

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS  
ANONYMOUS®  
CENTRAL FLORIDA INTERGROUP

# NEW BEGINNINGS

FEBRUARY 2024

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

## CALENDAR OF EVENTS

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

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

Sat., February 2, 2024, Chinese New Year:  
"Nurturing Myself and Others in Recovery."

Sun., February 11, 2024, Superbowl: "The Courage to Change the Things I Can."

Tues., February 13, 2024, Mardi Gras: "Together We Defend Our Abstinence."

Wed., February 14, 2024 Valentine's Day:  
"Maximum Usefulness to Others Leads to Hope"

Sat., February 3, Sat., February 10, Sat., February 17, and Sat., February 24, 2024, 12:30--1:30 pm ET, Online Persian Speakers Intergroup (workshops in Persian and English), "History of OA Workshop Series." Join at <https://join.freeconferencecall.com/shoghparvazoa2>  
Email [onlinepersianspeakers@gmail.com](mailto:onlinepersianspeakers@gmail.com) for more info.

Sat., February 3, 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., February 4 and Sun., February 18, 2024, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting, topics TBA. Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09#success> or <https://www.oarise.org/>

Sat., February 10, 2024, 9 am—5 pm ET, Northern New Jersey Intergroup Annual Winter Retreat, "Time to Recover." Zoom. Register online and more info. at [www.njioa.org/retreat](http://www.njioa.org/retreat). Suggested donation \$25, \$30, or \$35.

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Tues., February 20 and Tues., February 27, 2024, Tues., Central Ontario Intergroup, "Quick Step Studies." To register, email [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org). Register by 2 pm ET the day before your first session. More info. at <https://www.oaontario.org/announcements/quickstepstudy-m9fyg>. See flyer below.

Sat., February 24, 2024: OA Unity Day. See flyers below.

Sat., February 24, 2024, 1-3 pm, Westchester United Intergroup and Greater New York Metro Intergroup, "Unity Day Celebration," with four speakers. Zoom Meeting ID: 914 633 2988 Passcode: 121212 See flyer below.

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/>



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# OA UNITY DAY

## Saturday, February 24, 2024

### 11:30 a.m. local time:

*“It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program.” (From OA website, [oa.org](http://oa.org))*



According to [oa.org](http://oa.org),  
“Unity Day is a day to  
celebrate the  
connection of all  
members and groups  
of OA to one  
another.”

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# OA UNITY DAY

The OA World Service Office News Bulletin for January 2024 listed these Unity Day Resources:

- [“Amazing Recovery: Passport to Unity” workshop](#) (ZIP file) also in [Spanish](#) and [French](#)
- [“Amazing Recovery: Passport to Unity” podcast series](#)
- [Policy Statements Related to Unity with Diversity](#)
- [Embracing Our Differences](#), a letter from the OA Board of Trustees to the Fellowship
- [Unity Day Flyer How-to](#)
- [Unity Day History Workshop](#)
- [Unity Day Workshop](#)
- [Unity with Diversity Checklist](#)
- [“Uniting with Diversity” trifold](#)

The following is part of OA’s “Unity with Diversity” policy. To see the full policy, go to <https://oa.org/group-resources-list/unity-with-diversity-policy-statements/>

“THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approaches to recovery within our Fellowship need not divide us.”

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Westchester United IG & Greater NY Metro IG present

# Unity Day Celebration

**Saturday 2/24, 1-3pm ET**

**Hear 4 speakers share how they  
have found Unity in OA**



**Link: 914 633 2988**

**Passcode: 121212**

**For more information:  
[sinnerinrecovery@gmail.com](mailto:sinnerinrecovery@gmail.com)**



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### **STEP TWO:**

**Came to believe that a Power greater than ourselves could restore us to sanity.**

**Spiritual Principle:**

**Hope**

### **What It Was Like**

How could I, a lifetime failure in the weight-loss game, possibly think that this latest stab in the dark, this “Overeaters Anonymous,” would turn out any differently?

“Let’s face it,” I thought, “I have always been overweight and always will be. Fundamental change is impossible for me.”

One thing is different this time, though. The danger to my health is real and not just theoretical. I have now eaten myself into type-2 diabetes. And while I have done some living in the past--marriage, children, jobs--now my life truly seems to be over. I’m lethargic and sleepy all the time. My brain seems to be full of cotton wool—the synapses seem not to reliably connect. A job seems impossible, since I can’t rely on myself not to be sick from overeating at the times that I should go into work. And my social life? I don’t want to see anyone!

Yet still, I eat.

### **What Happened**

In OA meetings, I heard stories that were worse than mine, stories that left no room for hope. And yet, these people proclaimed recovery. Not just their bodies, but their glowing faces, their clear eyes, their words, said, “I have found a way out.” I heard, “Act as if” OA would work for me, and underneath I heard my own inner voice say, “Who am I to say that they are wrong? That this won’t work for me?”

So, I kept coming back to meetings. And despite my doubts, I expressed my willingness to suspend disbelief by following directions. I got a sponsor, and I did what she suggested, putting OA front and center of all my endeavors.

Abstinence came, and with abstinence came waves of difficult feelings washing over me. I was willing to endure them. Waves of hope came now and then amid the turmoil.

Then one day I heard myself actively sharing in a meeting, eager to impart hope to those who might be despairing. This was my first experience of spiritual awakening. I found I didn’t have to believe that OA would work for me. I could remain doubtful, but I followed directions. Little did I know that staying busy with doing the next right thing left the door open to a Power Greater than Myself to work a miracle in me. Today I know that OA works for me. It has transformed hopelessness into hope, and self-pity into usefulness to others.

Anne W.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### **The Light Through Our Darkness: STEP TWO**

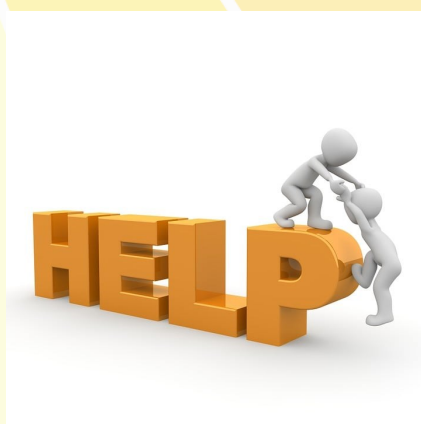
Having a moral conscience is a gift in life, but some lose this gift during their life struggles. However, not every person has a mature conscience, i.e., the ability to get a clear picture of right and wrong and discern what is good from what is bad. This ability comes through the grace of a Higher Power.

If a person is not able to recognize the concept of faith illustrated in Step Two based on an understanding of a real God, that person can still reason soundly and act using good conscience. As we look around, it appears that some individuals do not think or act in a way that aligns with someone having a good, healthy conscience. Although some may not possess good morals, we still see them as human beings. If we are honest with ourselves, we see far more similarities to these people than we see differences.

When it comes to us making healthy decisions about eating food, we develop an awareness of life's lessons. A food addict does not overcome the obsession of compulsive eating behavior alone. The mere fact that an addict is powerless reveals the truth that a Higher Power is needed (Step One).

Developing abstinence shows the ability to grow and mature spiritually. We see ourselves as being wrong (thus, having bad eating habits) and want to correct the problem. Developing positive values towards eating reveals a characteristic of discipline. It is understood that we derailed from proper thinking and conduct around food. We seek help. Our Higher Power helps us to develop good values around food. We develop relationships with other recovering addicts, which help us reach the common goal of becoming abstinent. We feel as though we are part of humanity, within a family of like-minded believers. OA becomes a home, a place of refuge in the community. Why had we gone astray? Who knows? Who cares? Step Two provides a door to the new horizons that await us. As we walk through this door, Step Three gives us guidance and direction, much like street signs on a road, and provides the opportunity to transport us from a life of despair to a life beyond our wildest dreams.

Tony B.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### STEP TWO

What I am learning about Step Two is that *belief* is a choice, but belief is not the same as faith or fact. I may believe, with all my heart, that the sky is green but that doesn't make it true. I had to "come to believe" in a Higher Power through *experience*. I have experienced many mini-miracles that couldn't be explained by other means. When the candy aisle is mysteriously empty or Halloween passes without the need to indulge, I believe that is my Higher Power in action. But that is just my belief; it doesn't make it true. I came to believe that this was my Higher Power through my experiences. What makes it true for me is faith. I came to believe as a consequence of my experiences but faith makes it real for me. I have faith that a Higher Power is working in my life because of the experiences HP has brought into my life.



Photo of seven sacred pools on the backside of Hana in Maui, courtesy of Lucky of Maui.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### STEP TWO

I balked when I came to: “restore me to sanity.” I did not feel insane, but through this program, I have learned that some of what I did with food was insanity. I was so self-absorbed that I excused myself of my abnormal food behaviors. Here are some:

- Constantly eating in the car, so no one would “know”
- Hiding certain foods---“for me only”
- Getting angry if a family member ate my food
- Carefully eating thrown away food, thinking I didn’t want to say: “I ate out of the garbage”
- Making myself throw up for 20 years prior to coming to OA

There are many more, but I won’t belabor that fact-- all compulsive overeaters have their own list. A suggestion to newcomers: Write a list of abnormal food behaviors that you have experienced and share it with your sponsor. I did this as a newcomer and it helped me to get a little honest.

For my first seven years in OA, I really could not think of living the rest of my life without certain foods—my “trigger” or “binge” foods. Yet, more and more, these foods were not doing for me what they used to do. “Hitting bottom” is referred to in another program, and I needed to get to that point. I began to be sick and tired of being sick and tired—repeating the same actions over and over and somehow, miraculously, thinking I’d get a different result—now that’s insanity

The “came to believe” part of Step Two is something with which I could resonate. I have “come to”—awakened, woke up—in these 43 years I have been in OA—to the fact about how much of an unconscious fog I was in concerning my overeating, deluding myself that “someday” I could do it. But let me enjoy all my binge foods NOW—get my instant gratification—eat what I want when I want it, and don’t you dare try to stop me.

I was unaware that I was trying to fill “the hole” inside me. That “hole in my soul” was my longing for an intimate relationship with God, my Higher Power. It’s been referred to as an open wound—Step Two has helped me to begin healing that wound—OA helped me form a new and deeper relationship with God so that my thinking began to change and I began to LET GO OF CONTROL, by fully realizing that if I trust God enough with my life, my food, and my weight, I could stop supervising God’s way. This happened for me in January of 2018, after a tragic family event which sent me back to the food. After five-and-a-half years of abstinence, I entered the worst period of my life: three months of horrific compulsive eating. THAT WAS A BOTTOM FOR ME. But, my loving and merciful God, Who, I finally realized after many OA years, WAS the Power outside myself Who could restore me to sanity—finally. Daily I pray for the willingness to continue to LET GO AND LET GOD. Since that January, six years ago, I have been abstinent. Today, I am peaceful, joyous, free, and GRATEFUL.

Rosemarie, Lady Lake



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**TRADITION TWO:**

**For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

**Spiritual Principle:  
Trust**

I think it is easier to mature spiritually when only a Higher Power is in charge. As a newcomer, it is surprising to learn in OA that from the beginning, your thoughts matter; you're an equal to others in the group. There are no stars or dictators. Tradition Two is the beginning of equality and self-esteem for the newcomer.

From its conception, Tradition Two has also kept 12-Step groups alive, despite the belief that to function, an organization must have a leader.

When studying Tradition Two, I began thinking about a very personal interpretation: That for my life's purpose, I can make my Higher Power my one authority.

Rosanne P.



**T R U S T**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**CONCEPT TWO:**

**The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.**

Spiritual Principle:  
**CONSCIENCE**

The following quotation is taken from page 3 of the pamphlet “The Twelve Concepts of OA Service”:

With thousands of Overeaters Anonymous groups registered worldwide, a group conscience meeting that includes every Overeaters Anonymous member is a practical impossibility. To reach a group conscience that is representative of the Fellowship as a whole, OA holds an annual business meeting—the World Service Business Conference (WSBC). As a group, we ask the WSBC to set policy and guide world services. We send delegates we trust to work for Overeaters Anonymous as a whole to the WSBC.

This paragraph reminds me that our delegates are truly “trusted servants,” in the same way Tradition Two refers to “trusted servants.” And these servants do not govern. Rather, governance in OA occurs from the roots up—individual members of intergroups or service boards elect or choose delegates to WSBC. Delegates may also be region chairs or members of the Board of Trustees, all of whom are also chosen in a democratic manner. All these delegates go to the WSBC with their respective group’s wishes in mind, and report back to the group with WSBC decisions. Nevertheless, at the same time, the pamphlet cited above notes that the delegates to WSBC are not obligated to vote according to the will of the service body that chose them, since, “They may change their position on an issue when presented with multiple perspectives or when motions are amended that alter the direction of the issue at hand.” (page 4)

Alicia C.

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# Retreat Co-Chairs' Reflections

**T**he retreat this year was incredible for me. Prior to the retreat, I was struggling with my physical recovery. I was stuck! No matter what my sponsor or I did, it was a constant dance up and down 10 pounds. Now bear in mind that I had released 100 pounds in 2004. However, even though I maintained a loss of 75 pounds, I could not break the barriers that prevented additional weight loss.

This was the ninth retreat that I had chaired or co-chaired since 1992. My co-chair and all the people doing service helped to make it a successful retreat. True to form, everyone stepped up as service bunnies do. My committee chairs carried off their duties without any of my assistance; the outcome was a smooth transition from planning to implementation and, finally, to completion.

Now back to my issue. I left the retreat inspired and determined that I would achieve the physical recovery I craved. There had to be a way! And I found the secret sauce. At the retreat I learned to trust others to do their duties without my interference. I learned to support and trust the process and leave them to do what they volunteered to do. I surrendered my will and allowed the retreat committee to do their jobs. As the chief critic, it was incredible for me to put the critic away!

As a result of practicing surrender at the retreat, somehow I found the willingness to surrender my will about food and exercise! "Me, me, me" was all I could hear before I became teachable!

During November I took a month off from everything and went by myself to Durham, North Carolina to focus on myself and my physical recovery. While on this sabbatical, I found behavioral, physical, and nutritional experts to teach this newfound surrendered-self how to eat the right amounts, my right nutritional needs instead of wants, and the emotional support within this fellowship to move daily, not just exercise, but more importantly, to play and recreate.

Since surrendering, I am losing those pounds and am moving with more grace. Through surrendering what I knew I knew, being teachable, and eating and moving the right amounts, I have broken through that glass floor! Thank you, HP, for keeping me in my seat until I was struck surrendered!

Kathy M.

**I** was asked to write how co-chairing the Lake Yale Retreat 2023 helped my program. As I sit here and think, my thoughts go into overdrive. The first and most important thing that stands out for me is that I was able to provide service at a different level. I realized even more how vital service is to my program. It drew me closer to my HP. It also helped me remember the importance of balance. There are times I am go, go, go, when in reality I should pause and take a breath. Taking walks with everyone and being out there in nature brought me to a different level of serenity. Co-chairing the retreat helped my program spiritually, emotionally, and physically. I call that a win-win. Thank you to all of you who attended and helped; because of all of you, I am a better person today.

Love, Robin

**A Chair or Co-Chairs for the 2024 OACFI Fall Retreat (Oct. 11-13, 2024) needs to be selected ➡ in March 2024. Please consider this vital and enriching service! Contact the Intergroup Chair if interested, at [chair@oacfi.org](mailto:chair@oacfi.org), or come to the February or March Intergroup meeting for more information. Meeting information is on the newsletter's last page.**



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# WORDS OF GRATITUDE AND PRAISE FOR “WORDS TO LIVE BY” WORKSHOP!

On Saturday, January 6, 2024, the Lady Lake OA Friday 10 am group hosted the hybrid workshop, “Words to Live By.” Those participating in person at the Lady Lake United Methodist Church chose a word or two from a basket, while those online received words via email after selecting a number from 1-137. The people in the church were able to see and hear those participating via Zoom, and vice-versa with a few technical glitches that were quickly resolved.

Participants shared on their word(s) and there were three speakers. The event was quite successful! Below are two participants’ observations.

**Why would I go to the Words to Live by Workshop?** I am so busy. I can’t take a day off of work. I don’t know anyone there. I am sure I will get lost since I am bad at directions. I won’t be able to find food to eat off my food plan. These and many more excuses I have used for not attending anything outside of my home. When I use these excuses, that is exactly the time I need to go.

What I have found out after going to this event is this:

- All attendees were very friendly. They gave me hugs. I brought literature and members carried the literature bins and helped me set up.
- The place was easy to find and signs were posted.
- I learned so much from all three speakers.
- The setting was organized, and comfortable.
- Food was not provided so I did not have to be concerned about any food issues.
- Speakers were seasoned and had extensive food recovery.
- The sharing was heartfelt and I learned so much. It really helped my recovery. The people on Zoom had some wonderful shares.
- We had a few Zoom issues due to the weather, but on the whole, people were understanding and waited on Zoom when the connection was temporarily lost.
- I am so grateful that people take the time to set these events up.
- I need this and more events to continue in my recovery.

I don’t know if you remember the article in the New Beginnings newsletter that spoke about geese that fly south. One goose takes the lead and the other geese follow in formation. When that leader gets tired, it flies to the back of the group and a new goose takes the lead. It is the same thing that happens with our members and volunteers. We are flying in formation. We are not alone so we don’t have to be lonely or tired, but we have to step out of our comfort zone and pull away from the TV. When we are together, we are strong. Our strength is when we are together. We are finding solutions to our problems and our illness. This can not happen unless we take action in fighting this disease. (Continued on next page.)

**OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**

**(CONTINUED) WORDS OF GRATITUDE AND PRAISE FOR “WORDS TO LIVE BY”**

**WORKSHOP!**

I heard so many great words of wisdom spoken that day. If I did not attend, I would not have heard these words I needed to hear that day.



It fills my soul to know that people are willing to give up their time for me so that I can grow in this program. When I see people in recovery, I know it works if I work it. I am not flying alone as one goose but have some wonderful geese to follow.

Carlene

**What did I get out of the “Words to Live By” Workshop?**

It was gratifying to see friends on Zoom that I haven’t seen in a long time and to know that they’re still in the rooms working their program. If they can keep coming back, I can as well.

Listening to the speakers share the experience, strength, and hope gives me the inspiration and motivation to keep doing what I’m doing to maintain my abstinence and to work my program to the best of my ability.

For 16 years, since I moved to Orlando, every year I have received two words which have helped me focus on my recovery and help me grow as a spiritual person in this magnificent program. This year is no different.

This workshop is a wonderful way to start the new year and to live each day in recovery

I am very grateful to all who have done service to make this event happen. Thank you, all, and I look forward to seeing you all again next January.

Lesley R in Orlando

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# Friend or Foe?

The Overeaters Anonymous Twelve Steps and Twelve Traditions states, "Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery." - (pp. 86-87.)

I recently had an experience that caused me to wonder and pray about whether I should drop a friendship of many years. The 'Serenity Prayer states, "God grant me the serenity to accept (people, places and things) I cannot change, courage to change the things I can and the wisdom to know the difference."

Downsizing lunches with groups of women—from three organizations I am a member of—caused an upheaval among co-members. One friend shared her dissatisfaction regarding my decision. "You cannot abandon your friends! They will miss you! You have God given talents that you need to share and you are cutting yourself off from occasions to share them. You can't make 'food' your whole life!" What others say to me or about me does not define me.

I wanted to tell her that indeed 'food' was my whole life - that I have a disease that causes me to overeat and fall into unhealthy eating habits. These compulsions destroyed my body, mind and spirit; but you can't talk about program to those who are not working a program. You can't share your emotional, spiritual, and physical journey, to those who are still struggling with their own diseases and hang ups.

I had sent texts to the members of these three groups (the ones who frequently joined our lunches once a month). I shared with them my decision to stop all group lunches but added that if anyone wished to join me for a cup of tea or coffee, one-on-one, that they should name the date, time, and place. I shared all of the above with my sponsor and a dear OA sister. Both basically suggested 'Go with your gut!' but in gentler terminology - "Be still and listen to your Higher Power." "Let your instincts guide you."

I am comfortable with the decisions I made. I have no doubts that my Higher Power guided me to make them. I continue to do my morning/evening readings, prayer/meditation, and journaling. I make a weekly food chart. We purchase only fresh fruits and vegetables. No canned or packaged foods come into our household for today. For today I am abstinent for which I am ever grateful and feel my spouse and family members are truly blessed.

Sometimes we are forced to make difficult choices to protect ourselves and our daily program. If someone has broken my trust or their friendship has grown toxic, or interferes with my daily journey towards abstinence and recovery, my only choice is to taper off all activities and interactions, until someday we have no connection left. As for the friends and co-members I mentioned, they will remain in my good thoughts and prayers. My essence will gradually fade away like the reverberating sounds of an echo. My spirit will continue to gently bring them to mind and I will always wish them the very best forever and always.



# RECOVERY



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Overheard at a Meeting

- ♦ Responsibility = My response to God's ability.
- ♦ Courage is the ability to face reality.
- ♦ This program gives me 12 coping mechanisms.
- ♦ I thought about food all the time but did not think about God.
- ♦ WAIT = Why Am I Talking?
- ♦ Every feeling has a beginning, a middle, and an end.



## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Reflections



*One doesn't discover new lands without consenting to lose sight of the shore for a very long time.*  
Andre Gide

It is so funny; I could go in different directions with this one.

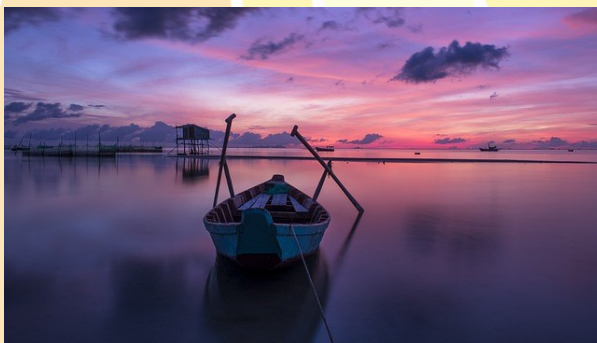
On the one hand, I live near the shore and it is so grounding . . . I love going to the "the greatest show on earth" when the sun rises over the horizon line. . . hope is renewed every time I see that magnificence.

On the other hand, I left my hometown, my roots, my grounding, and ventured to a new land. I set down new roots and made new friends and established myself anew. It has been stimulating and enriching in so many ways.

Interestingly, my late husband's daughter, Laura, sent me a gift for Christmas. . . a neon light with "mke" written in script. Now, if my Florida friends can figure it out, they will know where it all began.

In recovery, we begin when we walk into our first meeting and either we are completely worn down and beaten up, or we may yet be led to discover that there are sub-basements to our perceived "rock-bottoms." It really doesn't matter; once we begin this journey, our lives are changed. . . we need to loosen the grip fear has on our lives and dare to leave what is perceived as comfort, but in essence keeps us from expanding and growing. We need to become acquainted with good discomfort. . . the discomfort that change requires. Our timetables may differ a bit, and all roads are spiritual. . . but I will always believe that our paths have intersected for the better.

Debby H.



OA is the lifeboat that does not sink. In fact, it's appropriately outfitted with all I need and all my fellows need to navigate life. Rather plush, what's in this lifeboat. It has clear instructions as the sea gets very rocky. And it floats well as all is well. I must daily familiarize myself with its oars and trust it will get me through all that is ahead. I also find its stability calming and enriching not only for me but also for my fellows.

All hands on deck. Let's share the lifeboat and its ultimate benefits. And ride the tide of whatever comes our way, abstinent and buoyed by OA. Its answer is my answer. It's our answer. Life boat. Living boat!

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

# FOCUS ON



## This month's featured tool: **SPONSORSHIP**

My sponsor has been one of my tools since I started the OA program. I did not get a formal sponsor for three months but used more experienced and abstinent people as temporary sponsors. They were my "lighthouses." By sharing their program and food plan struggles until each found the food that worked for them, they guided me to my safe foods.

My first sponsor tested my willingness to surrender when she said she would only sponsor if I stopped using two common ingredients (flour and sugar or sugar substitutes). I took the challenge as my surrender point and declared my abstinence from that day. All thoughts of dieting disappeared. I felt balanced within one week. This sponsor guided me through Step Five.

My current sponsor has, in a gentle way, given me room to add full, honest disclosure about my food plan, slips, and my feelings. We are currently working the questions in the workbook.

My sponsors have each nailed me to the program by their consistency and loving acceptance. Both have helped me graduate from being a perfectionist to being imperfect and abstinent. Each leads me to self-acceptance and continuing abstinence.

Eleanor

Editor's Note: The Overeaters Anonymous document "Our Invitation to You " states that: We do not endorse any particular plan of eating."

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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!

FACEBOOK: From 12-09-23 to 1-13-24, OACFI's Facebook page had 909 followers (7 new) and a reach of 1,600, up 19.6%. The total number of posts done was 307 and there were 288 visits. An ad was run on Facebook from 1-15 to 1-2024. This ad, shown below, reached 4,000 people—1,077 people in less than 24 hours!!



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



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

INSTAGRAM: Instagram has 135 followers (9 new) . The reach is 99 (82 followers and 17 non-followers). The account engaged 40, with 70 visits.

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/)

(Continued on next page.)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

# News from OACFI



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

The chair of the committee is looking for someone to take over PIPO in the next two months. For more information about the position, contact Alyson T. at [alyshelt3@aol.com](mailto:alyshelt3@aol.com). (See also, section in the newsletter, below, on "Service Opportunities.")

The committee is working on getting another digital billboard ad and determining where that billboard should be and what image should be on it.

Radio ads ran starting January 17, 2024 on WMGF Magic 107.7 FM, a station broadcasting in Central Florida. While the ad was running, our Facebook page had many visits. The ad is streaming online on the radio station until April 29, 2024. 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>

Or, visit <https://www.facebook.com/watch/?v=975336646848443>

## 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.

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

- 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.) (8)
- The Twelve-Step Workbook of OA (2nd ed.) (2)
- Abstinence (2nd ed.) (1)
- Voices of Recovery Workbook (5)

**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>

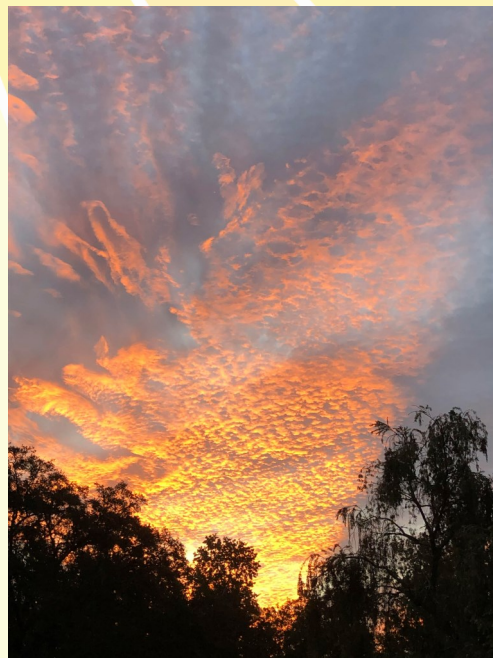


Photo by

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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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<sup>®</sup>  
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 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.**

Contributions currently come directly to OACFI from group treasurers as well as individuals. Means of payment may be personal checks, money orders, PayPal or Zelle. Payments must include the group number or appropriate information in the memo section to help us accurately track donations and credit each meeting's contribution. You may use more than one group number—just indicate the distribution in the memo section.

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, phone, or face-to-face—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#**

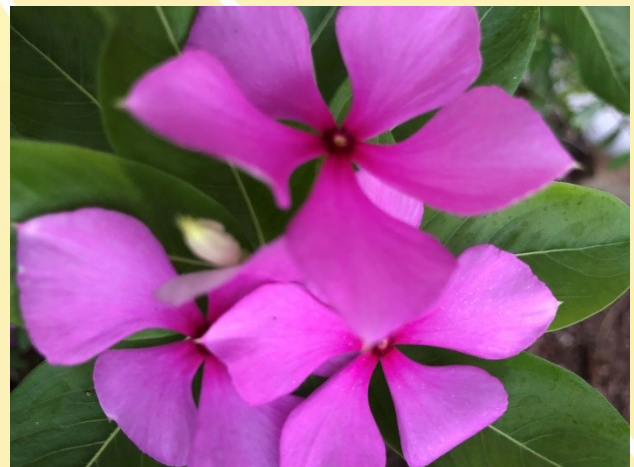
**Find Answers at: [www.oa.org](http://www.oa.org)**

### 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>



Photos by  
Joy R.





## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### Subscription Info.:

#### **IF YOU ARE ALREADY RECEIVING NEWSLETTERS, YOU DO NOT NEED THIS INFO. IF NOT . . .**

Sign up to receive the New Beginnings Newsletter by email each month! It's free and an easy way to share the news and recovery with friends and newcomers. All you need to do is click on this link and follow the directions:

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

Or type this in your URL

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

You may also unsubscribe from the newsletter at these sites.

#### **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](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.

*"Love is, above all, the  
gift of oneself."*

*Jean Anouilh*

From *For Today*, February 12,  
p. 43

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## 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> *March 2024	Oversees all aspects of the fall retreat held locally by OACFI, usually in October every year. 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> *ASAP	Facilitate making the general public and professionals aware of OA, particularly in this geographical area. pp. 6-7 and pp. 12-13 in Policies and Procedures You can contact Alyson T. for more information: <a href="mailto:alyshelt3@aol.com">alyshelt3@aol.com</a>	3 months
<b>*12<sup>TH</sup> STEP WITHIN CHAIR</b> *ASAP	Coordinate outreach to OA members in relapse, help plan events to help those in relapse. pp. 6-7 and p. 12 in Policies and Procedures	3 months
<b>*NEXT GENERATION CHAIR</b> *ASAP	Encourage groups to welcome young people who come to OA. Help recruit young people for OA, locally. pp. 6-7 and p. 13 in Policies and Procedures	3 months
<b>*TIK-TOK PRODUCER</b> *ASAP	Produce Tik Tok segments for OACFI. Involves recording segments or finding recorders, and finding pictures or video components for the segment. Not referenced in Policies and Procedures or Bylaws.	Not listed.
<b>MAILING LIST COORDINATOR</b> 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. Not referenced in Policies and Procedures or Bylaws.	Not listed.

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**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> <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. p. 6 in Policies and Procedures and p. 6 in Bylaws	6 months
<b>INTERGROUP MEETING REPRESENTATIVES</b> 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. pp. 6-7 and p. 15 in Policies and Procedures, and pp. 3-4 in Bylaws	3 months
<b>*INTERGROUP CHAIR</b> <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. pp. 3-4 of Policies and Procedures, and pp. 4-8 of Bylaws If interested, you should plan on shadowing the current chair in 2024. This is an OACFI Board Position.	1 year
<b>*INTERGROUP VICE-CHAIR</b> <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. p. 4 of Policies and Procedures and pp. 4-8 of Bylaws This is an OACFI Board Position.	1 year
<b>*INTERGROUP SECRETARY</b> <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. p. 5 of Policies and Procedures and pp. 4-8 of Bylaws This is an OACFI Board Position.	1 year
<b>*WEB MANAGER(S)</b> <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. pp. 6-8 in Policies and Procedures	3 months
<b>*ELECTRONIC INTERFACE ADMINISTRATOR</b> <b>*January 2025</b>	Troubleshoot and coordinate oversight of the Intergroup's website, email, and mailing list accounts with the hosting body. pp. 6-7 and p. 10 in Policies and Procedures	3 months
<b>INTERGROUP TREASURER</b> <b>January 2026</b>	Maintains OACFI bank accounts; submits yearly budget; handles all incoming and outgoing funds. pp. 4- 5 of Policies and Procedures and pp. 4-8 of Bylaws 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> January 2026	Maintain electronic list of all OACFI meetings and update as needed. Distribute updated list to website personnel, newsletter editor, and treasurer. pp. 6-7 and p. 10 in Policies and Procedures	3 months
<b>*LITERATURE CHAIR</b> *January 2026	Make OA-conference-approved literature available to OACFI members. Travel expenses reimbursed. pp. 6-7 and pp. 9-10 in Policies and Procedures	3 months
<b>*NEWSLETTER EDITOR</b> *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. pp. 6-9 in Policies and Procedures <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> 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. 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



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

**Need articles on:**

- **Tradition Four: Autonomy**
- **Concept Four: Equality**

**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:**

- **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**
- **Tool: Anonymity**

**Writing Prompt/Challenge (optional):**

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

**For JULY 2024 Newsletter: [DUE JUNE 1 2024](#)**

**Need articles on:**

- **Step Seven: Humility**
- **Tradition Seven: Responsibility**
- **Concept Seven: Balance**
- **Tool: Literature**

**Writing Prompt/Challenge:**

- **What would you tell a newcomer about humility and how it has helped you work your program?**



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



# OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

## Meeting List as of 01-10-24

			MONDAY		
Time	Type	Group #	Location	Contact	Phone
10:00 am	V	50209	Pimlico Rec. Ctr. New Meeting Face to Face 530 Belvedere Blvd. The Villages, FL 32162	Gloria	352-345-5638
10:00 am	L	89653	For Today Dedicated Virtual Meeting (Zoom only) Zoom ID: 693 585 0119 Password: 123123 <a href="https://us02web.zoom.us/j/6935850119">https://us02web.zoom.us/j/6935850119</a>	Rosemarie K	352-638-6286
Noon	SS	800822	Central Christian Church Zoom only Zoom phone in 312-626-6799 pw452471# Zoom: meeting ID 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
Noon	BB	800729	OA Monday Big Book Meeting Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09">https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVSOlrN0hTQT09</a>	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. <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Terry C.	407-414-5298
7:00 pm	V	01048	Church of the Ascension Zoom call in # Zoom only: **Please text the contact person for current Zoom meeting and password information. <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Jacqueline	407-423-4086
7:00 Pm	V	800442	Grace Zoom meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace <a href="https://us02web.zoom.us/j/86837813267">https://us02web.zoom.us/j/86837813267</a>	Alicia C.	443-754-0503
			TUESDAY		
Noon	D	800822	Central Christian Church Zoom Only Zoom call in # 1-312-626 6799 pw 452471# Zoom meeting ID 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (Face to Face)	Debby	386-402-6631

(Continued on next page.)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

TUESDAY (continued)					
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
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** <a href="https://zoom.us/j/314478076">https://zoom.us/j/314478076</a>	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
6:30 Pm	V	39211	New Covenant Baptist Church 1350 South Blue Lake Avenue Deland, FL 32724 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 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 only Zoom call in # 1-312-626 6799 pw 452471# Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
THURSDAY					
10:30 am	V	57434	Westminster-By-the-Sea – Thursday 10:30 3221 S Peninsula Drive Daytona Beach Shores, FL 32118 (Face to Face)	Lori	407-314-1636
Noon	V	800822	Central Christian Church Zoom only Zoom call in # 1-312-626 6799 pw 452471# Zoom meeting ID: 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
4:00 pm	V	54798	Better Together Zoom only Zoom 842 9268 7636 pw Surrender <a href="https://us06web.zoom.us/j/84292687636">https://us06web.zoom.us/j/84292687636</a>	Donna G.	603-477-4555 Text first, please
4:30 pm	V	57955	Christian Family Worship Center 265 Ponce DeLeon Deleon Springs, FL 32720	Linda	386-215-9601
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 <a href="https://us02web.zoom.us/j/82375409368">https://us02web.zoom.us/j/82375409368</a>	Kathy M	407-252-7575

(Continued on next page.)

## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

THURSDAY (continued)					
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 <a href="https://us02web.zoom.us/j/86370717790">https://us02web.zoom.us/j/86370717790</a>	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086
FRIDAY					
9:00 am	V	54490	Shepherd of The Hills Lutheran Church Zoom only Zoom 870 5439 1380 <a href="https://us02web.zoom.us/j/87054391380">https://us02web.zoom.us/j/87054391380</a> **Call contact person for password please**	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 154 974 236 pw 970404 225 W. Guava Street Lady Lake, FL 32159 <a href="https://us02web.zoom.us/j/154974236">https://us02web.zoom.us/j/154974236</a>	Ilene H	352-753-2333
Noon	N	800822	Central Christian Church Zoom call in # 1-312-626 6799 pw 452471# Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S	678-429-1286
7:00 pm	L	801000	Tuskawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 <a href="https://zoom.us/j/297035614">https://zoom.us/j/297035614</a> 1 <sup>st</sup> Friday of every month is a SPEAKERS meeting	Gloria	407-340-2008
7:00 pm	L	20088	St. Luke UMC Phone only Uber Conf 407-553-2087	Jacqueline	407-423-4086
SATURDAY					
8:30 am	N	51130	Hibiscus Village Rec Center 1740 Bailey Trail 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 <a href="https://zoom.us/j/88077179552?from=join#success">https://zoom.us/j/88077179552?from=join#success</a>	Jane V.	386 679-2098

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## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

SATURDAY (continued)					
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 Zoom only Call in 312-626-6799 pw 452471# Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
Sunday					
8:00 am	V	57479	The Meeting Place 3391 E. Silver Spring Blvd, Unit E Ocala, FL 34470 (Face to Face)	Tim	352-215-8495
4:00 pm	L V	57783	****NEW MEETING**** Downtown Kissimmee – Hybrid meeting – Face to Face 28 Broadway Ave. 2 <sup>nd</sup> Floor (stairs) Kissimmee, FL 32829 Zoom: 83055460946 Password: sosbigbook	Lisa K	321-276-2595
5:00 pm	V	48951	7 <sup>th</sup> Day Adventist Church Zoom only **Call contact person for password please** As of September 1, 2023 Zoom: 844 7739 8454 Password: serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Patti D.	407-791-1999

BB – Big Book

D – Discussion

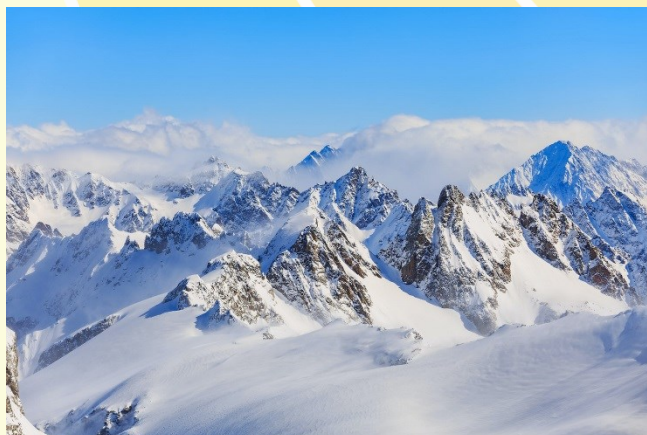
L – Literature

N – Newcomers

SF – Special Focus

SS – Step Study

V – Varied





## OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

### TREASURER'S REPORT FOR December 2023

Group Number	Day	Group	Amount
57479	Sun	The Meeting Place Ocala	
48951	Sun	7th Day Adventist Church	\$ 15.00
800822	M-S	Central Christian Church Noon	\$ 55.00
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	
800442	Mon	Grace Zoom	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$ 147.00
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	\$ 50.00.
56481	Tue	New Smyrna Beach Church of Christ	
53032	Tue	YMCA Lecanto Fl	
57273	Tue	The Meeting Place Ocala	
89070	Tue	Central Christian Church	
89069	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park 7 pm	\$ 34.00
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	\$ 50.00
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	\$ 110.00
9016	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park 9am	
800378	Sat	Zoom Port Orange 9 am	\$ 40.00

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**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	\$ 60.00
<b>48952</b>	Sat	Port Orange Presy	
<b>51130</b>	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
<b>50419</b>	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	
		Remaining treasury closed group	
		unknown group #	
		Individual Contributions (PayPal or Zelle)	\$ 175.00
		Individual Contributions (check)	
		literature	
		Step Workshop	
		Angel Card	
		Big Book Study Sunday 6-8	
		Words to Live By	
		<b>Total 7th Traditions</b>	<b>\$ 696.00</b>

**Don't Quit Before  
the Miracle Happens!**



## 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, February 10, 2024

10 am Saturday, March 9, 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>
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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.