

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS  
ANONYMOUS®**  
CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

NOVEMBER 2023

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

## CALENDAR OF EVENTS

**OA Phone Marathons:** Meetings every hour from 8 am to 12 pm midnight EST, 712 432-5200, pin-4285115# Held by OA Virtual Intergroup. Contact for more information at:

[2020oamarathons@gmail.com](mailto:2020oamarathons@gmail.com)

**Sat., November 11, Veterans Day/Armistice Day:**  
“9th Step Promises—Are They Extravagant Promises or Not?”

**Sun., November 12, Diwali:** “How does Self-Discipline Lead to Recovery?”

**Sun., November 19, International Day Experiencing Abstinence (IDEA):** “How do I Define My Purpose as a Member of OA?”

**Thur., Thanksgiving Day:** “Face Your Stuff or Stuff Your Face—How do I Keep My Recovery Strong?”

**Wed., November 1, 2023 –Wed., February 21, 2024,**  
2:30—4:30 pm EST, OA Foot Steps Virtual Intergroup, Twelve Steps Workshop Series (15 Weeks), SHOW UP ON NOV. 1 TO REGISTER. Zoom Meeting ID: 914 9995 6265, Passcode 1212. See flyer below.

**Sat., November 4, 2023, 9:30 am—12:30 pm EST, Space Coast Intergroup, “OA IDEA Day—Together We Can Do What We Could Never Do Alone,”**  
Rockledge Presbyterian Church, 921 Rockledge Drive, Rockledge, FL 32955. See flyer below.  
<https://oaspacecoast.org/>

**Sat., November 4, 2023, 2—3 pm EST, Central Ontario Intergroup, Recovery Talks, “How to Use the Tools.”** Zoom: Meeting ID: 830 4817 6630 Passcode: 792131.

**Sun., November 5, 2023, 1-2:30 pm EST, Ocean and Bay Intergroup, “Step 11 Two-Way Prayer Writing Workshop.”** Zoom Meeting ID: 828 6154 9717 Passcode: 247365. <https://oceanandbay.org/events?event=76982355;instance=20231105130000?popup=1>

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**Sun., November 5, 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/94721259974pwd=TnRQakpUSFplOGZ0QTh3cnpGUjhTz09#success> or <https://www.oarise.org/>

**Fri., November 10 —Sunday, November 12, 2023,**  
**Los Angeles Intergroup, 36th Annual Men’s Retreat.** Hybrid. Limited Zoom participation, \$25. Zoom info. sent after you register. Go to: <https://www.eventbrite.com/e/36th-oa-mens-retreat-in-oceanside-ca-november-10-12-2023-tickets-624857725277>

**Sat., November 11, 2023, 10 am-12 pm EST,**  
**Tallahassee, FL groups, “Day of Sharing,” with speakers on topic of “The Gift of Gratitude.”**  
Zoom Meeting. Zoom ID 422 565 6954, Passcode 068927. Call 770-846-0716 for more info.

**Sat., November 11, 2023, 2—4 pm EST, San Diego Intergroup’s Twelfth Step Within Committee, “Strategies for Ending Slipping and Sliding.”**  
Zoom Meeting ID 854 2974 9682, no passcode. <https://us02web.zoom.us/j/85429749682> See flyer below.

**Sat., November 11, 2023, 3:30 pm—5:00 pm EST, A Design for Living Intergroup Monthly Speaker Series: “To Employers.”** Zoom Meeting ID 200 540 624, No passcode [www.ad4l.info](http://www.ad4l.info) See flyer below.

**Sat., November 11, 2023, 4—6 pm EST, San Gabriel Valley-Inland Empire Intergroup and Region Two, “Service, Traditions, and Concepts Workshop—Beyond Our Wildest Dreams.”**  
Register by Nov. 10 (space limited). Hybrid. Register at : <https://www.oasgvie.org/service-traditions--concepts-workshop---november-11-2023.html> See flyer below.

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### CALENDAR OF EVENTS (continued)

- Sat., November 11, 2023, 4—6 pm, Piedmont Intergroup, Twelve Step Workshops Series (15 weeks), SHOW UP ON NOV. 11 TO REGISTER.** <https://piedmontintergroup.org/saturday-15-weeks-through-12-steps-workshop/>
- Sat., November 11, 2023, 7—8 pm EST, OA Creative Reprieve, “Family Share Creativity and Fellowship.” “Family” = Friends who feel like family.** Zoom Link: Meeting ID: 817 388 85598 Passcode: 1212
- Sun., November 12, 2023, 3—5 pm, EST, Region 8 Twelfth Step Within Committee, “Journey From Relapse to Recovery.”** Zoom ID: 897 4851 2192 Passcode: 680348 Join Zoom Meeting: <https://us02web.zoom.us/j/89748512192pwd=VkJYTkscWlZG5STUREYjZ4cmpWQT09> See flyer below.
- Fri.—Sun., November 17-19, 2023, IDEA (International Day Experiencing Abstinence).** An opportunity for everyone in our Fellowship to affirm their abstinence from compulsive eating & compulsive food behaviors. See flyer below.
- Sat., November 18, 2023, 1—2:30 pm, South Coastal Mass Intergroup, Speaker Panel for International Day Experiencing Abstinence (IDEA), “Renewing Your Commitment to Abstinence.”** Zoom Meeting ID: 827 3581 3760 Passcode: 006317 Please have video on when entering meeting. See flyer below.
- Sat., November 18, 2023, 1—3 pm. EST, Triangle Intergroup, “Celebrate the Holidays While Avoiding the ‘Holidaze.’”** Zoom ID 865 7919 7536, no passcode—host will admit participants. See flyer below.
- Sun., November 19, 2023, 2—4 pm, Central Virginia Intergroup, IDEA (International Day Experiencing Abstinence) Workshop, “Staying Committed to Abstinence During Through the Holidays. And Every Day.”** Zoom meeting ID: 368-705-321 Passcode: 9517532460 See flyer below.
- Sun., November 19, 2023, 2--4 pm, Baltimore Area Intergroup, IDEA (International Day Experiencing Abstinence) Virtual Workshop.** Zoom Meeting ID 731 088 9762; Passcode: BeAbstn8 <https://us02web.zoom.us/j/7310889762pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09> See flyer below.

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- Sun., November 19, 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/94721259974pwd=TnRQakpUSFpIOGZ0QTh3cmPGUjhTZz09#success> or <https://www.oarise.org/>
- Sat., December 30, 2023, 10:30 am—12 pm, Greater Atlanta OA Intergroup, “The Tool of Service—ABCs and DEFs of Service.”** Zoom Meeting ID: 432 394 3661 Passcode: serenity Zoom link: <https://bit.ly/3e6jdtL> See flyer below.
- January 2024: Registration begins for OA World Service Business Conference, to be held May 7-22, 2024 in Albuquerque, New Mexico.** Hotel reservations also taken starting in January 2024. <https://oa.org/world-service-business-conference/>
- Fri., January 12— Sun., January 14, 2024, OA Los Angeles Area Intergroup, The 64th Annual OA Birthday Party, “Together We Get Better.” LAX Hilton – 5711 W Century Blvd, Los Angeles, CA 90045** Registration \$45-\$65, depending on date registered, not including hotel. Go to: <https://www.oalaig.org/oa-birthday-party/>
- 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 .  
**LOCAL VOLUNTEERS WILL BE NEEDED!**



**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

## **Overeaters Anonymous TWELVE STEP WORKSHOP**

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



**WEDNESDAYS**

**START - NOVEMBER 1, 2023**

**END - FEBRUARY 21, 2024**

**2:30PM - 4:30PM EST**

**ZOOM: 9 14 9995 6265 PASSWORD: 1212**

To participate, attend the Orientation session (NOV 1). No registration needed for the Orientation session. Those who attend the Orientation session will be registered for the workshop. This workshop will be closed to new participants after the Orientation session.

**To get more information & all the literature for the workshop, [CLICK HERE](#) or email [tsw@oafootsteps.com](mailto:tsw@oafootsteps.com).**

Literature scholarships may be available. Contact [tsw@oafootsteps.com](mailto:tsw@oafootsteps.com)

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

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SPACE COAST INTERGROUP  
[oaspacecoast.org](http://oaspacecoast.org)

**OA IDEA DAY**  
**Together We Can Do  
What We Could Never Do Alone**

**Saturday, November 4, 2023**

**9:30 am to 12:30 pm**

**Rockledge Presbyterian Church  
921 Rockledge Drive, Rockledge, FL**

**Parking is across from the Church on Orange Avenue**

**Speakers will share their experience, strength, and hope:**

**Abstinence**

- **How We Get It**
- **How We Keep It**

*Gift baskets will be raffled off at the end of the morning.*

*Water will be provided.*

*OA Literature will be available for sale.*

*A \$7 cover charge will be collected from those who are financially able.*

*Newcomers are especially welcome.*



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# STRATEGIES FOR ENDING SLIPPING AND SLIDING



A Zoom Workshop from OA San Diego Intergroup's Twelfth Step Within Committee

**Want long-term abstinence?**

**Want to stop slipping?**

**Want help saying “no” to that first bite?**

**Saturday, November 11, 2023**

**11:00 am – 1:00 pm PT**

**2:00 pm – 4:00 pm ET**

**Zoom Link:** <https://us02web.zoom.us/j/85429749682>

Meeting ID: 854 2974 9682 (no passcode)

Join us and be inspired. Share your wisdom. Listen to inspiring speakers. Participate in breakout rooms. Engage in recovery insights and guidelines. Ask questions of the speakers.

All are welcome – newcomers – long-term, recovering members – folks in relapse or returning to OA.

There is no registration required. The 7<sup>th</sup> Tradition will be observed.

Questions: Email [workshops@oasandiego.org](mailto:workshops@oasandiego.org)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

AD4L SPEAKER SERIES

OVEREATERS ANONYMOUS  
A DESIGN FOR LIVING IO

# TO EMPLOYERS



**ZOOM ID: 200 540 624  
(NO PASSWORD)**

NEW YORK SAT 11TH NOV 3:30pm - 5:00pm  
LONDON SAT 11TH NOV 8:30pm - 10:00pm  
MELBOURNE SUN 12TH NOV 7:30am - 09:00am

A Design for Living (Big Book OA): [www.ad4Linfo](http://www.ad4Linfo) / [admin@ad4Linfo](mailto:admin@ad4Linfo)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Service Traditions & Concepts Workshop



<https://www.oasgve.org/service-traditions-concepts-workshop-november-11-2023.html>

Produced by: San Gabriel Valley-Inland Empire  
(S.G.V.I.E.) IG and REGION 2

Date/Time: SAT., 11/11/2023; 1-3:00 p.m. (PST)  
(Doors open at 12:30 p.m.)  
Hybrid: (Zoom & In-Person)  
Hybrid Meeting ID: 604-572-7175; Password: 1960  
Contact: My at (626) 331-1437  
Donation: \$10.00 (Pre-registration advised.)  
(No one will be turned away for lack of funds.)  
Presented by: Region 2 Board members.

Address: S.G.V.I.E. IG, 1157 E. Arrow Hwy, Suite 4, Glendora, CA 91740  
Register EARLY! Space is limited to 50 Zoom and 50 in-room participants.  
Register at [oasgve.org](http://oasgve.org) or complete & mail the 'Registration Form' on back of this flyer.  
When Registering: Please indicate if you are attending "online" or "in-room."

# Beyond Our Wildest Dreams



San Gabriel Valley-Inland Empire Intergroup  
1157 E. Arrow Hwy, Ste. 4, Glendora 91740  
[oasgve.org](http://oasgve.org); 626.335.3355; [oa.org](http://oa.org)



Overeaters  
Anonymous  
Region 2  
[oa.r2.org](http://oa.r2.org)

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**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**JOURNEY FROM RELAPSE TO RECOVERY**

**DATE: Sunday, November 12, 2023**

**TIMES: 3:00 p.m. to 5:00 p.m. (EST)**

**2:00 p.m. to 4:00 p.m. (CST)**



**Workshop Highlights:**

- ❖ 2 speakers sharing their journey from relapse to recovery
  - ❖ Guest speaker : "Creating an Action Plan"
  - ❖ Time to create your own Action Plan
  - ❖ Sharing and questions for the speakers

**ZOOM ID :** 897 4851 2192

**PASSCODE :** 680348

Join Zoom Meeting

<https://us02web.zoom.us/j/89748512192?pwd=VkYlTksxcWlnZG5STUREYlZ4cmpWQT09>

To help carry the message of recovery, please consider giving a 7th Tradition donation to Region 8 (<https://oacregion8.org/region-8/contributions/>)





## 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](http://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**

**I D E A D A Y**

**What: · INTERNATIONAL DAY EXPERIENCING ABSTINENCE**

**Renewing Your Commitment to Abstinence**

**When: Saturday, November 18, 2023, 1:00pm.-2:30pm**

**Where: Zoom ID. 827 3581 3760 Password 006317**

**Security Measures: Please have your video on when entering the meeting.**

**7<sup>th</sup> Tradition [WWW.SCMIOA.ORG](http://WWW.SCMIOA.ORG) For Information: Text 508-269-2279**

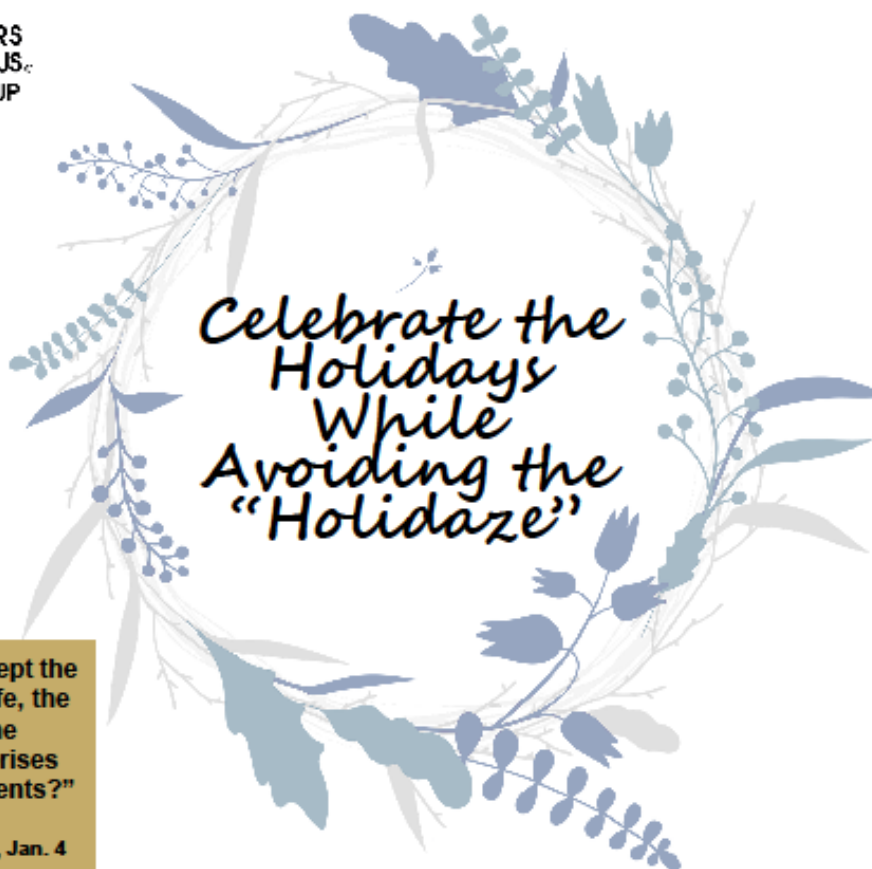
**3 Speakers with long term abstinence and opportunities for sharing**



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



**12<sup>th</sup> Step Within Committee** invites you to join us for some serenity, experience, strength and hope this holiday season!



"Am I able to accept the vicissitudes of life, the craziness, the alternating surprises and disappointments?"

Voices of Recovery, Jan. 4

**Workshop details...**  
**Saturday, Nov 18, 2023**  
**1:00 PM – 3:00 PM EST**

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

**Zoom details:**  
**Meeting ID: 865 7919 7536**

The meeting host will admit fellows to the workshop!

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

**Activities include:**

- Three speakers sharing their experience, strength, and hope
- Reflection time (we invite you to bring a journal)
- Movement
- Music and fun
- Question/answer and sharing time

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

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

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**Central VA Intergroup of Overeaters Anonymous (OA)  
12 Step Within  
Celebrates International Day of Experiencing Abstinence  
(IDEA) Day**

**On Sunday, November 19, 2023 from 2-4 p.m. EST**

**Via Zoom: Meeting ID: 368-705-321**

**Password: 9517532460**



During this virtual workshop, two speakers will share their experience, strength and hope on the theme of **“Staying Committed to Abstinence Through the Holidays and Every Day.”** Participants will have the opportunity to ask questions and share their own experience. In addition, the workshop will include a writing exercise that will help the OA member develop a plan of action to remain abstinent through the holidays and every day- one-day at a time.

**Come join us as we celebrate IDEA Day!**



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Baltimore Area Intergroup (BAIG) presents  
Overeaters Anonymous  
**IDEA DAY**  
International Day of Experiencing Abstinence



**VIRTUAL WORKSHOP**  
November 19 - 2 to 4 pm EST  
**SPEAKERS, Q&A, JOURNALING & SHARING**

*Come join us to learn how members are experiencing abstinence one day at a time.*

**ZOOM LINK**

<https://us02web.zoom.us/j/7310889762?pwd=OkIrWFEFPZmhCdUM1bTB4SjZ5bnk5dz09>

Meeting ID: 731 088 9762; Passcode: BeAbstn8;

One tap mobile +13017158592,,7310889762#,,1#,628738#

7th Tradition contributions and other donations may be made directly to the Baltimore Area Intergroup by Pay Pal!  
Click the Donate button on our website to make a secure contribution

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

**STEP ELEVEN:**

**Sought through prayer and meditation to improve out conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

**Spiritual Principle:**

**Spiritual Awareness**

**The Freedom to Choose**

The spiritual principle embodied in Step Eleven is spiritual awareness. When I first joined OA, I naively believed that I knew all there was to know about my Higher Power (HP). My pride had convinced me that being a theology student qualified me as an expert on all spiritual matters. However, in those early days, I did more running away from my HP than I spent seeking Him for my sanity and recovery.

I joined OA in August 2020 and began to work the Steps in October. I quickly sailed through Steps Two and Three, “informing” my sponsor that I had a secure relationship with my HP. I began writing Step Four and remained frozen there for some time, stuck in self-pity and morbid reflection. Finally, I sought a new sponsor and continued working the Steps until I hit the next major roadblock.

When I reached Step 8, I realized something rather disturbing—I was still full of resentment, bitterness, and rage at the people I needed to make amends to. My sponsor questioned me about my relationship with my HP and the work I had done with Steps Two and Three. I confessed sadly that I not only carelessly sailed through these two Steps, but also I put my time with HP on the bottom of my daily task list. We decided to go back and do a thorough Step Two and Three. A month later, in March 2022, I experienced a traumatic loss that made me question everything I knew or believed about my HP. A dear OA fellow suggested a writing exercise that consisted of me describing who my HP was to me now versus who I needed my HP to be going forth. I wrote honestly, openly, and willingly, and was able to define the HP that I firmly believe in today.

I am grateful that OA is a safe place for each OA member to seek out their own version of HP. There are no time limits, no lists we must choose from, and absolutely no judgment or condemnation for our choice of HP. I believe that this Step is intended to be a healing aspect of my recovery journey where my HP is exactly as I need Him to be.

I am thankful to OA for the freedom it allows its members in practicing Step Eleven. I prefer to write out my prayers to HP, as it helps me focus better. I begin in the morning by listing what I need to surrender over to my HP. At night I end with a list of five things from my day that I am thankful to my HP for and share them with another OA fellow. Throughout the day I often repeat, “Thy will, not Sandi’s, be done!” This helps remind me that my HP is in the driver’s seat, I am free to relax, let go, and be the passenger. OA literature reminds me to “Keep it Simple.” My prayer journal can be either sentences when I have time in the morning or short bullet points on those days I have appointments.

I choose to meditate after I read *Voices of Recovery* or *For Today*. I set a timer for five minutes, get out a blank piece of paper, and if HP brings anything to my mind during this time, I write it down. I often go back and write in my journal about what I wrote down during those five minutes of meditation.

I have found that the more I practice prayer and meditation, it becomes a part of my routine and flows more freely. Also, my HP is always ready to reward any time I spend seeking Him with greater spiritual awareness. I find that my recovery journey is enriched by implementing Step Eleven, which also greatly improves my relationships with all those around me.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP****A Change in Spiritual Awareness**

My spiritual side has always lived along with the logical, concrete side of me. Before OA, though, I always felt like a minute speck in the universe. So while there was a spiritual side, it usually pertained to things outside myself: family, friends. It was compassion for other people and situations and didn't include me.

Once I developed a spiritual awareness to include myself, with all the quirks and imperfections that make up Me, my life bloomed. My spiritual side blossomed and expanded tenfold or more. The compassion and awareness I had for others started occurring to and pertaining to me, too.

How did I do THAT? First, through talking lots with my sponsor, I recognized and believed that my eating was completely out of my control and no matter what I did, I couldn't stop or control it by myself. I needed the "Us."

Then we moved on to HP. "God's not for me," I shared with her. "I believe all my issues are the whining of a complainer who has it much better than so many other people in the world. God doesn't have time for my petty whining."

"Well," she asked, "How can HP help you through a rough time? How can you let go and heal?" I had no idea.

My sponsor, an innovative teacher, asked me to do something very peculiar. One day, she said, "OK, just this once, *pretend* that there is a god or higher power that is there exclusively for you—just you, in the whole universe." She told me to write a description of a "just us" weekend. "Just God and me?" I asked doubtfully. "Yup." All righty, then. I wrote up a full weekend where God flew me around the world and we fed the starving, healed the sick—in three days we did pretty much everything but broker peace in the Middle East. I emailed it to her, proud of my work.

She sent it back.

She said she'd like me to think about this "weekend" more deeply and re-write my piece. She clarified that it needs to be God and me, with HP directly helping me, hanging around me, and spending the weekend with me. What would we do together? I panicked. What if I bored God?

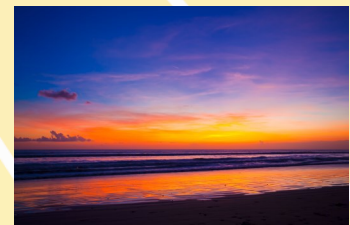
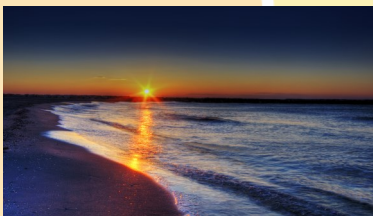
Her instructions stumped me. If I couldn't fly around the world rescuing people and animals, what good was I on the planet? I sat with this for several days puzzling over what God would like to do for a whole weekend. It was the worst case of Hostess Anxiety ever!

I decided on a very special weekend for us. I took God to my favorite beaches, and we watched sunrises and sunsets together. We saw dolphins in the Gulf and whales in the Atlantic. We attended a writer's workshop and then an art workshop. That weekend we did all my favorite things. And I shared all my thoughts that weekend: the scary, petty, beautiful ones. I didn't try to select out the stuff that might make me look bad. HP listened and did not interrupt, then shared back. I realized God already knows that stuff, and was fine listening to my retelling. And *this* God is kind and patient with me, no matter how often I screw up.

At the end of our weekend, I was scared for HP to leave. I was afraid God would leave and be attentive to everything but me. Then HP pointed out they were always there, always had been, always would be, it was up to me to call for help, or company, whenever I needed or wanted it. And just share.

The last thing I remember as I completed my essay was the feeling of a warm hand on my shoulder, reassuring and calming. There was no one in the room with me – not a person. I still feel that hand on my shoulder when I need it; all I need to do is ask.

Annie M.





OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**TRADITION ELEVEN:**

**Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.**

**Spiritual Principle:  
Anonymity**

Whenever we read this tradition in a meeting, I mentally edit it, updating “*radio*” and “*films*” to something in this decade, such as “*the Internet*” and “*social media*.” But I figure we get the gist, and since the Tradition is apparently not broken, there’s no need to fix it. Plus, I’ve grown fond of the antiquated language in *Alcoholics Anonymous (the “Big Book”)*, with its charmers like “hence” and “thus.”

When I step back from the wording, I can see that the message of Tradition Eleven is timeless, directing me to develop into a walking, breathing, eating example of OA. Instead of preaching about program, I get to quietly work towards being honest every moment of every day. This relentless presence in the now demands bravery and humility.

Humility, as I read it in Step Seven in the Alcoholics Anonymous book *Twelve Steps and Twelve Traditions*, is seeking and doing God’s will, not mine. My will is to eat myself into oblivion. Thankfully, God’s will for me includes a modest amount of food coupled with an ocean of affection. Bravery is admitting to myself when I’m on the verge of hurting myself with obsessive food behaviors and the willingness to call my sponsor right then.

I trust that as I get further from my last binge and closer to my Higher Self and my Higher Power that my Heavenly Mother will place sisters and brothers in my path whom She can help through me, which moves me safely into Step Twelve.

Lucky from Maui

**ANONYMITY**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**CONCEPT ELEVEN:**

**Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.**

**Spiritual Principle:****HUMILITY**

What Concept Eleven reminds me of is that it is important to seek help from qualified professionals who have the specific skills and abilities to help with what is needed. The Trustees—trusted servants who are OA members—administer the World Service Office, but they cannot do it alone. They need committees, which will probably have other OA members on them. However, the Trustees may also need executives, staff, and consultants who are not in OA, in order to help administer the myriad functions of the World Service Office. The pamphlet “The Twelve Concepts of OA Service” notes: “Similar to the realization that some members may need to look outside of the Fellowship for help in recovery, Concept Eleven acknowledges that our service work may require assistance from people outside OA who have professional skills and talents not available within our groups.” (Copyright Overeaters Anonymous. All rights reserved.)

I hope to soon be a homeowner. Just as OA trusted servants do much to maintain OA, I will do what I can to maintain my home, but I know that if certain things break or need maintenance—such as the air conditioning and heating, plumbing, or the roof, to name a few—I will need to hire experts to fix or maintain them. In the same way, OA needs experts to perform services that we do not have the skills, knowledge, or capacity, as volunteers, to do. It takes a village!

Alicia C.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



### Our Résumé to Serve and Humility

What are the qualifications of being a good servant in Overeaters Anonymous? Does it take good computer skills, or math skills, or strong willpower? How about leadership qualities or good organization skills? Perhaps, excellent written and verbal communication skills are necessary. Do you need to lose a certain amount of weight or have an abstinence record over a year long . . . perhaps we are getting a little closer? Actually, Tradition Three summarizes all the qualifications of an OA servant. The Third

Tradition reads: “The only requirement for OA membership is a desire to stop eating compulsively.”

When I was first introduced to the Twelve Step program, I realized quickly that the greatest assets in my life were ones that I could not boast about on a résumé. My brokenness upon entering the OA program and the humility it takes to be a member are not qualifications that I would stand at a podium and shout out for all the world to hear. Although I would not hide my abstinence in a closet, the humility it takes to be successful in a Twelve-Step program is on my gratitude list each day. A good servant for an OA position simply needs the humility to serve and give back what has so freely been given to them. The OA program grows when it is shared with others who also desperately need it.

Many of us have untapped skills that we have never had a chance to demonstrate in the outside world. Doing service in OA might be just the opportunity you need. If you have the heart to serve, there is probably a mentor right here in our midst ready and willing to tutor you. Ask your OA fellows: some of them will share stories of their absolute fear speaking in front of a group, and then after a few years in OA, telling their story in front of thirty people. Speak to a few old-timers who converted face-to-face meetings to online, virtual meetings at the beginning of the pandemic and continue to sharpen their technical skills at each new online meeting. If one has the willingness to serve, the desire to obtain and remain abstinent, one day at a time, is the driving force to their service work. Our program works because we work it; the work we do inside and outside the “doors” brings a strong glow of gratitude and nurtures the quality of humility in all of us. Computer skills, typing skills, public speaking, and even the manual labor needed to set up and clean up after a retreat, can all be taught. Recovery, however, is a gift that needs to be nurtured daily and never taken for granted. Living our lives, using the Twelve Steps as our daily blueprint, sends out into the world the very best version of ourselves. We are proud of Overeaters Anonymous and our individual and collective recovery!

Tony B.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



### *Twelve Steps to a Better Holiday Period*

1. *We admitted the holiday season has a deeper meaning than devouring food.*
2. *We came to believe a power greater than ourselves could help us see and celebrate the true meaning of the season.*
3. *We came to believe that our higher power could help us appreciate the joyfulness of the season as we understand it.*
4. *We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.*
5. *We admitted to our higher power the exact nature of our food habits during holiday seasons past.*
6. *We became entirely ready to allow our higher power to remove our attachments to food as a necessity of the holidays.*
7. *We humbly asked him to remove our desire to partake of holiday treats.*
8. *Made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.*
9. *We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.*
10. *We continued to enjoy the company of friends and family and other non-food aspects of the season.*
11. *We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.*
12. *Having realized that sharing the joy of the season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.*

*New Horizons Newsletter 1988*

*Copied from OA South and East England Intergroup Newsletter Autumn 2022*





## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Holidays

When I first entered OA, I was dreading the holidays. Now granted, that was only for my own old selfish reasons. I was still in the stage of wanting to isolate myself, and I felt that I was not worthy. The thought also of not receiving a card was also hard for me. All those feelings were making me want to turn to food for comfort and to chase away those childhood memories that I thought were perfect.

Then one night, I was on a meeting and there was talk about a Thanksgiving marathon online, virtual meeting. I first shrugged at the thought of logging in, but a fellow OA member was speaking and invited me to hear her story. At first I wasn't sure because it would interfere with my busy schedule of secluding myself watching football and, of course, indulging in the food. We'll call it my Higher Power talking to me. I actually attended my first marathon online meeting for the program on Thanksgiving Day 2020. Listening to different speakers and different members changed me that day. It helped me realize that I will never have to be alone again for another holiday. Listening to the speakers and the members share took my anxiety away.

Since that time, I have tried to attend at least one marathon during the holidays; I continue to pass on what the experience did for me. It brought me out of seclusion. It turned the feeling of emptiness around to a feeling of being loved and welcome . . . even during the holidays!

Robin G.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# What Works for Me

During my morning meditation/prayer time I read from OA's *Lifeline Sampler*. This particular reading was entitled, "Old Me, I Love You." It was written in July 1979, forty-four years ago, by another OA member. The author's words resonate in my heart today.

On a daily basis, I say the following prayer to God, as I understand Him: "Beloved of my soul . . . I adore you. Enlighten me, guide me, strengthen me, console me. Tell me what to do . . . Give me Your orders. I promise to submit myself to all that You desire of me and to accept all that You permit to happen to me. Let me know Your will. Amen."

Each of us who are practicing our program, one day at a time, have a different plan of action or approach. Mornings, for me, begin with watching a religious service on TV, after which I say my morning prayers, read my OA-approved literature, journal, and meditate. In the evenings, I have another set of prayers and readings that I honor my Higher Power with, before sleep. During the day, I follow my food plan, that I chart on a weekly basis, and meal schedule. These practices ensure me a firm spiritual, mental, and physical footing.

The author of today's reading states:

My experience is who I am. How have I been hurt in the past? Have I hurt others? Have I loved and been loved? Have I felt alone? Have I felt full and overflowing? Have I binged on food and emotions? Have I been abstinent from eating and feeling compulsively? These precious foundations have brought me today's growth and decisions. Do I want abstinence today? Do I want peace and serenity? Do I want to be happy and content with what I have and who I am this very minute? Do I understand the price? Am I willing to pay it?

Every once in a while I ask myself, "Am I still willing to go to any lengths to stay abstinent, to be faithful to my daily program, and to take what I like and leave the rest?" For today the answer is a resounding "YES!" Today I have peace and serenity. Today I am abstinent. Today I am happy with who I am, and grateful for what I have. All my possessions, physical, mental, spiritual, and materialistic, have been gifted to me by my Higher Power. He has gone before me to make my path straight and to do for me what I could not do for myself.

The Twelve Step program of AA (which we OA's follow) is an effective path. No matter HOW we work our daily program, our personal pathway to recovery, the end result, is our actively practicing and participating in the Twelve Steps. It entails changing our daily practices, rituals, and habits, and setting goals for ourselves. It is about practicing the tools and expecting the promises of the Twelve Steps to come to fruition. It means to expect miracles.

I expect miracles daily! I witness miracles daily, whether it be within my family or those of relatives and friends. Miracles are happening all around us. Are our senses open, on a daily basis, in order to recognize the phenomenon that our Higher Power bestows upon us? Be still. Be at peace. Quietly take a self-inventory from time to time. You just might recognize the miracle that is you.



Your Sister in Fellowship

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Overheard at a Meeting:

- ⇒ GUIDANCE = God, You and I dance.
- ⇒ Abstinence is the highest form of self-love.
- ⇒ It takes a lie to take a bite.
- ⇒ You can change the channel of your thoughts.

#### *Be With Me*

*Be with me, Higher Power.*

*Before the day's tasks, let me not cower.*

*Help my character assets to flower.*

*Help me to be cheerful and not dour.*

*Help me show gratitude, love, and service, each hour.*

*Be with me, Higher Power.*

*Alicia C.*



#### *God's Hand*

*Take my hand, I'll guide you through.*

*The road ahead is unknown to you.*

*Fortunately I know the way.*

*As we face our fears, it's time to pray.*

*Don't forget I am by your side.*

*If you need me, I'll be your guide.*

*Beth Z*



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# News from OACFI



## FACEBOOK AND INSTAGRAM

**FACEBOOK and INSTAGRAM:** For the monthly report completed October 7, 2302:

	Number of Followers	Number of New Followers	Number of Posts	Number of Visits
Facebook	851	4	259	204
Instagram	99	17	187	51

Very exciting news for the Facebook page is that last month the estimated audience ages 18-25 was 0.5% of the total audience; this month it increased to 7.7% of the total audience—an increase of 1,440%!

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



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

*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/](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!

## **Public Information and Professional Outreach (PIPO) COMMITTEE:**

A radio ad will be run on WMGF Magic 107.7 FM, a station broadcasting in Central Florida, November 20-December 17, 2023. The ad will run Monday through Friday, 7 pm—12 am, and Saturday, 12 am—12 pm. 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>

Also, in conjunction with the radio ads, one new digital billboard will be used outside Lake Sumter Community College and another one in Ocala. 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



# 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](mailto: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*



*“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.”  
—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 99  
(Copyright Overeaters Anonymous. All rights reserved.)*

A spiritual awakening is an ongoing process . . . we are all in the process of evolving and growing in what we think we know.

Carrying the message and not the mess is another mark of our constant evolution. Sometimes life does get messy . . . and we have a process to clear away the wreckage of the recent past as well, so we can live fully in the moment of our “now.” Happy, joyous, and free.

The Twelve Steps and the Twelve Traditions will get us on our way. . . and if we are ready to stay the course, we will retrace our steps over and over again!



Debby H.

OA is God’s lost and found. We come to program because our life is unmanageable and we do not have answers on our own. Food fog hangs deep within us, limiting our capacity to hear and respond to messages of the heart. Gratefully, OA becomes our doorway to finding a true sense of who we are. We discover what has always been there. And we learn. We learn to begin to listen to the voice that provides us guidance, strength, and a capacity to navigate whatever is in front of us. Yes, God. Yes, us. Beautiful souls that we are. It’s a wonderful discovery process that patiently unfolds as we work our program. There is a natural guidance system to access. What a gift. A true gift of discovery!

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# FOCUS ON



This month's featured tool:

## MEETINGS

Meetings—my favorite tool! After two-and-a-half years in OA, I continue to use this tool almost daily. Meetings are a place where I can connect with others, where I can listen and learn, and where I can share something about myself. The Alcoholics Anonymous "Big Book" and the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* are wonderful tools, but without meetings to talk about and process what I've read, I would be lost. Meetings provide the human connection that I need, and they help to support my journey on the road to recovery.

Shari





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 7<sup>th</sup> Tradition contributions matter! Thank you all for your continued support of our fellowship. Contributions currently come directly to OACFI from group treasurers as well as individuals, and through checks and PayPal. **ADDITIONALLY, CENTRAL FLORIDA INTERGROUP HAS OPENED THE MEANS TO RECEIVE DIRECT MEMBER CONTRIBUTIONS FROM ZELLE.**

Now each member or group can contribute their 7<sup>th</sup> Tradition contribution in either of the three methods. Please note any contribution needs to have in the memo section the **group number**. If you are contributing to multiple groups and want your 7<sup>th</sup> tradition contribution split, merely send that info along in the memo box.

7th Traditions - Mail checks & money orders to:

Central Florida Intergroup

PO Box 180293, Casselberry FL 32718

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

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

Thank you Kathy M., Treasurer OACFI

## HOW TO USE PAYPAL

Follow these steps:

- Log in to your PayPal account.
- Select "Send."
- Type in [oacfitreasurer@gmail.com](mailto:oacfitreasurer@gmail.com)
- Enter in the amount of your contribution with the group name, number, and meeting day. Select "Continue."
- Review and select "Send Payment Now."

## 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](mailto:treasurer@oacfi.org)
- Enter the amount you want to go directly into Intergroup's bank account. Typically it is sent 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](http://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](http://oa.org).** Click on the three bars on the upper-right-hand area of the page. Click on “meetings” and select the option that applies. If you need help, you can also call OA at 505-891-2664 or click on the “contact us” tab at the bottom of the home page. For a new group, you will need to obtain a group number from [oa.org](http://oa.org), if you don’t already have one, before contacting Intergroup (Step 2).
2. **Contact the OACFI Intergroup.** Send a DETAILED email with all relevant information to Phyllis D. at [phyllis407@aol.com](mailto:phyllis407@aol.com) or call her at 386-717-9721. Phyllis will update the meeting list and send it to the webmasters; the webmasters will upload the information. She will also let the OACFI treasurer and the newsletter editor know about the meeting change.

**THANK YOU!**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Recovery Resources:

### **ATTENTION MEN:**

**Are you the only man in your meeting?**

**Do you have trouble sharing freely?**

**Do you want to make contact with other men?**

Find the following at [OAMEN.ORG](http://OAMEN.ORG)

**Men's Face-to-Face meeting schedule**

**Men's phone and online meeting information**

**OA Men email discussion groups**

**OA Men phone outreach list**

**Is Food a Problem for you? Are you**

**18 to 30 years of Age?**

**A young Adult?**

Visit Overeaters Anonymous YP on Facebook

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

Thursday Night Phone Meetings,

9:30 pm ET

Ph. 605-472-5395 Access Code 378978#

Find Answers at: [www.oa.org](http://www.oa.org)

### ALSO FOR YOUNG PEOPLE:

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



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](https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org)

Or type this in your URL

[https://oacfi.org/mailman/listinfo/newbeginnings\\_oacfi.org](https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org)

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

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

[https://oacfi.org/mailman/listinfo/oacfi\\_intergroup\\_news\\_oacfi.org](mailto:https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org).

OR GO TO: [https://oacfi.org/mailman/listinfo/oacfi\\_intergroup\\_news\\_oacfi.org](https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org).

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

## DID YOU KNOW?

You can hear podcasts containing interviews with OA members, reading of OA literature, and an OA meeting if you go to : <https://oa.org/podcasts/interviews-readings-and-meetings/>. There is no cost to listen to these and no special equipment is needed. Just click on the blue arrow and the recording will start shortly thereafter. Each podcast has a designation of its length. For example, "00:00:34 / 00:09:40" means the podcast is 9 minutes and 40 seconds long. The podcasts include:

- ♦ 15 individual, separate interviews with OA members sharing their experience, strength, and hope
- ♦ "Hearing is Believing," a five-minute podcast featuring stories of compulsive overeaters, that is part of OA's press kit
- ♦ The Young People Keynote Speaker from 2015
- ♦ Two podcasts about unity
- ♦ Two OA meetings
- ♦ A reading of the "To the Teen" pamphlet
- ♦ A reading of the "Tools of Recovery" pamphlet

**PODCASTS**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# SERVICE OPPORTUNITIES

## NEW SERVICE OPPORTUNITIES

### • WEBMASTER

Available IMMEDIATELY

If interested, come to the next Intergroup Meeting on Saturday, November 11, 2023 at 10 am. See last page of newsletter for Zoom info. Also, please email:  
[chair@oacfi.org](mailto: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 also needs trusted servants for:**

- \* Twelfth Step Within Chair**
- \* Next Generation Chair**
- \* Tik Tok Producer**
- \* Mailing List Coordinator**
- \* Region 8 Reps (2 positions open)**
- \* 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](mailto: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!***

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.



**OVEREATERS  
ANONYMOUS®**

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 October 2023 (after the retreat) is in the far right column. To purchase literature, please e-mail Carlene at [secretary@oacfi.org](mailto:secretary@oacfi.org).

<b>Item #</b>	<b>Pamphlets, Booklets and Wallet Cards</b>	<b>Cost</b>	<b>Amount on hand, 10/16/23</b>
102	2017 Membership Survey Report	\$1.00	1
105	Recovery Checklist	\$0.50	10
106	Many Symptoms, One Solution	\$0.50	23
110	OA Members Come in All Sizes	\$2.00	4
135	In OA, Recovery is Possible	\$2.00	18
180	If God Spoke to OA	\$1.00	7
185	Welcome Back	\$2.00	18
200	A Guide for Sponsors	\$2.00	6
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	6
330	The Twelve Concepts of OA Service	\$2.00	2
390	Anonymity	\$2.00	6
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
440W	Bulletin Board Attraction Sticky Notes (pad of 25 only)	\$3.00	2
705	"Where Do I Start?"	\$2.00	110
721K	Welcome, Back We Care! Packet	\$3.50	0
725	Focus on Anorexia and Bulimia Packet	\$3.50	11
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

(Continued on next page.)

# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Available literature—continued from previous page.)

Item #	Books	Cost	Amount on hand, 10/16/23
970	Taste of Lifeline	\$15.00	1
974	For Today Workbook	\$13.50	5
978	Seeking the Spiritual Path: A Collection from Lifeline	\$11.00	2
980	Overeaters Anonymous (3rd ed)	\$16.50	5
	AA Big books	\$11.50	2
990-2	The Twelve Steps and Twelve Traditions of OA (2nd Ed)	\$16.50	9
992	The Twelve-Step Workbook of OA (2nd Ed)	\$15.00	2
994	Abstinence (2nd Ed)	\$12.50	1
996	Voices of Recovery Workbook	\$13.50	5
998	Beyond Our Wildest Dreams	\$20.00	2
1000	Alcoholics Anonymous (4th ed)	\$13.50	3
	<b>Recovery Coins</b>		
4801	Anniversary Medallion 1 year	\$2.00	8
4802	Anniversary Medallion 2 year	\$2.00	9
4803	Anniversary Medallion 3 year	\$2.00	8
4804	Anniversary Medallion 4 year	\$2.00	10
4805	Anniversary Medallion 5 year	\$2.00	7
4806	Anniversary Medallion 6 year	\$2.00	3
4807	Anniversary Medallion 7 year	\$2.00	3
4808	Anniversary Medallion 8 year	\$2.00	1
4809	Anniversary Medallion 9 year	\$2.00	3
4810	Anniversary Medallion 10 year	\$2.00	7
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

(Continued on next page.)



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Available literature—continued from previous page.)

Item #	Recovery Coins	Cost	Amount on hand, 10/16/23
4825	Anniversary Medallion 25 year	\$2.00	2
4830	Anniversary Medallion 30 year	\$2.00	2
4835	Anniversary Medallion 35 year	\$2.00	2
4840	Anniversary Medallion 0 year	\$2.00	2
470	Serenity Prayer Coin	\$0.45	27
480	Recovery Medallion	\$5.00	7
552	30-day Recovery Coins	\$0.60	27
553	60-day Recovery Coins	\$0.60	31
554	90-day Recovery Coin	\$0.60	21
555	6-month Recovery Coin	\$0.60	30
556	90-day Recovery Coin	\$0.60	44
560	Newcomer Welcome Coin	\$0.45	20
	<b>Audiovisual</b>		
656	Overeaters Anonymous (3rd ed) CD	\$20.00	1

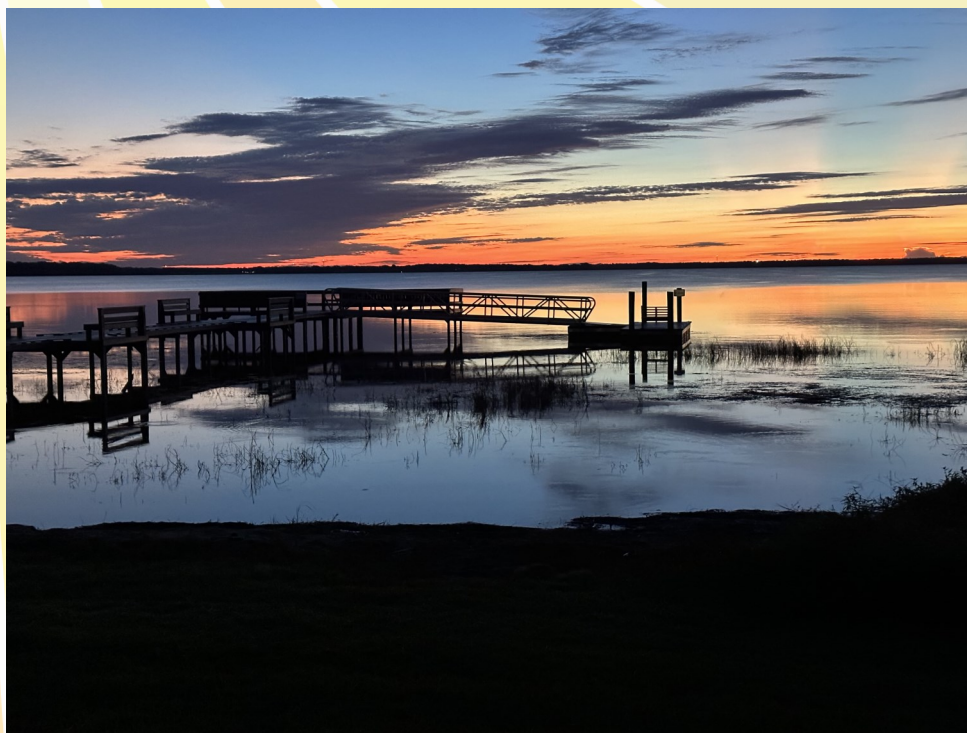


Photo of sunrise over Lake Yale, by Georgia W.'s husband—The Lake Yale Baptist Conference Center was the site of the OACFI Retreat in October 2023.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP***Newsletter News*

Do you like to write articles or reflective pieces? Poems?

Do you like to draw? Take pictures?

Please consider submitting something to “New Beginnings”!

See below for articles needed, or write an article anywhere from 100-600 words that shares your experience, strength and hope on a recovery topic. Preferred format is Microsoft Word.

Send your submissions or any questions to [newsletter@oacfi.org](mailto:newsletter@oacfi.org)

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 DECEMBER 2023 Newsletter: <a href="#">DUE NOVEMBER 1 2023</a> Need articles on:
Concept Twelve: Guidelines (selflessness, realism, representation, dialogue, compassion, respect)
Tool: A Plan of Eating
Writing Prompt/Challenge: <ul style="list-style-type: none"> <li>• How I work my program during holidays</li> <li>• Gifts the program has given me</li> </ul>

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

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

# 2024

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

Need articles on:

Tradition One: Unity

Concept One: Unity

Tool: Service

Writing Prompt/Challenge:

- 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

Tool: Telephone

Writing Prompt/Challenge:

- How has the program enhanced your ability to love any or all of these—your HP, yourself, and others?

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

Need articles on:

Step Three: Faith

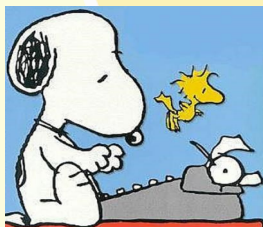
Tradition Three: Identity

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 09-30-23

			MONDAY		
Time	Type	Group #	Location	Contact	Phone
10:00 am	L	89653	For Today Dedicated Virtual Meeting (Zoom only) Zoom ID: 693 585 0119 Password: 123123 <a href="https://us02web.zoom.us/j/6935850119">https://us02web.zoom.us/j/6935850119</a>	Rosemarie K	352-638-6286
Noon	SS	800822	Central Christian Church Zoom call in Zoom only 312-626-6799 Zoom: 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
Noon	BB	800729	OA Monday Big Book Meeting Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09">https://us02web.zoom.us/j/86203355835?</a> <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09">pwd=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09</a>	Joleen	352-425-2339
6:00 pm	L	57739	Face to Face meeting 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. <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Terry C.	407-414-5298
7:00 pm	V	01048	Church of the Ascension Zoom call in # Zoom only: **Please text the contact person for current Zoom meeting and password information. <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Jacqueline	407-423-4086
7:00 Pm	V	800442	Grace Zoom meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace <a href="https://us02web.zoom.us/j/86837813267">https://us02web.zoom.us/j/86837813267</a>	Alicia C.	443-754-0503
			TUESDAY		
Noon	D	800822	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
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

(Continued on next page.)



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

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	The Jones Room 631 Sycamore Street, Lakeside Park Celebration, FL 34747 Call contact person for directions (FACE TO FACE) 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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
THURSDAY					
10:30 am	V	57434	Westminster-By-the-Sea – Thursday 10:30 3221 S Peninsula Drive Daytona Beach Shores, FL 32118	Lori	407-314-1636
Noon	V	800822	Central Christian Church Zoom Call in # Zoom only 1-312-626 6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
4:00 pm	V	54798	Better Together Zoom only Zoom 842 9268 7636 pw Surrender <a href="https://us06web.zoom.us/j/84292687636">https://us06web.zoom.us/j/84292687636</a>	Donna G.	603-477-4555 Text first, please
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 <a href="https://us02web.zoom.us/j/82375409368">https://us02web.zoom.us/j/82375409368</a>	Kathy M	407-252-7575
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 <a href="https://us02web.zoom.us/j/86370717790">https://us02web.zoom.us/j/86370717790</a>	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

9:00 am	V	54490	Shepherd of The Hills Lutheran Church Zoom only Zoom 870 5439 1380 **Call contact person for password please**	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 154 974 236 pw 970404 225 W. Guava Street Lady Lake, FL 32159 <a href="https://us02web.zoom.us/j/154974236">https://us02web.zoom.us/j/154974236</a>	Ilene H	352-753-2333
Noon	N	800822	Central Christian Church Zoom only Call in 312-626-6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S	678-429-1286
7:00 pm	L	801000	Tuskawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 <a href="https://zoom.us/j/297035614">https://zoom.us/j/297035614</a> 1 <sup>st</sup> Friday of every month is a SPEAKERS meeting	Gloria	407-340-2008
7:00 pm	L	20088	St. Luke UMC Phone only Uber Conf 407-553-2087	Jacqueline	407-423-4086
SATURDAY					
8:30 am	N	51130	Hibiscus Village Rec Center 1740 Bailey Trail (FACE TO FACE) The Villages FL 32162 (Jasmine Card Rm)	Judy S.	516-551-5269
8:30 am	V	46887	Ascension Church (Rm 108) 4950 S. Apopka Vineland Road Orlando, FL 32819	Geri B.	407-557-7055
9:00 am	V	800378	Saturday Zoom Port Orange Zoom 880 7717 9552 password 305705	Jane V.	386 679-2098
9:00 am	D	38611	St. Richards Church 5151 Lake Howell Road Winter Park, FL 32792 The last Saturday is a speaker meeting	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
12:00 pm	Med	800822	Central Christian Church <span style="float: right;">New Meeting</span> Zoom only Call in 312-626-6799 Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086

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**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

(Meeting List—Continued from previous page.)

			Sunday		
8:00 am	V	57479	The Meeting Place 3391 E. Silver Spring Blvd, Unit E Ocala, FL 34470 (FACE TO FACE)	Tim	352-215-8495
5:00 pm	V	48951	7 <sup>th</sup> Day Adventist Church Zoom only Zoom 398 124 045 **Call contact person for password please** As of September 1, 2023 Zoom: 844 7739 8454 Password: serenity	Patti D.	407-791-1999

BB – Big Book  
D – Discussion  
L – Literature  
N – Newcomers  
SF – Special Focus  
SS – Step Study  
V – Varied

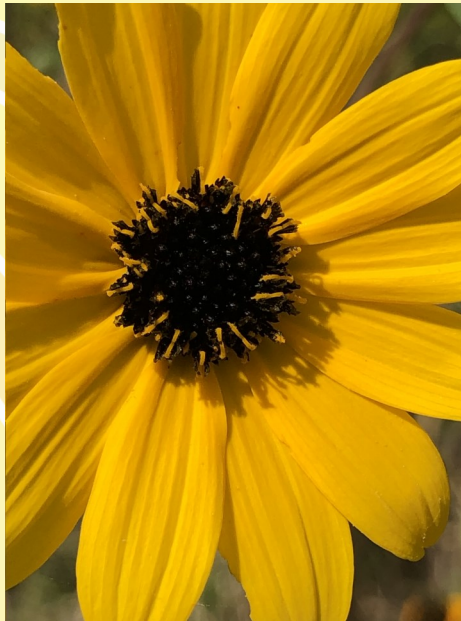


Photo by Joy R.

**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 below 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 AUGUST 2023

Group Number	Day	Meeting	August 2023 Contributions
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 30.00
800822	M-S	Central Christian Church Noon	\$ 156.90
800729	Mon	Monday Big Book Meeting	
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	\$ 155.00
800442	Mon	Grace Zoom	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$ 146.00
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	\$ 45.00
89384	Thurs	Zoom Body Image	\$ 10.00
936	Fri	Tuskawilla 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	\$ 270.00

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

<b>Group Number</b>	<b>Day</b>	<b>Meeting</b>	<b>August 2023 Contributions</b>
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	\$ 84.00
48952	Sat	Port Orange Presy	
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	
		Remaining treasury closed group	
		unknown group #	
		Individual Contributions (PayPal)	\$ 25.00
		Individual Contributions (check)	
		literature	
		Step Workshop	
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		<b>Total 7th Traditions</b>	<b>\$ 1,101.90</b>



Photo by Alicia C., of part of the Lake Yale Baptist Conference Center, site of the OACFI Retreat in October 2023.

## 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:	<b>OPEN</b>
Co-Webmaster:	Carrie C.
Co-Webmaster:	<b>OPEN</b>
New Beginnings Co-Editor:	Alicia C.
New Beginnings Co-Editor:	Kathy S.
PIPO:	Alyson T.
#1 WSO Delegate:	Kathy M.
#2 WSO Delegate:	Debby H.
12th Step Within:	<b>OPEN</b>
Next Generation:	<b>OPEN</b>
#1 Region Rep:	<b>OPEN</b>
#2 Region Rep:	Kathy M.
#3 Region Rep:	<b>OPEN</b>
#4 Region Rep:	Annie M.

### Upcoming Intergroup Meetings:

10 am Saturday, November 11, 2023

10 am Saturday, December 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. ( <a href="mailto:chair@oacfi.org">chair@oacfi.org</a> )
Vice Chair:	Christie H. ( <a href="mailto:vicechair@oacfi.org">vicechair@oacfi.org</a> )
Treasurer:	Kathy M. ( <a href="mailto:treasurer@oacfi.org">treasurer@oacfi.org</a> )
Secretary:	Carlene D. ( <a href="mailto:secretary@oacfi.org">secretary@oacfi.org</a> )

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

**Central Florida Intergroup  
P.O. Box 180293, Casselberry, FL 32718**

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

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



"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](http://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.