

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS  
ANONYMOUS®  
CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

JANUARY 2024

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

## WORDS TO LIVE BY

A WORKSHOP THAT  
KEEPS GIVING THROUGHOUT THE YEAR!

Don't miss out!

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### JOIN US:

Saturday, January 6th  
9AM to 12PM  
United Methodist Church  
Activity Building behind church  
109 W. McClendon St.  
Lady Lake



There will be speakers, sharing,  
literature for sale (cash and check only),  
and the anonymous choosing of  
your word to live by for 2024.

*What will be Your Word this year?!?*

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Can't join us in person? "Zoom" in! \*\*\*

Meeting ID: 872 2321 8428

Passcode: 974935

\*\*\* Zoomers- request "your word" by email  
by Jan. 6th. Email [w2lb1960@gmail.com](mailto:w2lb1960@gmail.com)



<https://us02web.zoom.us/j/87223218428?pwd=ZTFrYVdaMHN2bzJKeEkrem80M1gvdz09>

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Editor's Note: **New Beginnings is having a new beginning!** Newsletters will not be as long (hopefully!) and in general will focus more on our own Intergroup's activities and news. Region 8 material will also be included. There will be less in the Calendar of Events, but links will be provided to some sites that list events. However, if you know of an event coming up that is not in our Region, but which you feel would benefit members, please let me know!

Any suggestions for the newsletter are welcome! Send them or articles to: [newsletter@oacfi.org](mailto:newsletter@oacfi.org). Thank you for sending in articles. Keep up the good work!

Sincerely,

Alicia C., Newsletter Co-Editor

# HAPPY



ONE DAY AT A TIME.

ONE HOUR AT A TIME.

ONE MINUTE AT A TIME.

ONE SECOND AT A TIME.

ONE WHATEVER-YOU-NEED AT A TIME!

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

**Mon., January 1, 2024, New Year's Day:** "Every Day is a Fresh Start with Step One."

**Sat., January 6, 2024, Epiphany:** "More Will Be Revealed."

**Mon., January 15, 2024, Martin Luther King, Jr., Day:** "Finding Wisdom in My Recovery."

**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/>

**LOCAL EVENT:** Sat., January 6, 2024, 9 am—12 pm, Central Florida Intergroup, "Words to Live By" workshop. Hybrid (In-person component and Zoom component). In person at Lady Lake United Methodist Church, (in Activity Center behind church), 109 W. McClendon Street, Lady Lake, FL 32159. Zoom Meeting ID 872 2321 8428 Passcode: 974935 <https://us02web.zoom.us/j/87223218428pwd=ZTFrYVdaMHN2bzJKeEkrem80M1gvdz09#success> If participating via Zoom, to get your word, e-mail: [w2lb1960@gmail.com](mailto:w2lb1960@gmail.com) by January 6, 2023. *See flyer on page 1.*

**Sun., January 7, 2024, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting, "Sharing from Some Newer Voices on the Path of Recovery."** Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success> or <https://www.oarise.org/>

**Sat., January 13, 2024, 3:30—5 pm ET, A Design for Living Intergroup Monthly Speaker Series: Topic TBA.** Zoom Meeting ID: 200 540 624, No passcode [www.ad4l.info](http://www.ad4l.info)

**Sun., January 21, 2024, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting, Topic TBA** Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success> or <https://www.oarise.org/>

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**Tues., February 20, 2024—Tues., March 19, 2024, Central Ontario Intergroup, "Quick Step Studies." To register, email [coquicksteps@oaontario.org](mailto:coquicksteps@oaontario.org) . More info. at <https://www.oaontario.org/announcements/quickstepstudy-m9fyg>. See flyer below.**

**Sat., February 24, 2024. OA Unity Day.** According to the OA website (oa.org), "Unity Day is a day to celebrate the connection of all members and groups of OA to one another." The website also states: "At 11:30 am local time, "It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program"

**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/>

**LOCAL EVENT:** Fri., October 11 - Sunday, October 13, 2024, Central Florida Intergroup Fall Retreat, Lake Yale Baptist Conference Center, Leesburg, FL. **CHAIR OR CO-CHAIRS NEEDED**

**EVENT OCCURRING LOCALLY: 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!**

**FOR REGION 8 EVENTS, GO TO:**

<https://oaregion8.org/r8-events>

**FOR EVENTS SUBMITTED TO OA WORLD SERVICE, GO TO:**

<https://oa.org/event-calendar/>

Virtual/Hybrid events in January that are listed at this site that may be of possible interest include:

- ♦ Jan. 6: Step Four, Inventories with Compassion and Love
- ♦ Jan. 7: Step One Workshop: The Delusion of Control has to be Smashed
- ♦ Jan. 13: OA Birthday Party Marathon
- ♦ Jan. 14: OA Trivia Birthday Bonanza
- ♦ Jan. 20: OA Birthday and Twelve Steps Workshop

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



**Great for  
Newcomers or  
LongTimers!**



OA Central Ontario Intergroup  
Presents a Series of:

## Quick Step Studies

- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- Registration is limited:
  - Please do so early to receive the handouts and zoom details.
  - Registration required 24 hours ahead of the start time.
  - Register by emailing:  
[coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org) and include in your email the date of session you would like to attend.

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

~former workshop participant

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### **STEP ONE:**

**We admitted we were powerless over food—that our lives had become unmanageable.**

**Spiritual Principle:**  
**Honesty**

### The Beginning of Our Journey: STEP ONE

I am going to share a secret I learned in life which helps me deal with myself. If you strive to be honest with others, then you are capable of being honest with yourself. Step One is probably the hardest step to digest. Yes, Step Four takes some work and Step Three forces us to deal with our conscience. But Step One is where the rubber meets the road. It is where we realize we need help. No door can be opened to let grace come in until we see and accept that we are broken and unable to mend our own wounds. Step One allows one to get real about something which might have been true for a long period of time.

However, some of us hit this point, then release or let go. We are honest about having an addiction and food problem, but then we really don't deal with any of our character defects or focus on a solution to get better. It is not easy for some of us to be honest. We've lived within a lie for so long that it has become our reality. Our reality is the life we have been living and our mental belief system, as opposed to living a life of honesty and truth. Our Higher Power (HP) is all about truth. We cannot know our HP and not become or remain honest. Yes, the rest of the Steps are a journey, but do we realize that Step One begins this journey? If we can see where the journey begins, we can get a better grasp of where we are going. The "why" behind our steps is important--the reason we walk, run, dance, kneel, pray, and embark on a spiritual journey which has the power to change our lives forever. We may not have even noticed that an external vision has taken place. However, as we become truly honest with ourselves, we begin to recognize that these external and internal changes are happening every day. Honesty and truth form strong roots in our lives and allow beauty and recovery to blossom. We are truly blessed!

Tony B.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### TRADITION ONE:

**Our common welfare should come first; personal recovery depends upon OA unity.**

**Spiritual Principle:  
Unity**

A couple years ago I wrote an article on Tradition One for this same newsletter. It was “scholarly” and informative, with citations to OA literature and that of AA, from whom we inherited all our Traditions. I recommend reading the AA and OA 12 and 12 books on this Tradition, but I’m not going to repeat that here.

I would rather focus on the heart of this Tradition, which to me is its use as a training tool that teaches me how to achieve that “destruction of the ego” (*Alcoholics Anonymous*, p. 13) essential to recovery. Practicing Tradition One is how I can achieve humility.

I was a compulsive overeater for many years before I found OA. I tried endlessly to lose weight on my own; I considered willpower the most important factor in achieving success. Getting help from anyone or anything outside myself never entered my mind. I thought and lived as if I alone was responsible for my welfare. But, my ego was destroying me and it just kept growing. My secret cries for help were in the form of eating beyond imagination and reason.

Tradition One teaches me that total self-reliance as a “cure” for addiction is increasingly harmful and, perhaps, more importantly, ineffective. Instead, those early AA’s realized and left us with the sound principle that we need help. We need fellowship. I needed to get into a group and truly be part of it. Then I realized and now I also see that when I bring outside issues into a meeting, this is merely a manifestation of me trying to assert my ego.

Why is it so hard to curb our impulses for the good of the group, as Tradition One requires? For me it was out of fear that asserting my ego was all I had; if I didn’t stand out, I did not exist. I still thought that to succeed, I needed my ego; I was trying to solve my problems with my old thinking and old solutions and by taking greater and greater control.

But Tradition One helped me realize that I was the problem: “So our troubles, we think, are basically of our own making.” (*Alcoholics Anonymous*, p. 62). Tradition One teaches me I need not fear not being in control; rather, I gain friends, fellowship, a Higher Power, and love that will sustain me.

To ensure the unity of the group, we place our reliance upon principles rather than personalities. Tradition One teaches me how to behave in meetings (and in life, I believe) but it also very clearly tells me that my **personal** recovery depends upon OA unity. I cannot recover alone. I went on every diet alone. I would try to rely only on my own willpower, but, as we say nowadays, that’s a non-starter.

I cannot and will not recover without the unity of the group, the Fellowship.

Tradition 12 states that “Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.” Once again I am reminded that an out-of-bounds ego is likely to fail me at every turn; only if I can be one among many can I stay on the Road of Happy Destiny.

**NOTE:** The concept of unity is so important to OA that we have set aside a day to honor and celebrate the unity of our Fellowship. Unity Day is celebrated in February on the last Saturday of the month in even years and the last Sunday in odd years. It is observed by OA groups worldwide at 11:30 a.m. local time. (This year it’s 2-24.)

Anonymous

# UNITY

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### CONCEPT ONE:

**The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.**

**Spiritual Principle:  
UNITY**

The following quotation is taken from a document found on the oa.org website, entitled “Service-traditions-and-concepts-workshop”:



The Fellowship of Overeaters Anonymous works on the principle that a Power greater than ourselves is expressed in the decisions made by the representative group conscience of our membership as a whole. Members unite by participating in discussion and voting at the group, intergroup, service board, region, and world service levels. They vote for what they believe is best for Overeaters Anonymous as a whole.

Once a group conscience is taken, the membership unites in support of the decision, in keeping with the Twelve Traditions.

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Editor's Note: The material below was received in an email from Region 8. Although it was too late to get it into the December newsletter, it is hoped that you will find it helpful all year round!

Hello and Happy 12th Step Within Day!!! As you may know, we send out a recovery message written by one of our members on the 12th of every month in the spirit of the 12th Step Within Day.\* This month we have a special holiday treat for you....if you hum this message to the tune of the familiar "12 Days of Christmas" song, you are sure to be amused!

(To the Tune of The 12 Days of Christmas)

- ◆ On the 1st step of recovery my HP offered me - HONESTY to see my misery.
- ◆ On the 2nd step of recovery my HP offered me - HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 3rd step of recovery my HP offered me – FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 4th step of recovery my HP offered me – COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
- ◆ On the 5th step of recovery my HP offered me – INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 6th step of recovery my HP offered me – WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 7th step of recovery my HP offered me – the choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 8th step of recovery my HP offered me – SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 9th step of recovery my HP offered me – LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 10th step of recovery my HP offered me – PERSEVERANCE for recovery, LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 11th step of recovery my HP offered me – increased SPIRITUAL AWARENESS, PERSEVERANCE for recovery, LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity and the HONESTY to see what life could be.
- ◆ On the 12th step of recovery my HP offered me – SERVICE for others, increased SPIRITUAL AWARENESS, PERSEVERANCE for recovery, LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEG-



\*If you would like to receive e-mails from Region 8 about events and helpful information for meetings and recovery, go to :

<https://oaregion8.org/r8-loops/>

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### BRINGING MY WILL INTO ALIGNMENT WITH GOD'S INTENTION FOR ME

I was trying to eat sensibly . . . but failed. Angry at myself, I tried again and again, getting more and more angry. I could not control the large meals I ate and any other food I wanted. The previous lost pounds piled on . . . 25 pounds, to be exact. I went into a larger size clothing and was now really unhappy with myself, coupled with the anger. I continued to go to two meetings a week, but never took any further action. In meetings, I started talking about needing to take action, but still did nothing. After all my denial, I finally admitted I was powerless.

I started praying, asking God to help me acquire willingness. I began thinking, "What does God really want for me?" I prayed for direction. I was not planning to go to the Intergroup Retreat, but I got this push to go. With two rooms left, I was able to get one!

I really enjoyed this year's Retreat. I asked another OA'er if she would sponsor me. We spoke for a while, and I answered her questions the best I could and she said "yes." Meals at the Retreat were just enough. Those balanced meals helped me clear my mind by the end of the Retreat.

I know if I want to get better, I need to keep being honest, turning over my food, doing my assignments, reading, praying and meditating, and going to meetings. I pray more often now. I ask for God's help to increase my willingness and guide me to do His will, not mine. I now thank God for things I have and opportunities to help others.

For me, these are the beginning steps to be in alignment with God. When I am in true alignment with God, my brain and heart are in alignment. My anger about having this disease has lifted, and I am no longer angry with myself for being powerless. I have a better understanding of my weakness, that has given me strength to work this program and strengthen my belief in God, helping me along the way. People have told me I am smiling more. I feel peaceful and content with myself even though I am still in my larger size.

JoAnne B.  
Ocala, FL



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## POETRY



### Overheard at a Meeting

- ♦ There is an “i” in “illness” and a “we” in “wellness.”
- ♦ This is a program where you come in as God and if you’re lucky, you get promoted to servant.
- ♦ Blessed be the flexible, for they bend but do not break.
- ♦ I follow a plan of eating to stay conscious of what is going into my mouth; I follow the Steps to be conscious of what is coming out of my mouth.

### LOVE

WHAT is LOVE?

A feeling of being needed.

WHO needs LOVE?  
EVERYBODY!

WHEN to LOVE?  
ANYTIME!

WHERE to LOVE?  
ANYPLACE!

HOW does one show LOVE?

WITH A HUG!

WITH A KISS!

WITH A SMILE!

WHY LOVE?

HAPPINESS!

UNITY!

PEACE!

Beth Z.

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Reflections



*Freedom has a thousand charms to show that slaves howe'er contented never know.*

William Cowper

Slaves are never content . . . ever. But they may have unexpected reservoirs of patience.

Freedom from food obsession is a wondrous thing . . . and most of the time, I am there. Except when I am not. It can happen in a flash. When one least expects it.

This is why I do daily recovery work . . . I pray without counting the number of times each day. God is with me always, in the very air I breathe, God is here.

Freedom from what others think of me is another biggie. I am almost there.

So, for today, I will stay the course and keep moving onward! It is a great word . . . Onward . . . it does not expect progress or failure . . . I like it!

Debby H.

Fear . . . it's a powerful, deep, clingy feeling that only finds direction and resolve through the richness of practicing my program. Eating compulsively fans my response to defer to fear. It's only in abstinence and working the Steps and Tools that I find my way through a fearful response. I have come to honor my assignments to deal with it:

- 1) I show up anyway. No ducking out or under a table. I am present. Truly present.
- 2) I pray and open my heart to conversation with God.
- 3) I give space to hear answers from God. They can be direct. They can come from my fellows. Or I must do more listening. I pause to allow answers to come as my abstinent house is in order. And trust builds in this God. My beautiful God. Never thought that was the end result; weight loss and control was an initial assumption.

Glad I have found my way to all this program can offer. Fear buster! Fear comforter. Fear redirector that brings courage, peace, and next steps.

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# FOCUS ON



This month's featured tool:

## Service

service gets me out of myself  
service keeps me showing up  
service keeps me connected to **YOU**  
service compels me to clean up my mess  
so I have a message to carry  
to those who still suffer  
the shadow of **ME**  
lives large in the light of **WE**

Debby H.

**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!

From 10-23-23 to early December, OACFI's Facebook page had 890 followers and 751 likes, including 24 new followers and 9 new likes. There were 187 visits to the page from 11-6-23 to 12-4-23.

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



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

OACFI's Instagram page has 128 followers, including 24 new followers from 10-9-23 to 12-4-23. There were 65 visits from 11-6-23 to 12-4-23, which represents an increase of 8.3% from the last reporting period.

*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/)

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

A radio ad ran on WMGF Magic 107.7 FM, a station broadcasting in Central Florida, November 20-December 17, 2023. The ad ran Monday through Friday, 7 pm—12 am, and Saturday, 12 am—12 pm. The ad ran 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 sent letters to health professionals—dietitians, doctors, mental health therapists/counselors—via email.

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

# JOIN US EVERY FRIDAY

## Live or Zoom!

Week 1:  
Step of the month

Week 2:  
Big Book

Week 3:  
Tradition of the  
Month

Friday 10AM-11AM  
Lady Lake Library  
225 W. Guava St.  
Lady Lake, FL 32159

Week 4:  
Literature-  
Leader's Choice

Week 5  
(if there is one):  
Speaker Mtg.



[https://oa.org/find-a-meeting/?meeting\\_id=76937](https://oa.org/find-a-meeting/?meeting_id=76937)

**Zoom Meeting ID: 154 974 236**

**Passcode: 970404**

<https://us02web.zoom.us/j/154974236>



Photo by

Joy R.

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

# OVEREATERS ANONYMOUS®

Region 8

## Pinning in Zoom:

A tactic Zoom intruders use is to turn their camera off and on, change their names, or take other action to “jump” around the screen, making it harder to remove them from a meeting. To counter this, we suggest using Zoom’s built-in pinning feature. The benefits in pinning in Zoom are as follows:

- Pinning prioritizes and shows participants at the top of the view, regardless of who is the active speaker.
- Pinning only changes the display order for your screen, not for everyone else’s screen.
- Hosts and co-hosts automatically have the ability to pin up to 9 participants at a time.
  - As a default setting, a user can only pin one view at a time. However, hosts and co-hosts can grant permission to allow any user to multi-pin as well.

How to use pinning:

1. Hover your cursor or finger over the name in the participant’s panel and press **More**. Alternatively, hover your cursor or finger over the video of the participant you want to pin and click on the ellipsis (...).
2. From the menu, select **Pin**. Hosts and co-host may pin up to 9 participants.
  - a. Note: If you have at least 3 participants in the meeting and have “dual monitor” enabled, you will have the option to pin to your first screen or your second screen.
3. If you need to cancel a pin, click in the upper left corner of any currently pinned video and click on **Remove Pin**.

How does this help with managing intruders?

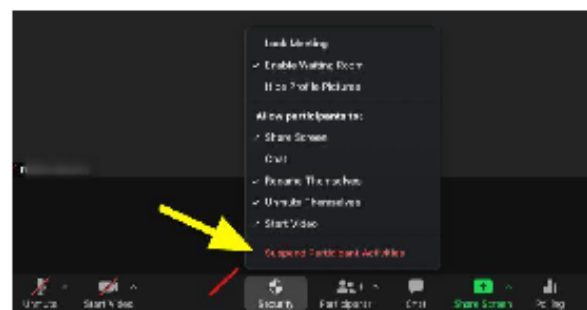
The host may pin any participant they do not recognize. Pin the participant as soon as they enter the room. That way, they will not move on your display. This makes it significantly easier to quickly remove the participant should they prove to be disruptive.

If you have a particularly large meeting, we recommend making another trusted member your co-host and asking them to assist by pinning additional participants on their screen and being ready to remove intruders. You could work out a system in advance. For example: the host will pin participants with names that begin with A-L, and the co-host will pin participants with names that begin with M-Z.

Zoom’s official support page for information on pinning can be found here:

[https://support.zoom.com/hc/en/article?id=zm\\_kb&sysparm\\_article=KB0065767](https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0065767)

Remember, you may always use security to suspend participants’ activities and lock your meeting to an intruder.



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>



"Year's end is neither an end nor a beginning, but a going on with all the wisdom that experience can instill in us." Hal Borland

From *For Today*, page 1.

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## 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?



Been slipping and sliding with abstinence? Check out the free OA reading and writing tool below. You can download it and use it as a guide to help you or your sponsee.

<https://oa.org/app/uploads/2021/09/been-slipping-and-sliding-a-reading-and-writing-tool.pdf>

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Listed below are current and upcoming service opportunities in the OA Central Florida Intergroup. To fulfill one of these positions, a member should participate in an OA group that is registered by OA World Service and is part of the Central Florida Intergroup. For more detailed descriptions of duties and other requirements, please see the resources listed below. The link to each resource is as follows:

Retreat Manual: [https://www.oacfi.org/wp-content/uploads/2022/01/CFI\\_FallRetreat\\_Procedures\\_06292018.pdf](https://www.oacfi.org/wp-content/uploads/2022/01/CFI_FallRetreat_Procedures_06292018.pdf)

Policies and Procedures: <https://www.oacfi.org/wp-content/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf>

Bylaws: <https://www.oacfi.org/wp-content/uploads/2021/11/OACFI-Bylaws-11.13.2021.pdf>

| Service Position That Needs or Will Need to be Filled and Date to be Filled          | Brief Description of Duties and Notes  | Abstinence Requirement |
|--|--|------------------------|
| <b>*FALL RETREAT CHAIR OR CO-CHAIRS</b><br>*March 2024                               | Oversees all aspects of the fall retreat held locally by OACFI, usually in October every year.<br>p. 3 in Retreat Manual and pp. 11-12 in Policies and Procedures  | 3 months               |
| <b>*PUBLIC INFORMATION AND PROFESSIONAL OUTREACH (PIPO) COMMITTEE CHAIR</b><br>*ASAP | Facilitate making the general public and professionals aware of OA, particularly in this geographical area.<br>pp. 6-7 and pp. 12-13 in Policies and Procedures<br>You can contact Alyson T. for more information:<br><a href="mailto:alyshelt3@aol.com">alyshelt3@aol.com</a>   | 3 months               |
| <b>*12<sup>TH</sup> STEP WITHIN CHAIR</b><br>*ASAP                                   | Coordinate outreach to OA members in relapse, help plan events to help those in relapse.<br>pp. 6-7 and p. 12 in Policies and Procedures   | 3 months               |
| <b>*NEXT GENERATION CHAIR</b><br>*ASAP   | Encourage groups to welcome young people who come to OA. Help recruit young people for OA, locally.<br>pp. 6-7 and p. 13 in Policies and Procedures  | 3 months               |
| <b>*TIK-TOK PRODUCER</b><br>*ASAP  | Produce Tik Tok segments for OACFI. Involves recording segments or finding recorders, and finding pictures or video components for the segment.<br>Not referenced in Policies and Procedures or Bylaws.  | Not listed.            |
| <b>MAILING LIST COORDINATOR</b><br>ASAP  | Currently part of Secretary's duties. Coordinate all emails about OA events which are sent to OA members in groups in the OACFI or to members on our mailing lists. There are two mailing lists—one for the newsletter and one for OACFI Intergroup news. Resolve problems with emails coming back as undeliverable.<br>Not referenced in Policies and Procedures or Bylaws. | Not listed.            |

# SERVICE OPPORTUNITIES

(Continued on next page.)

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

(Continued from previous page.)

| Service Position That Needs or Will Need to be Filled and Date to be Filled   | Brief Description of Duties and Notes   | Abstinence Requirement |
|---|---|------------------------|
| <b>*REGION 8 REPRESENTATIVES (2 OPENINGS)</b><br><b>*ASAP</b>   | Represent OACFI at all Region 8 Assembly meetings and prepare report for OACFI about such representation. Travel expenses are reimbursed by OACFI.<br>p. 6 in Policies and Procedures and p. 6 in Bylaws  | 6 months               |
| <b>INTERGROUP MEETING REPRESENTATIVES</b><br>Needed ASAP for groups that do not currently have a Meeting Representative for Intergroup. | Attend monthly videoconference OACFI meetings to bring back news to the group you represent. Vote on behalf of your group when decisions requiring a vote are being made.<br>pp. 6-7 and p. 15 in Policies and Procedures, and pp. 3-4 in Bylaws  | 3 months               |
| <b>*INTERGROUP CHAIR</b><br><b>*January 2025</b>  | Set the agenda for and preside at all regular meetings of the OA Central Florida Intergroup. Deal with all business and financial aspects of Intergroup. Oversee all OACFI committees.<br>pp. 3-4 of Policies and Procedures, and pp. 4-8 of Bylaws<br>If interested, you should plan on shadowing the current chair in 2024.<br>This is an OACFI Board Position. | 1 year                 |
| <b>*INTERGROUP VICE-CHAIR</b><br><b>*January 2025</b>   | Take the chair's place in the chair's absence at meeting. Oversee review of Bylaws, and review of Policies and Procedures.<br>p. 4 of Policies and Procedures and pp. 4-8 of Bylaws<br>This is an OACFI Board Position.   | 1 year                 |
| <b>*INTERGROUP SECRETARY</b><br><b>*January 2025</b>  | Records and distributes minutes of all OACFI Intergroup Meetings. Sends out newsletter and other materials via email to local OA members.<br>p. 5 of Policies and Procedures and pp. 4-8 of Bylaws<br>This is an OACFI Board Position.  | 1 year                 |
| <b>*WEB MANAGER(S)</b><br><b>*January 2025</b>  | Post updated links and documents related to OA and OACFI on the Intergroup webpage ( <a href="http://www.oacfi.org">www.oacfi.org</a> ) in a timely manner.<br>pp. 6-8 in Policies and Procedures   | 3 months               |
| <b>*ELECTRONIC INTERFACE ADMINISTRATOR</b><br><b>*January 2025</b>  | Troubleshoot and coordinate oversight of the Intergroup's website, email, and mailing list accounts with the hosting body.<br>pp. 6-7 and p. 10 in Policies and Procedures  | 3 months               |
| <b>INTERGROUP TREASURER</b><br><b>January 2026</b>  | Maintains OACFI bank accounts; submits yearly budget; handles all incoming and outgoing funds.<br>pp. 4- 5 of Policies and Procedures and pp. 4-8 of Bylaws<br>This is an OACFI Board Position.   | 1 year                 |

Continued on next page.

**SERVICE OPPORTUNITIES**

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

| Service Position That Needs or Will Need to be Filled and Date to be Filled                                      | Brief Description of Duties and Notes   | Abstinence Requirement |
|--|---|------------------------|
| <b>MEETING LIST COORDINATOR</b><br>January 2026  | Maintain electronic list of all OACFI meetings and update as needed. Distribute updated list to website personnel, newsletter editor, and treasurer.<br>pp. 6-7 and p. 10 in Policies and Procedures  | 3 months               |
| <b>*LITERATURE CHAIR</b><br>*January 2026  | Make OA-conference-approved literature available to OACFI members. Travel expenses reimbursed.<br>pp. 6-7 and pp. 9-10 in Policies and Procedures   | 3 months               |
| <b>*NEWSLETTER EDITOR</b><br>*January 2026   | Produce monthly newsletter, with articles on the Step and Tradition corresponding to the month of the newsletter, as well as information of interest to OA members in OACFI. Include Treasurer's Report and Meeting List in newsletter. Publish newsletter electronically, with hyperlinks where appropriate.<br>pp. 6-9 in Policies and Procedures<br><i>Note: The current secretary is willing to take over this position as long as someone takes over her position.</i> | 3 months               |
| <b>*FACEBOOK PAGE ADMINISTRATOR</b><br>CURRENT OCCUPANT WISHES TO STAY IN POSITION UNLESS SOMEONE ELSE WANTS IT. | Receive and post upcoming events and newsletters on the OACFI Facebook page, monitor usage of the Facebook Page.<br>pp. 6-7 and p. 11 in Policies and Procedures  | 3 months               |

“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



# SERVICE OPPORTUNITIES

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## OA LITERATURE FOR SALE!

OA literature is available for sale. To obtain literature, contact Carolyn Y. at

**[OACFI.Literature@yahoo.com](mailto:OACFI.Literature@yahoo.com)**

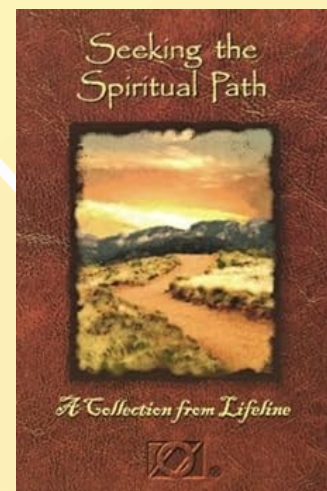
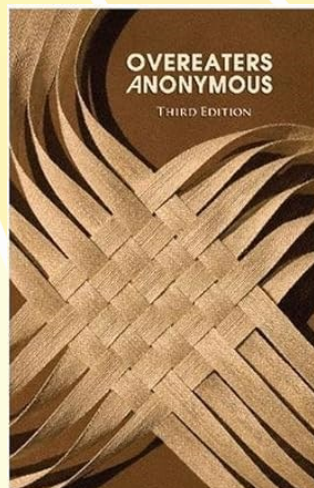
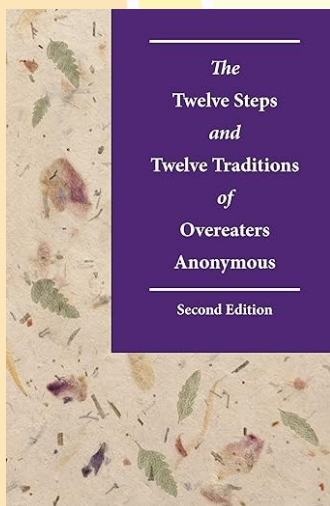
**Note: This is a temporary address.**

Available items include OA-conference-approved books, pamphlets, and wallet cards as well as recovery coins and medallions, plus Serenity Prayer coins, a CD about OA, and the 2017 Membership Survey Report.

Books available (with the number on hand at press time, in parentheses) include:

- Body Image, Relationships, and Sexuality (2)
- Twelve Step Workshop and Study Guide (2nd Ed) (1)
- Participant Guide to Twelve Step Workshop and Study Guide (2nd Ed) (4)
- Taste of Lifeline (1)
- For Today Workbook (5)
- Seeking the Spiritual Path: A Collection from Lifeline (2)
- Overeaters Anonymous (3rd ed) (5)
- AA's Alcoholics Anonymous (Big Book) (4th Ed) (3)
- The Twelve Steps and Twelve Traditions of OA (2nd Ed) (9)
- The Twelve-Step Workbook of OA (2nd Ed) (2)
- Abstinence (2nd Ed) (1)
- Voices of Recovery Workbook (5)
- Beyond Our Wildest Dreams (2)

Literature will also be available for sale at the "Words to Live By Workshop" on January 6. (See page 1).



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) or [acanalrobinson1@gmail.com](mailto:acanalrobinson1@gmail.com)

### Please note:

1. Deadline for items is the 1st of the month that is 1 month prior to publication.  
Ex.: For June issue, articles due May 1st.
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!

(Continued on the next page)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

### Newsletter Needs by Date

For FEBRUARY 2024 Newsletter: [DUE JANUARY 14, 2024 \(Special deadline because event is after regular deadline\)](#)

Need articles on:

- What the “Words to Live By” workshop meant to you or how it helped you

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

Need articles on:

Writing Prompt/Challenge (optional):

- 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:

- Tradition Four: Autonomy
- Concept Four: Equality
- Tool: Telephone

Writing Prompt/Challenge (optional):

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

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

Need articles on:

- Step Five: Integrity
- Tradition Five: Purpose
- Concept Five: Consideration

Writing Prompt/Challenge (optional) :

- How has your integrity changed since you joined OA?
- Do you see your purpose in life as being different, as a result of working the Steps?

For JUNE 2024 Newsletter: [DUE MAY 1, 2024](#)

Need articles on:

- Step Six: Willingness
- Tradition Six: Solidarity
- Concept Six: Responsibility
- Tool: Anonymity

Writing Prompt/Challenge (optional):

- Why is Step 6 important to do before going on to Step 7?

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

# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Meeting List as of 12-02-23

|          |      |         | MONDAY   |             |              |
|----------|------|---------|--|-------------|--------------|
| Time     | Type | Group # | Location   | Contact     | Phone        |
| 10:00 am | L    | 89653   | For Today Dedicated Virtual Meeting<br>(Zoom only) Zoom ID: 693 585 0119<br>Password: 123123<br><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<br>Zoom only 312-626-6799 pw 452471<br>Zoom: 844 7739 8454 pw serenity<br><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<br>Zoom only 309 205 3325<br>Meeting ID: 862 0335 5835, Passcode: 013606<br><a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmIFOFdld1NVSOlrN0hTQT09">https://us02web.zoom.us/j/86203355835?</a><br><a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmIFOFdld1NVSOlrN0hTQT09">pwd=S21XWGNKdmIFOFdld1NVSOlrN0hTQT09</a> | Joleen      | 352-425-2339 |
| 6:00 pm  | L    | 57739   | Asbury Methodist Church<br>220 Horatio Ave.<br>Maitland, FL 32751 (Face to Face)   | Alyson T.   | 407-718-2127 |
| 6:30 pm  | D    | 53479   | Face to Face meeting<br>Holy Spirit Episcopal<br>601 S. Highland Avenue<br>Apopka, FL 32703 (Face to Face)   | Carrie C.   | 781-867-1071 |
| 7:00 pm  | SS   | 45648   | Casa De Fe Y Bendicion Zoom call in #<br>Zoom only: **Please text the contact person for current Zoom meeting and password information.<br><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 #<br>Zoom only: **Please text the contact person for current Zoom meeting and password information.<br><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 #<br>Zoom only 1-253-215-8782<br>Zoom 868 3781 3267 pw grace<br><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 #<br>Zoom only 1-312-626 6799 pw 452471<br>Zoom 844 7739 8454 pw serenity<br><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<br>203 Washington Street<br>New Smyrna Beach, FL 32168 (Face to Face)  | Debby       | 386-402-6631 |
| 5:30 pm  | V    | 57273   | The Meeting Place<br>3391 E. Silver Spring Blvd, Unit E<br>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.)

| TUESDAY (continued) |    |        |  |             |                                 |
|---------------------|----|--------|--|-------------|---------------------------------|
| 6:00 pm             | V  | 800293 | Many Faces / One Solution (Formerly Asbury)<br>Zoom only call in #1 646 558 8656<br>Zoom 314 478 076<br>**Call contact person for password please**<br><a href="https://zoom.us/j/314478076">https://zoom.us/j/314478076</a> | Tina S      | 407-864-6992                    |
| 6:00 pm             |    | 53032  | YMCA<br>4127 West Norvell Bryant Highway<br>Lecanto, FL 34461 (Face to Face)   | Trish       | 540-454-4600                    |
| 6:30 pm             | V  | 39211  | New Covenant Baptist Church<br>1350 South Blue Lake Avenue<br>Deland, FL 32724 (Face to Face)<br>Email: <a href="mailto:DeLand.FL.OA@gmail.com">DeLand.FL.OA@gmail.com</a>   | Diana E.    | 386-456-4622                    |
| 7:00 pm             | V  | 52613  | The Jones Room<br>631 Sycamore St., Lakeside Park, Celebration, FL 34747<br>Call contact person for directions (Face to Face)<br>Celebration, FL 34747<br>Also phone Uber Conference 407-553-2087                            | Geri B      | 407-557-7055                    |
| WEDNESDAY           |    |        |  |             |                                 |
| 10:00 am            | BB | 48700  | Lady Lake UMC<br>corner of Hwy 27/441 and McClendon St<br>Lady Lake, FL 32159 (Face to Face)   | Rosemarie K | 352-638-6286                    |
| Noon                | BB | 800822 | Central Christian Church Zoom Call in #<br>Zoom only 1-312-626 6799 pw 452471<br>Zoom 844 7739 8454 pw serenity<br><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<br>3221 S Peninsula Drive<br>Daytona Beach Shores, FL 32118 (Face to Face)   | Lori        | 407-314-1636                    |
| Noon                | V  | 800822 | Central Christian Church Zoom Call in #<br>Zoom only 1-312-626 6799 pw 452471<br>Zoom 844 7739 8454 pw serenity<br><a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>                                 | Jacqueline  | 407-423-4086                    |
| 4:00 pm             | V  | 54798  | Better Together<br>Zoom only<br>Zoom 842 9268 7636 pw Surrender<br><a href="https://us06web.zoom.us/j/84292687636">https://us06web.zoom.us/j/84292687636</a>   | Donna G.    | 603-477-4555 Text first, please |
| 4:30 Pm             | V  | 57955  | NEW MEETING<br>Christian Family Worship Center<br>265 Ponce DeLeon<br>Deleon Springs, FL 32720 (Face to Face)  | Linda       | 386-215-9601                    |
| 6:00 pm             | D  | 89384  | Zoom only Body Image-Recurring meeting<br>Zoom 823 7540 9368 pw boai8<br><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<br>Zoom 863 7071 7790 pw 654321<br><a href="https://us02web.zoom.us/j/86370717790">https://us02web.zoom.us/j/86370717790</a>  | Jack L      | 352-430-5487                    |

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# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

|          |    |        | THURSDAY (continued)  |            |              |
|----------|----|--------|---|------------|--------------|
| 7:00 pm  | BB | 18502  | Church of the Messiah<br>Phone only<br>Uber conference 407-553-2087   | Jacqueline | 407-423-4086 |
|          |    |        | FRIDAY  |            |              |
| 9:00 am  | V  | 54490  | Shepherd of The Hills Lutheran Church<br>Zoom only<br>Zoom 870 5439 1380<br><a href="https://us02web.zoom.us/j/87054391380">https://us02web.zoom.us/j/87054391380</a><br>**Call contact person for password please**                              | Gail P     | 352-348-1004 |
| 10:00 am | D  | 45611  | Lady Lake Library (HYBRID)<br>Zoom 154 974 236 pw 970404<br>225 W. Guava Street<br>Lady Lake, FL 32159<br><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<br>Zoom only Call in 312-626-6799 pw 452471<br>Zoom 844 7739 8454 pw serenity<br><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<br>Zoom only (literature meeting)<br>Zoom code: 297 035 614 PW: 028590<br><a href="https://zoom.us/j/297035614">https://zoom.us/j/297035614</a><br>1 <sup>st</sup> Friday of every month is a SPEAKERS meeting | Gloria     | 407-340-2008 |
| 7:00 pm  | L  | 20088  | St. Luke UMC<br>Phone only<br>Uber Conf 407-553-2087  | Jacqueline | 407-423-4086 |
|          |    |        | SATURDAY  |            |              |
| 8:30 am  | N  | 51130  | Hibiscus Village Rec Center<br>1740 Bailey Trail<br>The Villages FL 32162 (Jasmine Card Rm) (Face to Face)  | Judy S.    | 516-551-5269 |
| 8:30 am  | V  | 46887  | Ascension Church (Rm 108)<br>4950 S. Apopka Vineland Road<br>Orlando, FL 32819 (Face to Face)   | Geri B.    | 407-557-7055 |
| 9:00 am  | V  | 800378 | Saturday Zoom Port Orange<br>Zoom 880 7717 9552 password 305705<br><a href="https://zoom.us/j/88077179552?from=join#success">https://zoom.us/j/88077179552?from=join#success</a>  | Jane V.    | 386 679-2098 |
| 9:00 am  | D  | 38611  | St. Richards Church<br>5151 Lake Howell Road<br>Winter Park, FL 32792 (Face to Face)<br>The last Saturday is a speaker meeting  | Carole M.  | 407-616-8908 |
| 9:00 am  | D  | 48952  | Port Orange Presbyterian Church<br>4662 S. Clyde E Morris Blvd<br>Port Orange, FL 32129 (Face to Face)  | Debby H.   | 386-402-6631 |

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

|             |     |        | SATURDAY (continued)   |            |              |
|-------------|-----|--------|--|------------|--------------|
| 12:00<br>pm | Med | 800822 | Central Christian Church      New Meeting<br>Zoom only Call in 312-626-6799 pw 452471<br>Zoom 844 7739 8454 pw serenity<br><a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>   | Jacqueline | 407-423-4086 |
|             |     |        | SUNDAY   |            |              |
| 8:00<br>am  | V   | 57479  | The Meeting Place<br>3391 E. Silver Spring Blvd, Unit E<br>Ocala, FL 34470 (Face to Face)  | Tim        | 352-215-8495 |
| 5:00<br>pm  | V   | 48951  | 7 <sup>th</sup> Day Adventist Church<br>Zoom only<br>**Call contact person for password please**<br>As of September 1, 2023<br>Zoom: 844 7739 8454 Password: serenity<br><a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a> | Patti D.   | 407-791-1999 |

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



Photos 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 November 2023

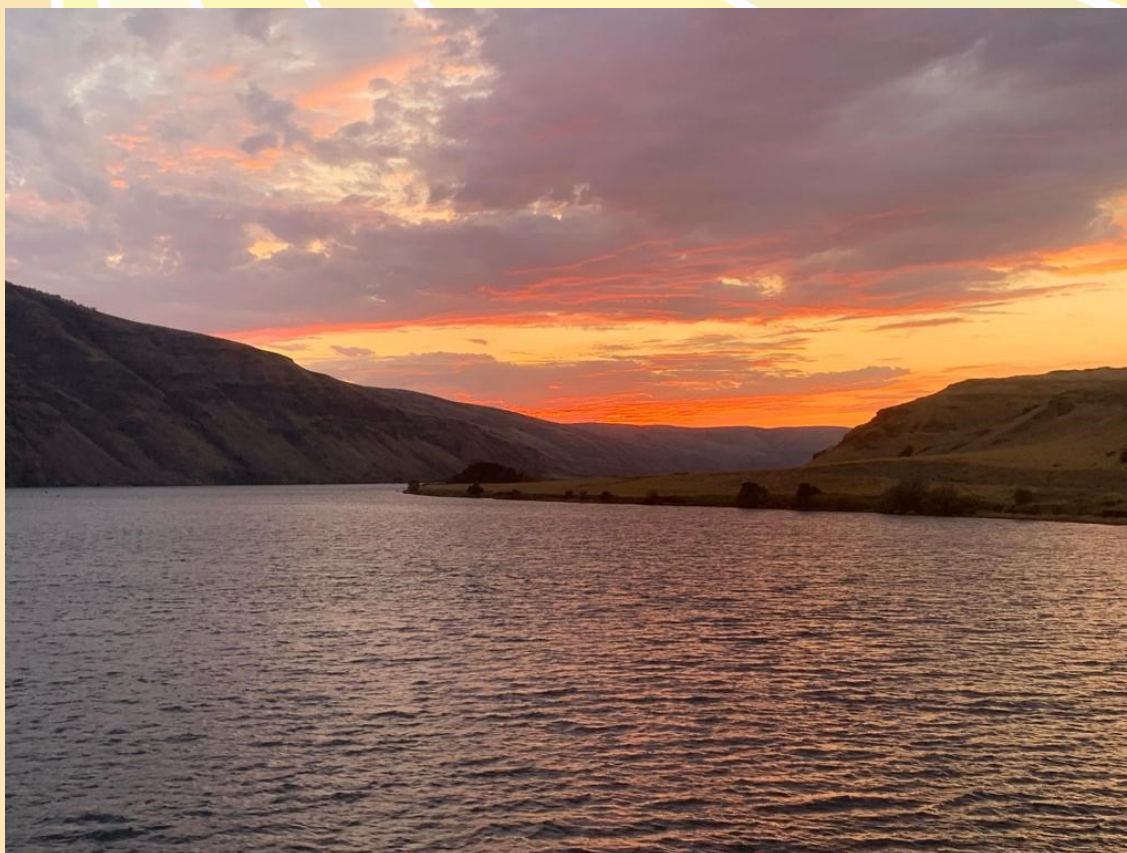
| Group Number | Day   | Group                                   | Amount    |
|--------------|-------|---|-----------|
| 57479        | Sun   | The Meeting Place Ocala                 |           |
| 48951        | Sun   | 7th Day Adventist Church                |           |
| 800822       | M-S   | Central Christian Church Noon           | \$ 30.00  |
| 800729       | Mon   | OA 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                        | \$ 165.00 |
| 800442       | Mon   | Grace Zoom                              |           |
| 53479        | Mon   | Holy Spirit-Voices of Recovery, Apopka  | \$ 20.00  |
| 1048         | Mon   | Church of Ascension, Apopka             |           |
| 89653        | Mon   | Zoom For Today Meeting                  |           |
| 800293       | Tue   | Many Faces One Solution                 |           |
| 50209        | Tue   | Chatham Rec Ctr., The Villages          |           |
| 52613        | Tue   | North Pool Celebration , Kissimmee      |           |
| 56481        | Tue   | New Smyrna Beach Church of Christ       |           |
| 53032        | Tue   | YMCA Lecanto Fl                         |           |
| 57273        | Tue   | The Meeting Place Ocala                 |           |
| 89070        | Tue   | Central Christian Church                |           |
| 89069        | Wed   | Central Christian Church                |           |
| 48700        | Wed   | Lady Lake UMC                           | \$ 75.00  |
| 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                         | \$ 42.05  |
| 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   |           |
| 9016         | Sat   | Central Florida Intergroup              |           |
| 38611        | Sat   | St. Richards Episcopal, Winter Park 9am | \$ 40.00  |
| 800378       | Sat   | Zoom Port Orange 9 am                   |           |

(Continued on next page.)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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

| Group Number  | Day        | Group                                      | Amount           |
|---------------|------------|--|------------------|
| <b>800324</b> | Sat        | For Today 9:30 am                          |                  |
| <b>46887</b>  | Sat        | Ascension Church                           | \$ 70.00         |
| <b>48952</b>  | Sat        | Port Orange Presy                          | \$ 120.00        |
| <b>51130</b>  | Sat        | Hibiscus Village Rec. Ctr - Newcomer 8:30  |                  |
| <b>50419</b>  | <b>Sat</b> | Hibiscus Village Rec. Ctr - 12 Steps 10:00 |                  |
|               |            | Remaining treasury closed group            |                  |
|               |            | unknown group #                            |                  |
|               |            | Individual Contributions (PayPal or Zelle) | \$ 180.00        |
|               |            | Individual Contributions (check)           |                  |
|               |            | literature                                 |                  |
|               |            | Step Workshop                              | \$ 75.00         |
|               |            | Angel Card                                 |                  |
|               |            | Big Book Study Sunday 6-8                  |                  |
|               |            | Words to Live By                           |                  |
|               |            | <b>Total 7th Traditions</b>                | <b>\$ 872.05</b> |



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Your Trusted Servants For Central Florida Intergroup

| <u>Positions:</u>         | <u>Name</u> |
|---------------------------|-------------|
| Chair:                    | Debby H.    |
| Vice-Chair:               | Christie H. |
| Treasurer:                | Kathy M.    |
| Secretary:                | Carlene D.  |
| Parliamentarian:          | Annie M.    |
| Literature:               | Carolyn Y.  |
| 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:         | <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.    |

*Service helps your program and helps reduce our isolation.*

### Upcoming Intergroup Meetings:

10 am Saturday, January 13, 2024

10 am Saturday, February 10, 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. ( <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> )  |

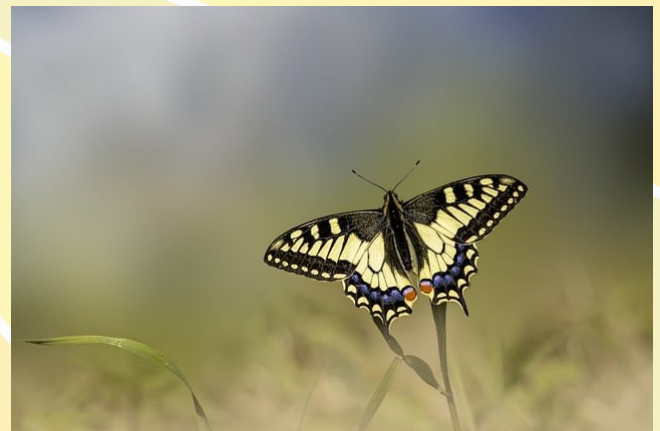
### 7th Tradition Contributions by check may be sent/mailed to:

**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:OACFI.Literature@yahoo.com">OACFI.Literature@yahoo.com</a> * |

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"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.