Attraction Sticky Notes (pad of 25 only)	2
705	"Where Do I Start?"	110
725	Focus on Anorexia and Bulimia Packet	11
750	Is Food a Problem for You?	25
751K	About OA (pack of 20 only)	7
755	Fifteen Questions	24
759	Public Information Posters (pack of 20)	2
770	When Should I Refer Someone to OA?	18
	Books	
950	Body Image, Relationships, and Sexuality	3
960-2	Twelve Step Workshop and Study Guide (2nd Ed)	1
965	Participant Guide to Twelve Step Workshop and Study Guide (2nd Ed)	5

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)		
970	Taste of Lifeline	5
974	For Today Workbook	7
978	Seeking the Spiritual Path: A Collection from Lifeline	2
980	Overeaters Anonymous (3rd ed)	6
990-2	The Twelve Steps and Twelve Traditions of OA (2nd Ed)	9
992	The Twelve-Step Workbook of OA (2nd Ed)	5
994	Abstinence (2nd Ed)	1
996	Voices of Recovery Workbook	9
998	Beyond Our Wildest Dreams	2
1000	Alcoholics Anonymous (4th ed)	3
Recovery Coins		
4801	Anniversary Medallion 1 year	8
4802	Anniversary Medallion 2 year	9
4803	Anniversary Medallion 3 year	8
4804	Anniversary Medallion 4 year	10
4805	Anniversary Medallion 5 year	7
4806	Anniversary Medallion 6 year	3
4807	Anniversary Medallion 7 year	3
4808	Anniversary Medallion 8 year	1
4809	Anniversary Medallion 9 year	3
4810	Anniversary Medallion 10 year	7
4811	Anniversary Medallion 11 year	3
4812	Anniversary Medallion 12 year	3
4813	Anniversary Medallion 13 year	3
4814	Anniversary Medallion 14 year	2
4815	Anniversary Medallion 15 year	3
4816	Anniversary Medallion 16 year	2
4817	Anniversary Medallion 17 year	2
4818	Anniversary Medallion 18 year	2
4819	Anniversary Medallion 19 year	4
4820	Anniversary Medallion 20 year	2
4825	Anniversary Medallion 25 year	2
4830	Anniversary Medallion 30 year	2
4835	Anniversary Medallion 35 year	2
4840	Anniversary Medallion 0 year	2
470	Serenity Prayer Coin	27
480	Recovery Medallion	7
552	30-day Recovery Coins	27
553	60-day Recovery Coins	31
554	90-day Recovery Coin	21

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)		
555	6-month Recovery Coin	30
556	90-day Recovery Coin	44
560	Newcomer Welcome Coin	20
	Audiovisual	
656	Overeaters Anonymous (3rd ed) CD	1



Photo is of sunset from Haleakala Crater on Maui. Photo from Lucky of Maui.

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 NOVEMBER 2023 Newsletter: [DUE ASAP](#)
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

(Continued on the next page)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

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.

For MARCH 2024 Newsletter: [DUE FEBRUARY 1 2024](#)

Need articles on:

Step Three: Faith

Tradition Three: Identity

Concept Three: Trust

Tool: Writing

Writing Prompt/Challenge:

- What does faith mean to you in terms of working your program?
- Describe a time you “Let Go and Let God” and something good happened.



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



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Meeting List as of 9-19-23

			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=S21XWGNKdmlFOFdld1NVS0lrN0hTQT09	Joleen	352-425-2339
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 **Please text the contact person for current Zoom meeting and password information. https://zoom.us/j/9749783696	Terry C.	407-414-5298
7:00 pm	V	01048	Church of the Ascension Zoom call in # Zoom **Please text the contact person for current Zoom meeting and password information. 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
5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (FACE TO FACE)	Debby	386-402-6631

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

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
6:15 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
7:00 pm	V	52613	North Village Pool House in Celebration Call contact person for directions (FACE TO FACE) Celebration, FL 34747 Also phone—Uber Conference: 407-553-2087	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

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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
V – Varied



Photo by Joy R.

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 JULY 2023

Group Number	Day	Meeting	July 2023 Contributions
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 15.00
800822	M-S	Central Christian Church Noon	\$ 168.00
800729	Mon	Dunnellon Pres Church Dunnellon	\$ 100.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	UMC, DeLeon Springs	
89068	Mon	Central Christian Church 12pm	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
57739	Mon	Maitland 6:00 PM	
800442	Mon	Grace Zoom	\$ 174.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	
1048	Mon	Church of Ascension, Apopka	
89653	Mon	Zoom For Today Meeting	
800293	Tue	Many Faces One Solution	\$ 150.00
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	
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	\$ 40.00
89006	Thurs	Zoom Speaker Mtg	\$ 78.00
89384	Thurs	Zoom Body Image	\$ 35.00
936	Fri	Tusawilla UMC, Casselberry	\$ 40.00
20088	Fri	St. Lukes UMC	
45611	Fri	Lady Lake Library	\$ 158.00
89072	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

Group Number	Day	Meeting	July 2023 Contributions
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$ 40.00
800378	Sat	Zoom Port Orange 9 am	
800324	Sat	For Today 9:30 am	
46887	Sat	Ascension Church	\$ 67.00
48952	Sat	Port Orange Presy	
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 #	\$ 115.00
		Individual Contributions (PayPal)	
		Individual Contributions (check)	
		literature	
		Step Workshop	\$ 80.00
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		Total 7th Traditions	\$1,360.00



Photo by Alicia C.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Your Trusted Servants For Central Florida Intergroup

<u>Positions:</u>	<u>Name</u>
Chair:	Debby H.
Vice-Chair:	Christie H.
Treasurer:	Kathy M.
Secretary:	Carlene D.
Parliamentarian:	Annie M.
Literature:	OPEN
Co-Webmaster:	Carrie C.
Co-Webmaster:	OPEN
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](https://www.tiktok.com/@oacfi)
 Bylaws: <https://www.oacfi.org/wp-content/uploads/2021/11/OACFI-Bylaws-11.13.2021.pdf>
 Policies and Procedures: <https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf>

CHANGE TO INTERGROUP MEETING FOR OCTOBER:

10 am Saturday, October 7, 2023

It is changed to the first Saturday of the month **just for October 2023**, because of the retreat. Regular schedule of second Saturday of the month for Intergroup meetings continues in November:

10 am Saturday, November 11, 2023

* **ZOOM INFO. for Intergroup Meetings:**

Join Zoom Meeting

<https://us02web.zoom.us/j/5083293778>

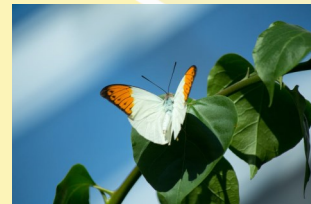
Meeting ID: 508 329 3778

(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.