

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

DECEMBER 2023

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

OACFI presents

WORDS TO LIVE BY

WORKSHOP

- **Saturday, January 6, 2024**
- **9:00 am—12:30 pm**
- **Hybrid event**
- Physical Location: Lady Lake United Methodist Church, Corner of Highway 27/441 and McClendon Street, Lady Lake, FL 32159
- Zoom Information: Join Zoom Meeting : <https://us02web.zoom.us/j/5083293778>

Meeting ID: 508 329 3778, (No passcode required.)

One tap mobile: +13052241968,5083293778# US

- **Speaker**
- Participants will each randomly receive two “words to live by” and be able to share about them
- Stay tuned for more information from your meeting’s Intergroup representative, on the OACFI Facebook page, on the website (www.oa.org), and in the January newsletter, including about how Zoom participants will obtain their words.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CALENDAR OF EVENTS

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

2020oamarathons@gmail.com

Thur., December 7, Hanukah: “What Is the Condition of Your Spiritual Recovery?”

Tue., December 12, 2023, Twelfth Step Within Day, “What Are the Gifts of the Program for Me?”

Tues., December 19, 2023, Winter Solstice, “Finding a Higher Power That I Can Believe In

Sun., December 24, 2023 ,Christmas Eve, “What Does *Easy Does It* Mean to You?”

Mon., December 25, 2023, Christmas Day, “Miracles of Recovery. How Has My Life Changed In OA?”

Tues., December 26, 2023, Boxing Day and Kwanzaa, “Fail to Plan, Plan to Fail. How Am I Protecting My Recovery?”

Sun., December 31, 2023, New Year's Eve, “Have an Attitude of Gratitude -Setting the Pace for the New Year.”

Sun., December 3, 2023, 1—3 pm ET, OA Virtual Region, “Do My Credits Transfer?” (Three OA members with recovery in OA and other 12-Step programs share how they work their OA program.)

Zoom Meeting ID: 856 2461 4913, Passcode: 101112, <https://oavirtualregion.org/wp-content/uploads/2023/11/Credits-Transfer-2023.PDF-7915b37e50bc43482cb39fcbe593ac87-1.pdf>

Sun., December 3, 2023, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting, “Service and the Twelfth Step.” Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFpIOGZ0QTh3cmpGUjhTz09#success> or <https://www.oarise.org/>

Sat., December 9, 2023, 1—3 pm ET, OA90 Virtual Intergroup, “Preparing for Twelfth Step Within Day.” Zoom Meeting ID 837 1100 7528, Passcode 121023.

Sat., December 9, 2023, 2—4 pm ET, Sacramento Valley Intergroup, “Twelfth Step Within—Reaching Those Within the Fellowship who Still Suffer.”

Zoom Meeting ID 8118911 4120, Passcode 007091.

(Continued on right)

(Continued from left)

Sat., December 9, 2023, 3:30—5 pm ET, A Design for Living Intergroup Monthly Speaker Series: “A Vision for You.” Zoom Meeting ID: 200 540 624, No passcode www.ad4l.info

Sat., December 9, 2023, 4—7 pm ET, 12th Step Within Committee, Region 2, “Stepping out of Relapse” workshop. Zoom Meeting ID: 853 5109 8250. <https://www.oar2.org/12th-step-within.html>

Sat., December 9, 2023, 7—8 pm EST, OA Creative Reprieve, “Family Share Creativity and Fellowship.” “Framily” = Friends who feel like family. Zoom Meeting ID: 817 388 85598 Passcode: 1212

Tues., December 12, 2023: Twelfth Step Within Day. According to oa.org, “December 12 (12/12) each year is designated as OA’s International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.” (Copyright Overeaters Anonymous. All rights reserved.)

Sat., December 16, 2023, 2—3:30 pm ET, Region 3, “You Are Not Alone,” Quarterly Region 3 Relapse Prevention Workshop. To Register, Email: r3tswregister@oaregion3.org Zoom Meeting ID 963 218 9907, Passcode: Recovery <https://www.oaregion3.org/event/you-are-not-alone-3/>

Sun., December 17, 2023, 2—4 pm ET, Connecticut Intergroup, “Wisdom of the Big Book.” Virtual Meeting. Virtual info. not listed as of the date of this publication. More info. at <https://www.connecticutoa.org/event/virtual-workshop-wisdom-of-the-big-book/>

Sun., December 17, 2023, 4-6:30 pm ET, RISE (Recovery-Inspiring Shared Experiences) Meeting—Video of OA founder, Rozanne, sharing the story of OA, plus sharing from some long-time members. Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFpIOGZ0QTh3cmpGUjhTz09#success> or <https://www.oarise.org/>

(Continued on next page)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CALENDAR OF EVENTS (continued)

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>

January 2024: Registration begins for OA World Service Business Conference, to be held May 7-11, 2024 in Albuquerque, New Mexico. Hotel reservations will also be taken starting in January 2024. <https://oa.org/world-service-business-conference/>

Sat., January 6., 2024, 9 am—12:30 pm, Central Florida Intergroup, “Words to Live By” workshop. Hybrid. Location and Zoom information TBA.

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. Includes workshops, panels, marathon meetings, and special focus meetings. <https://www.oalaig.org/oa-birthday-party/>

Wed., March 1— Fri., March 3, 2024, Virtual Region 2024 Convention, “There Is a Solution: The Joy of our Diverse Membership United in Recovery.” <https://oavirtualregion.org/convention2024/>

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

STEP TWELVE:

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.

**Spiritual Principle:
Service**

Carry the message – Can we do this in a way other than calling someone or speaking with them in person? I debated this with my sponsor recently.

I started reading a new book. At the story's beginning, the narrator/main character is struggling with his dad, who had become an alcoholic after the death of his wife. The narrator prays to God, who he says he doesn't believe in, to please help his dad sober up. Then he calls his father's work-buddy for help, knowing that that man is in Alcoholics Anonymous. The man meets the father for a Twelfth-Step call, and after a few false starts, the father sobers up and life gets better. He embraces the program and his life, and the narrator's life has become healthier and enjoyable.

I see "Big Book" (*Alcoholics Anonymous*) and Twelve-Step references throughout this book, and the narrator, who is a "normie" in all addictive aspects, has adopted the actions of a Twelve-Stepper through watching his father living a sober life and recovering. In my opinion, the book's author is offering the help of the Twelve Steps to his readers who are still suffering. One third of the way through, the narrator is still turning to God, calling himself out for certain behaviors, and still concerned with his dad's recovery. Most important to me, the narrator goes out of his way to avoid gossip and live his teen life in his own lane.

To me, the author seems to share with readers, directly, the Twelve Steps. The author describes the program in detail in the context of the book's narrative, and demonstrates the good that comes from following the program. I see how a popular book such as this could be picked up and read by someone in trouble who either had not heard of Twelve Steps, or never considered the program, but when they see it in this context, thinks again and tries it out.

When I talked to my sponsor about this, her take was that it's too passive a method. She considers a true Twelfth Step to be a physical outreach to another suffering person. She has much more experience than I do, and I trust and value her opinion. The good thing about this sponsor is that we agree we both have valid opinions and hear each other out. I see where she is coming from. Our program is one of action, and it takes commitment to go out and see someone, and tell them what we've gained from the Twelve Steps. I agree that is a Twelfth Step.

I still believe an author folding all the Twelve-Step information into his novel by demonstrating one character's life, career, and family being saved, and the main character visibly living through the Twelve Steps, are ways to reach out to others.

How do you carry the message?

Annie M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION TWELVE:

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

**Spiritual Principle:
Spirituality**

Identifying with Our Color on The Rainbow

There's a song entitled "Faceless Man," by a musical group called "Creed." Part of the chorus is, "Lord, I deal with a faceless man" What does it mean for one to be anonymous? Why is this an important aspect of a Twelve-Step program? The Twelfth Tradition reads: "Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities." Anonymity is a primary element of the Twelve-Step program. Tradition Twelve forever reminds us to place the principles of the program above the personalities of the members. Thus, why are we "faceless" in our walk of recovery? Once we identify with our disease, why is it so important not to exalt our name above the principles of our recovery program? What is the danger of one focusing primarily on one's own belief system rather than on the group conscience?

Focusing on our own success in the program leads to arrogance and pride. An addict wants to be in control of his/her eating habits and fights this battle his entire life. Even when an addict identifies and works on this character defect, he does not eliminate it. He can arrest it but never defeat it completely. The addict is always one step away from falling into the abyss of addiction once again. This gives one a sobering mindset of humility. Because we as addicts realize that we alone have not overcome the disease, we carry no bragging rights. Thus, no matter one's background or life experience, we all meet at the same level when it comes to our abstinence. This spiritual principle of humility has to be taken into account when looking at any self-achievements. We can open our eyes to see similarities with other addicts rather than differences. This allows us to focus on the Steps and our journey of recovery instead of our personal ego.



Most human beings believe or have a sense that there is something greater than oneself. We are all spiritual beings having a physical experience. Spirituality is like breathing or a desire for water; it is something we all relate to and find necessary for survival. It unifies us on a common path as we walk together witnessing and sharing our life experiences.

Tony B.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT TWELVE:

The spiritual foundation for OA service ensures that:

- (a) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;**
- (b) no OA committee or service body shall ever become the seat of perilous wealth or power;**
- (c) no OA member shall ever be placed in a position of unqualified authority;**
- (d) all important decisions shall be reached by discussion, by vote, and whenever possible, by substantial unanimity;**
- (e) no service action shall ever be personally punitive or an incitement to public controversies; and**
- (f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.**

Spiritual Principle:

Concept Twelve: Guidelines

- (a) Selflessness**
- (b) Realism**
- (c) Representation**
- (d) Dialogue**
- (e) Compassion**
- (f) Respect**

I see this Concept almost as a summary of all the rest of the Concepts. The basic idea is that no one or no one group has too much power or the right to govern, that no one or no one group has too much money, that we reach decisions by working together in the spirit of what is best for the Fellowship as a whole. If one word had to be used to describe all this, it would be "service"—service at its best is selfless, realistic, compassionate, and respectful. Service at its best gives representation to all and engenders dialogue. Service means that **together** we get better.

As the pamphlet "The Twelve Concepts of OA Service" states: "The Twelve Concepts provide spiritual guidance for working together in service." (Copyright Overeaters Anonymous. All rights reserved.)

Alicia C.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Before and After (Holiday Edition)

As the holidays approach, I think about the differences in me “before OA” and “after OA.”

Before OA, I couldn’t wait for each holiday. It was something to look forward to. What excuse would I have to buy things I wanted for my home or for me? What foods would be there? What would I make? What treats are associated with the holiday? Then the stress would come as I overextended myself to be the favorite mom or grandma. Making and assigning to others so many specific and yummy foods. Feeling the physical pain of binges leading up to the actual day and then being obsessed with making sure to put on a happy face and play hostess, but still be sure that I got to have some of the foods I loved most . . . then seconds, thirds, etc. Then when everyone was gone, finishing off things that were left, feeling sick, and basically passing out leaving everything a wreck around me. Then the next morning, I would wake up with a food hangover and have to clean up the tornado left behind. I would feel very resentful that it was all left for me. But then the next holiday I would do it all over again. I never knew there was another way.

After finding OA, the first abstinent holidays were a little tricky. I felt like I was visiting a foreign country and didn’t know the customs of the land. After my daughter-in-law said she wanted to prepare the turkey, I explained to my family that I would be making a big, hearty salad and that they would need to help with the rest. This turned out to be a wonderful prompt from my Higher Power but not for the reasons that I had thought. I was merely thinking of my abstinence and preparing for the big wave of temptation that I was anticipating. God had other plans for me. Without the huge responsibilities of making large amounts of my binge foods, and having a clear mind, I was able to greet and enjoy my family. I was more sensitive to noticing others around me and actually took a meaningful part in conversations. Without obsessing about making sure that I would get a helping of this or that, the food faded into the background, and the people became the most important thing. They always were . . . the cravings just demanded space in front. The need for things appearing perfect or the control of time, place, and foods served has faded away. While everyone else is eating dessert, I use that time to start cleaning up and putting the food away. I used to be resentful, but now I am happy to serve my family and listen to the stories and laughter going on while I clean up. I have more energy and feel nourished physically, emotionally, and spiritually.

Subsequent holidays have brought more opportunities for learning, joy, and growth. I now surrender to my Higher Power my food choices, control over others, and my surroundings. I gain peace, connection, and contentment.

Getting abstinent has taught me so much about the holidays. They are about the connections, the relationships, the quality time spent with family and friends, and the love that I have to share. Abstinence allowed me to be open to this learning and change . . . to be willing to change. . . even excited to change.

It was never about the food.

Kym M.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Tips for the Holidays

- ♦ Christmas is just another day to be abstinent.
- ♦ If in doubt, leave it out. That includes food about which we are not sure and places and situations where we don't know if we can be food sober.
- ♦ It never hurts to bring your own food. If we find we can eat the food that's served, we can save the meal we brought for another time. If we can't eat the food – or are not sure – our "Plan B" meal can save our abstinence.
- ♦ "Bookending" is a way to play it safe in difficult social situations. One way to "bookend" is to call someone before going into a situation. Say that you will call them if you have any trouble. Call again immediately afterwards and share how it went.
- ♦ There are meetings all day in many cities and phone marathons throughout the day. Check www.oa.org.
- ♦ When all else fails, help another food addict. Invite someone who is isolated to your Christmas celebration. Give a call to someone who is asking for help.
- ♦ If someone or something disturbs you during the holidays, pray for them. Don't eat no matter what (you'll still have the same problem you had before you picked up the bite).
- ♦ May we all enjoy a contented and abstinent holiday among friends and family-

Anonymous

Reprinted from December 2020 New Beginnings Newsletter

HONESTY

Honesty is one of our key concepts in recovery. It can seem simple, but it may not always be so easy.

- In what ways have I been dishonest with MYSELF?
- What do I feel I'm gaining by not being honest?
- Does this behavior (or character defect) no longer serve me well?
- Am I willing to ask HP to help me be more honest?

These are helpful questions for us to ask ourselves. In my own experience, this has shed light on many things.

In my case, it usually involves FEAR of some kind. I'm afraid to be honest, because once I see the Truth, I can't unsee it. It also requires action (work).

So, as we head into the holiday season, maybe we can all schedule in some time to write on these questions. Well, at least give them some thought.

Wishing everyone healthy, joyous, and abstinent holidays. Enjoy it.

Robin

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OA HOLIDAY EATING STRATEGIES

- Seacoast OA(New Hampshire & Maine): *12 Abstinence Strategies for the Holiday Season* <https://seacoastoa.org/2014/12/07/12-abstinence-strategies-for-the-holiday-season/>
- OA Greater New York Metro IG: *The Disease Doesn't Take a Holiday* <https://oanyc.org/the-disease-doesnt-take-a-holiday/>
- OA Baton Rouge IG: *Getting Through the Holidays with Abstinence and Gratitude* <https://oabatonrouge.org/2018/11/18/getting-through-the-holidays-with-abstinence-and-gratitude/>
- OA Suncoast IG (Tampa, FL): *Holiday Action Plan* <https://oasuncoast.org/news/2022/Oasis-News-Holiday-Edition-2022.pdf>
- OACFI (Central Florida IG): *'Twere the Days Before Christmas (by Jack L.)* <https://www.oacfi.org/wp-content/uploads/2022/12/Smaller-PDF-December-New-Beginnings-11-2022-1.pdf>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



THERE'S A MONSTER IN MY HEAD

There's a monster in my head.
If I listen, I'll be dead.
It speaks and Whispers, 'eat instead'.
God save me from my monster.

In the closet, behind closed doors,
in the car, "I want more!"
I can't get up off the floor.
God help me Cage My Monster

This secret monster has my voice.
It makes me think I have no choice.
If I Flinch it makes more noise.
God give me strength to face my monster

I give it space inside my head.
I think this Beast wants me dead!
What should I do instead?
God help me slay this monster.

The monster thinks she's the boss.
But I know that she is not.
Just an old tape from the vault.
Thank goodness God is stronger.

Call it God, or HP.
I know it lives inside of me.
To give me strength and set me free.
Weaker each day is my monster.

Peri S. 2023
Fri. AM Lady Lake Mtg.

With A Smile

We can make this world a better place to live—With A Smile.

With little time for love, with little time for peace, a subtle change will take place—With A Smile.

We'll soon forget to suffer, we'll soon forget to hate, we'll soon remember kindness works—With A Smile.

Imagine that we're happy. Imagine we found love. Imagine that this peace took place today—With A Smile.

Now that we found love. Now that we found peace. We'll make the world a better place to live —With A Smile.

Beth Z.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OACFI Lake Yale Retreat Review

The 2023 OACFI Fall Retreat was a success! It was held October 13-15, 2023, at the Lake Yale Baptist Conference Center in Leesburg, FL. Here is some basic data about the retreat:

- Sixty-seven (67) people attended; seven (7) of those came just for one day..
- Thirty (30) people ended up filling out a survey about the retreat.
- Of those 30, five (5) were new attendees and 23 had attended in the past (two did not respond to that question).
- Over half (16) of respondents first heard about the retreat at a meeting.
- On a satisfaction scale of 1 (very dissatisfied) to 5 (very satisfied), used to evaluate various aspects of the retreat, the retreat overall was rated 4.57; the average of all ratings was 4.44.
- Ratings for specific aspects of the retreat ranged from a low of 3.4 (for bonfire) to a high of 4.9 (for registration). Decorations received the second highest rating, of 4.79, closely followed by the 50/50 raffle, at 4.78.

Next year's retreat is October 11-13, 2024. Mark your calendar!

If you are interested in chairing or co-chairing next year's retreat, please email the Intergroup Chair at chair@oacfi.org.

The Lake Yale Retreat, 2023

When sharing with another fellow OAer about the retreat, I mentioned that seeing all of us together gave me hope, and I felt the unity when I saw such a great number of us together. Joining hands, sharing, seeing all the smiles and tears made me feel I am not alone. I no longer have to face my illness alone. I have witnessed members step up to do all kinds of creative service. Service takes me out of myself and helps me be a better person. So many people stepped up to help with the boutique, registration desk, and literature.

The keynote speaker really spoke to me. There were many tears shed at this meeting.

The "Plan of Eating" session communicated the many food plans that people use.

The writing session allowed me to write a letter to myself, which will be mailed back to me. What a clever idea!

Most of all was the ability to renew old friendships and to make new friends. Lastly, I was able to assist new members in their Step work

If you missed this event, you missed a wonderful get-together.

Carlene

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

WHY WORRY?

The first part of the OA wallet card called “Just for Today” is as follows: “Just for today I will try to live through this day only and not tackle my whole life problems at once. I can do something for 12 hours that would appall me if I felt I had to keep it up for a lifetime.”

As we OAs know, our main purpose is to abstain from compulsive eating and to carry the message of recovery out to others. How do we do that and stick to our program and our daily/weekly food plan if worries permeate our being? Oh, my God . . . what if this, that, or another thing happens? What will I do then? My question is, what prompts us to project? Isn't OA a one-day-at-a-time program? How did we lose that perspective? How and why do we so easily forget that truth?

TRUST! The March 12th reading from OA's *For Today* meditation book (p. 72) gives the following quote from George Eliot: “What loneliness is more lonely than distrust?” This page also states: “Trust is the freedom from fear, which is one of the promises of the program.”

Furthermore, the *For Today* November 20th reading states: “When I surrendered my compulsion to God, I found absolute rhythm and followed it with absolute trust.” (p. 325)

Have we truly surrendered? Have we wholeheartedly given our lives and our addictions over to a Higher Power? If the answer is “Yes,” then why do we have chronophobia? Why are we worried about ANYTHING?

Grateful Recovering Food Addict

For All OA references: Copyright Overeaters Anonymous. All rights reserved.



Photos by Joy R.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



“ . . . to accept the things I cannot change . . . ”

I've heard a fellow say that “Acceptance is the answer” to all of my life's problems.

That is just part of the equation . . . there is much to act upon and change . . . there is much work to do. We are here on this planet to be worker bees. Not to just loll around, be content and filled all of the time, which is pretty much how I spent the first few decades of my life . . . oh, I worked and worked pretty hard . . . but I had no middle ground, no intermediate pacing for the marathon of life . . . I was either off or on.

I needed a rheostat!!! [Editor's note: A rheostat is “a resistor for regulating a current by means of variable resistances,” from www.merriam-webster.com]

My grandfather helped develop the rheostat while he was an electrical engineer in the early 1900's at Allen Bradley Company in Milwaukee. Now there is a bit of irony for you!

I need a plan that can be implemented for the long haul . . . one that works every day, one day at a time.

I am now a solo traveler. I drove to Prince Edward Island yesterday and toured a bit, staying in a lovely Inn which abuts the historical site of Green Gables . . . the LM Montgomery (Lucy) childhood home which was the catalyst for Anne of Green Gables and many other books. It is quite ruggedly beautiful here. Today, after an abstinent breakfast, I will head off to Cape Breton, NS for a couple of days and then begin my sojourn to the Midwest.

Never in my wildest dreams would I have thought I would be doing this . . . perhaps there are other things I only *think* I cannot change!

Thank you OA and all my recovery peeps!

Debby H.

Today's *Voices of Recovery* [August 16th] emphasizes that program and abstinence are keys to a life well lived. And continuing to be lived—full, rich, and secure in the midst of whatever is ahead. It's not about weight; there is a narrowness in which my disease kept me ensnared; my own thoughts, fears, and insecurities can make body image my idol. Ahhhh, I am so fortunate with my fellows to have a love fest available that nurtures my soul. And allows me to walk through life's ambiguities with confidence I have answers. God answers. Yes. The body obsession falls to the wayside as the zest for life carries me forward. And if I start worrying about weight, I know there is indeed program construction work to be done. Hard-hat protection is then warranted—Steps, Tools and the Fellowship!

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

FOCUS ON



This month's featured tool:

PLAN OF EATING

OA is not a diet club. Unlike dieting, the Plan of Eating Tool of recovery represents a new and healthier way of eating. The Plan of Eating Tool is not about deprivation. Our choice to follow a healthy plan of eating is a positive action. It defines what, how much, where, why, and how we choose to eat. The ability to follow that plan comes from emotional and spiritual change. This change occurs by working the Twelve Steps. The Plan of Eating is a Tool that helps us to achieve abstinence. Instead of depending on willpower to make good decisions about food, we develop a sensible plan of eating in advance. We conduct an honest appraisal of our needs. We begin to eat according to our nutritional requirements rather than our impulses or emotional state. If we use the other Tools and work the Twelve Steps, our obsession with food will be lifted and we will experience lasting recovery.

Jack L.

Excerpted from pamphlet #144, "A New Plan of Eating: A Physical, Emotional, and Spiritual Journey," Overeaters Anonymous, Inc., 2021. Copyright Overeaters Anonymous. All rights reserved.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

News from OACFI



FACEBOOK AND INSTAGRAM

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!

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/

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. The ad will run 80 times. 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, the PIPO Committee is looking into getting another digital billboard. 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 Region 8



SOAR 8 Business Assembly—Tybee Island, GA 10/27-29/23

OA-CFI attendees: **Kathy M. Annie M. Debby H.,**

Total Voting Members: 42

New Mailing Address for Region 8:

SOAR 8

PO Box 151

DeQuincy, LA 70633

This was a combined business and recovery assembly at a hotel along the beach. The facility accommodated a Recovery weekend along with the Business Assembly which was held separate but adjacent to the Recovery sessions. The Recovery Sessions were based on the 12 Steps of Recovery, the Business Assembly presented motions which affect the running of Region 8, it was bilingual and hybrid with Zoom attendees from our ginormous geographical region. The Assembly also provided an opportunity for various committees to meet (in person and hybrid) and establish their individual agendas.

Nominations for Region Chair and Treasurer were made and both candidates were affirmed by unanimous votes.

Chair: Susan B. (current chair)

Treasurer: Tina (incoming, new)

The outgoing treasurer, Michele, noted that we have an abundant prudent reserve which needs to be adjusted from 60-100% of Region 8 budget to closer to 40-60%, therefore there is funding available for IG's. Our current budget will bring us down to around 41% if committee chairs reach their budgeted expenditures.

Much of the business at the assembly involved amending the Bylaws and the Policy and Procedure Manual. Much of it involved changing language to be gender neutral. Many of the P & P proposals were made to bring them into compliance with changes in the Bylaws

Motions B, C, D, 5, 6, 7, 8, 9 were proposed as a Consent agenda and passed.

Motions A, 1, 2, 3, 4 were presented individually and passed

Motion 10 was presented and after much discussion, the motion was defeated. This involved changing wording to better reflect, include and honor the diverse languages from a multicultural perspective. It was generally felt that this needs more time to come up with something better and less potentially divisive. Words matter and crossing cultural nuance requires effort, thought and concentration!

New Business:

Michele presented the budget, see above, it passed unanimously

We elected a delegate to represent Region 8 at WSO: Maria Teresa Montealegre; she received 42 votes

Next Region Business Assembly will be virtual: March 15-17, 2024

Emergency Motion was made to adjust reimbursement for Funded Committee Chairs and Board Members for Assemblies for travel expenses...increased to reflect current actual costs. This motion carried unanimously.

Committee Reports were presented by:

Ways and Means-Georgette

Bylaws—Barb C.

IGOR- Annie M.

PIPO—

TSW—Tina S.

Technology—Shirley Q.

Respectfully Submitted: Debby H.

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>

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

*You are cordially
invited to the Friday
Night "Happy Hour"
Meeting at 7 pm EST,
on Zoom.*



*Hear OA members share
why they are HAPPY to be in OA!
Starting in May 2023, every first Friday
of the month will be a SPEAKER
MEETING.*

Join Zoom Meeting [https://zoom.us/j/297035614?
pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09](https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09)

Meeting ID: 297 035 614
Passcode: 028590

OVEREATERS
ANONYMOUS[®]
CENTRAL FLORIDA INTERGROUP

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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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 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.

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>

Overheard at a Meeting:

- ⇒ Food addiction held my soul ransom.
- ⇒ Nothing grows in the comfort zone.
- ⇒ Having reservations makes a space for relapse.
- ⇒ Overeating is a form of rebellion.

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?

What is a "Region" in OA? According to <https://oa.org/service-bodies>, "Regions provide support for service boards, intergroups, and unaffiliated groups." The information in the box below, about Regions, is taken directly from the OA website, <https://oa.org/service-bodies/regions/>

Regions are composed of groups, intergroups, and service boards within specified geographic boundaries and the virtual community. OA is divided into eleven regions.

OA Region One Pacific North West: Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Northwest Territories, Saskatchewan, and Yukon.

OA Region Two Pacific Southwest: California, Hawaii, Reno/Tahoe area of Nevada, and Mexico.

OA Region Three Southwest: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, and Utah.

OA Region Four West Central: Illinois (except the Greater Chicago area and Central Illinois Intergroup), Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwestern Ontario, and the territory of Nunavut. (Will be disbanding by September 2024.)

OA Region Five Central: Greater Chicago area and Central Illinois Intergroup, Indiana, Kentucky, Michigan, Ohio, Wisconsin, and Southwestern Ontario.

OA Region Six Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Bermuda.

OA Region Seven Eastern: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, and West Virginia.

OA Region Eight Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the US Virgin Islands, the Caribbean Islands, Central America, and South America.

OA Region Nine Countries and territories in Africa, Europe, the Middle East, and Western Asia, including all of Russia.

OA Region Ten Countries and territories in Australia, East Asia, New Zealand, South East Asia, and the Western Pacific Basin.

OA Virtual Region Nongeographic: Virtual meetings and virtual intergroups.

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:

- * Chair or Co-Chairs for Retreat**
- * 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 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.

Item #	Pamphlets, Booklets and Wallet Cards	Cost	Amount on hand, 10/16/23
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
	Recovery Coins		
4801	Anniversary Medallion 1 year	\$2.00	8
4802	Anniversary Medallion 2 year	\$2.00	9
4803	Anniversary Medallion 3 year	\$2.00	8
4804	Anniversary Medallion 4 year	\$2.00	10
4805	Anniversary Medallion 5 year	\$2.00	7
4806	Anniversary Medallion 6 year	\$2.00	3
4807	Anniversary Medallion 7 year	\$2.00	3
4808	Anniversary Medallion 8 year	\$2.00	1
4809	Anniversary Medallion 9 year	\$2.00	3
4810	Anniversary Medallion 10 year	\$2.00	7
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
	Audiovisual		
656	Overeaters Anonymous (3rd ed) CD	\$20.00	1



Photo by Joy R.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Newsletter News

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

Do you like to draw? Take pictures?

Please consider submitting something to “New Beginnings”!

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

Send your submissions or any questions to newsletter@oacfi.org or acanalrobinson1@gmail.com

Please note:

1. Deadline for items is the 1st of the month that is 1 month prior to publication.
2. For each issue, there will be an article on
 - The **STEP** corresponding to that month's number.
 - The **TRADITION** corresponding to that month's number
 - The **CONCEPT** corresponding to that month's number, or the spiritual principle associated with that Concept.
3. To help writers develop their articles, here are some *suggested* (not required) prompts for writing about the Steps, Traditions, and Concepts:
 - As you write, consider the spiritual principle attached to the Step/Tradition/Concept. (This principle is always given on the list of what is needed for the newsletter.)
 - What does this Step/Tradition/Concept mean to me?
 - How is it worked, put into practice? You can give an example.
 - If for a Step: How do I work this Step?
 - If for a Tradition: How do I work this Tradition? How does my group work this Tradition? How does OA work this Tradition?
 - If for a Concept: How does OA work the Concept?
 - Why is it important? How has it helped me or my OA group or OA as a whole?
 - Anything else you would like to add!
4. 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!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

Newsletter Needs by Date

2024

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

Need articles on:

- **Concept One: Unity**

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:

- **Tradition Two: Trust**
- **Tool: Sponsorship**

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.**

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

Need articles on:

- **Step Four: Courage**
- **Tradition Four: Autonomy**
- **Concept Four: Equality**
- **Tool: Telephone**

Writing Prompt/Challenge:

- **How have you shown courage in working your program?**
- **How does a group you attend practice Tradition Four?**



***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 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	Asbury Methodist Church 220 Horatio Ave. Maitland, FL 32751 (Face to Face)	Alyson T.	407-718-2127
6:30 pm	D	53479	Face to Face meeting 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 only: **Please text the contact person for current Zoom meeting and password information. https://zoom.us/j/9749783696	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 https://us02web.zoom.us/j/86837813267	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 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
5:30 pm	V	57273	Face to Face meeting 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** https://zoom.us/j/314478076	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 St., Lakeside Park, Celebration, FL 34747 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 (Face to Face)	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

(Continued on next page.)

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 https://us02web.zoom.us/j/87054391380 **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	Tuskawilla 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 The Villages FL 32162 (Jasmine Card Rm) (Face to Face)	Judy S.	516-551-5269
8:30 am	V	46887	Ascension Church (Rm 108) 4950 S. Apopka Vineland Road Orlando, FL 32819 (Face to Face)	Geri B.	407-557-7055
9:00 am	V	800378	Saturday Zoom Port Orange Zoom 880 7717 9552 password 305705 https://zoom.us/j/88077179552?from=join#success	Jane V.	386 679-2098
9:00 am	D	38611	St. Richards Church 5151 Lake Howell Road Winter Park, FL 32792 (Face to Face) 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 (Face to Face)	Debby H.	386-402-6631
12:00 pm	Med	800822	Central Christian Church New Meeting Zoom only Call in 312-626-6799 Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

			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 **Call contact person for password please** As of September 1, 2023 Zoom: 844 7739 8454 Password: serenity https://zoom.us/j/84477398454	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 September—November 2023

Group Number	Day	Meeting	Sept. 2023	Oct. 2023
57479	Sun	The Meeting Place Ocala		\$54.00
48951	Sun	7th Day Adventist Church	\$ 5.00	
800822	M-S	Central Christian Church Noon	\$ 105.00	\$520.00
800729	Mon	Monday Big Book Meeting	\$50.00	\$120.00
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	\$25.00	
57739	Mon	Maitland 6:00 PM	\$32.00	\$100.00
800442	Mon	Grace Zoom		
53479	Mon	Holy Spirit-Voices of Recovery, Apopka		\$57.00
1048	Mon	Church of Ascension, Apopka	\$25.00	
89653	Mon	Zoom For Today Meeting		
800293	Tue	Many Faces One Solution		
50209	Tue	Chatham Rec Ctr., The Villages		\$85.40
52613	Tue	North Pool Celebration , Kissimmee	\$25.00	
56481	Tue	New Smyrna Beach Church of Christ		\$122.00
53032	Tue	YMCA Lecanto Fl		\$45.00
57273	Tue	The Meeting Place Ocala		
89070	Tue	Central Christian Church		
89069	Wed	Central Christian Church		
48700	Wed	Lady Lake UMC		\$50.00
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	\$170.00
89384	Thurs	Zoom Body Image	\$35.00	\$10.00
936	Fri	Tuskawilla UMC, Casselberry	\$25.00	
20088	Fri	St. Lukes UMC		
45611	Fri	Lady Lake Library		
89072	Fri	Central Christian Church		
54490	Fri	Shepherd of the Hill Church, Clermont		
9016	Sat	Central Florida Intergroup	\$25.00	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$40.00	\$40.00
800378	Sat	Zoom Port Orange 9 am		
800324	Sat	For Today 9:30 am		

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Treasurer's Report for September-October 2023—Continued from previous)

Group Number	Day	Meeting	Sept. 2023	Oct. 2023
46887	Sat	Ascension Church	\$60.00	\$73.00
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 #	\$25.00	\$25.00
		Individual Contributions (PayPal)		
		Individual Contributions (check)		
		literature		
		Step Workshop	\$30.00	
		Angel Card		
		Big Book Study Sunday 6-8		
		Words to Live By		
		Total 7th Traditions	\$599.00	\$2,062.12

One Day at a Time



Easy Does It

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Your Trusted Servants For Central Florida Inter-group

<u>Positions:</u>	<u>Name</u>
Chair:	Debby H.
Vice-Chair:	Christie H.
Treasurer:	Kathy M.
Secretary:	Carlene D.
Parliamentarian:	Annie M.
Literature:	OPEN
Co-Webmaster:	Carrie C.
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.

Service helps your program and helps reduce our isolation.

Upcoming Intergroup Meetings:

10 am Saturday, December 9, 2023

10 am Saturday, January 13, 2024

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

Join Zoom Meeting

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

Meeting ID: 508 329 3778

(No passcode required.)

One tap mobile

+13052241968,,5083293778# US

ALL OA MEMBERS WELCOME!

Central Florida Intergroup / CFI Board Members

Chair:	Debby H. (chair@oacfi.org)
Vice Chair:	Christie H. (vicechair@oacfi.org)
Treasurer:	Kathy M. (treasurer@oacfi.org)
Secretary:	Carlene D. (secretary@oacfi.org)

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

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

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

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



"New Beginnings" 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.