

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

March 2024

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

**OACFI needs YOUR
talents! Many service
positions will need to be
filled by January 2025
and a few are needed
NOW, including the
Retreat Chair or
Co-Chairs. Please see
below!**

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. **If you are interested in any of these positions, please contact the Intergroup Chair at chair@oacfi.org or come to the next Intergroup meeting (see last page for meeting info.)**

Retreat Manual: 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
*FALL RETREAT CHAIR OR CO-CHAIRS *ASAP—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 Manual. Former Retreat Chair will train someone.	3 months
*PUBLIC INFORMATION AND PROFESSIONAL OUTREACH (PIPO) COMMITTEE CHAIR *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 Manual You can contact Alyson T. for more information: alyshelt3@aol.com	3 months
*INTERGROUP CHAIR *January 1, 2025 Start shadowing current chair immediately.	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 Manual, and pp. 4-8 of Bylaws. This is an OACFI Board Position.	1 year
*INTERGROUP VICE-CHAIR *January 1, 2025	Take the chair's place in the chair's absence at meetings. Oversee review of Bylaws, and review of Policies and Procedures. p. 4 of Policies and Procedures Manual and pp. 4-8 of Bylaws This is an OACFI Board Position.	1 year
*INTERGROUP SECRETARY *January 1, 2025	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 Manual and pp. 4-8 of Bylaws This is an OACFI Board Position.	1 year
*FACEBOOK PAGE AND INSTAGRAM ADMINISTRATOR JANUARY 1, 2025. START TRAINING THIS FALL.	Receive and post upcoming events and newsletters on the OACFI Facebook page and Instagram account. Respond to numerous inquiries from viewers. Maintain a certain number of posts. Monitor usage of the Facebook page and Instagram account. pp. 6-7 and p. 11 in Policies and Procedures Manual	3 months

(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
*WEB MANAGER(S) *January 1, 2025	Post updated links and documents related to OA and OACFI on the Intergroup webpage (www.oacfi.org) in a timely manner. pp. 6-8 in Policies and Procedures Manual	3 months
*12TH STEP WITHIN CHAIR *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 Manual	3 months
*REGION 8 REPRESENTATIVES (2 OPENINGS) *ASAP	Represent OACFI at all Region 8 Assembly meetings and prepare reports for OACFI about such representation. Travel expenses are reimbursed by OACFI. p. 6 in Policies and Procedures Manual and p. 6 in Bylaws	6 months
INTERGROUP MEETING REPRESENTATIVES 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 Manual and pp. 3-4 in Bylaws	3 months
*NEXT GENERATION CHAIR *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 Manual	3 months
MAILING LIST COORDINATOR ASAP	Currently part of the 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 Manual or Bylaws.	Not listed.
*ELECTRONIC INTERFACE ADMINISTRATOR *January 1, 2025	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 Manual	3 months
INTERGROUP TREASURER January 1, 2026	Maintains OACFI bank accounts; submits yearly budget; handles all incoming and outgoing funds. pp. 4- 5 of Policies and Procedures Manual and pp. 4-8 of Bylaws This is an OACFI Board Position.	1 year
MEETING LIST COORDINATOR January 1, 2026	Maintains an electronic list of all OACFI meetings and updates as needed. Distributes updated list to website personnel, newsletter editor, and treasurer. pp. 6-7 and p. 10 in Policies and Procedures Manual	3 months

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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
*LITERATURE CHAIR *January 1, 2026	Make OA-conference-approved literature available to OACFI members. Travel expenses reimbursed. pp. 6-7 and pp. 9-10 in Policies and Procedures Manual	3 months
*NEWSLETTER EDITOR *January 1, 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 Manual <i>Note: The current secretary is willing to take over this position as long as someone takes over her position.</i>	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

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SERVICE OPPORTUNITIES

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

Sun., March 10, 2024, Ramadan Begins: “What Does Responsibility Look Like With The Tool of Sponsorship?”

Sun., March 17, 2024: St. Patrick's Day: “Gratitude for The Past, Hope for The Future.”

Sun., March 31, 2024, Easter: “This is a WE Program.”

Fri., March 1—Sun., March 3, 2024: Virtual Region Convention, “There is a Solution.” Register and find more info. at <https://oavirtualregion.org/convention2024/> See flyer below.

Sat., March 2, 2024, 1—3 pm ET, Triangle Intergroup Twelfth Step Within Committee, “Sponsorship: 2 Hearts, 2 Hands, Together!” Meeting ID: 857 9606 5778 Enter meeting ID: Meeting hosts will admit fellows! See flyer below.

Sat., March 2, 2024, 2—3 pm, ET, Central Ontario Intergroup, Twelfth Step Workshop, “Service at all Levels (Helping others is the foundation of our recovery); Zoom meeting ID: 861 0463 6511 Passcode: 982475

Sun., March 3, and Sun., March 17, 2024, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting. March 3: “Steps 1--3.” March 17: “Removing the Mask: Living an Authentic Life in Recovery.” Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFpLOGZ0QTh3cmpGUjhTZz09#success> or <https://www.oarise.org/>

Sat., March 9, 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

Tuesdays, March 5, March 12, and March 19, 2024, Tues., Central Ontario Intergroup, “Quick Step Studies.” To register, email 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.

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Sundays, March 10, March 17, and March 24, 2024, Ocean and Bay Intergroup, “Sometimes Quickly, Sometimes Slowly, the Miracle Can Happen,” Big Book Study. No registration required. Zoom Meeting ID: 889 5628 4794, Passcode: 965976. Dial-in: 1-646-558-8656 For more info.: <https://oceanandbay.org/events2#event=77344605;instance=2024032413000?popup=1>

Fri., March 15, 1 pm—Sun., March 17, 12 pm ET, OA Region 8 Virtual Spring Assembly 2024, Panel and Discussion: “The Concepts.” Register at <http://tinyurl.com/spring-assembly-2024-tickets> See flyer below.

Sat., March 23, 2024, 1—2:30 pm ET, Ocean and Bay Intergroup, Step 11 Two-Way Prayer Writing Workshop. Zoom Meeting ID: 828 6154 9717, Passcode: 247365.. Flyer at <https://oceanandbay.org/wp-content/uploads/2024/01/2-way-prayer-3-23-FLYER.pdf>; For questions:, email questions@oceanandbay.org

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 Virtual Region 2024 Convention – March 1-3

[Register NOW!](#)

We have over 66 sessions including keynotes, webinar sessions, step meetings, workshops, forums and newcomer meetings.

[Check out the program here.](#)

Our Open House and Convention outreach has reached over a thousand newcomers and returnees.

[Please sign up for service here.](#)



12th Step Within Committee invites you to join us for some serenity, experience, strength and hope!



Sponsorship:
2 Hearts,
2 Hands,
Together!

Workshop details...

Saturday, March 2, 2024
1:00 PM – 3:00 PM EST

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

Zoom details:

Meeting ID: 857 9606 5778

Enter meeting ID: Meeting hosts will admit fellows!

Suggested 7th Tradition donation of \$5.

Activities include:

- Three speakers sharing their experience, strength, and hope
- Movement
- Fun activity
- Question/answer and sharing time
- We invite you to bring a journal.

For questions, please email: 12stepwithin@triangleoa.org

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

OA REGION 8 VIRTUAL SPRING ASSEMBLY 2024

MARCH 15-17, 2024

REGISTRATION IS NOW OPEN

<http://tinyurl.com/spring-assembly-2024-tickets>

Panel & Discussion: "THE CONCEPTS"

Your Right of:

- Participation
- Representation
- Decision

Contact: Vicechair@oaregion8.org

OVEREATERS ANONYMOUS®
Region 8

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP THREE:

Made a decision to turn our will and our lives over to the care of God as we understood him.

Spiritual Principle:

Faith

LIVING IN THE THIRD STEP

Step Three has been one of the hardest for me because I wanted to do it my way. I wanted to control. I often felt that I could control. I wanted to rebel against the Steps and Tools that have been proven to me. In the past, in order to make myself happy, I had to control not only my own life, but everyone else's, too—especially the lives of those I love. I had the mistaken idea that power and control would give me freedom, when in fact, the effort to hang on made me fearful and anxious. Trying to manipulate others wasted my energy and invited frustration. It was easy to get into this bad habit and to stay there.

For me, living in the Third Step means practicing how to live one day at a time. For me, Step Three involves a daily decision and commitment. Each day, I ask for help to get through this day only. I can't know what tomorrow will bring.

Because I am a creature of habit, my serenity requires that I renew every day with the Third Step Prayer from *Alcoholics Anonymous* (the "Big Book"), p. 63:

"God, I offer myself to Thee -- to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!"

Success requires that I become accountable to the will of my Higher Power. This involves meeting with my sponsor on Zoom and reporting to my sponsor each day. I turn over my will by texting the following information to my sponsor each day:

1. **A Detailed Food Plan** for the day, with the amounts of measured food, and how the food is prepared.
2. **A Daily Action Plan.** This involves my commitment to activities that will promote my spiritual, emotional, and physical recovery. I include my commitments to attending meetings, making phone calls, writing in my journal, doing a Tenth-Step inventory, and using other Tools. OA Region 7 and OA Region 8 both have very good daily journals. Each can provide a good guide for my writing.
3. **A Daily Exercise Plan.** I list at least one activity that will exercise my body during the day. It's a great mood booster and an alternative to compulsive overeating.
4. **A Daily Gratitude List.** I list the things that I am grateful for today. I usually list five things, even on days when I don't feel especially grateful. This is a good habit that gets me out of myself.
5. **A Daily Affirmations List.** This is essentially a positive Tenth-Step inventory, where I write things that are supportive and inspirational about myself.

It's easy for me to fall back into the old habits that have not worked. That's why it is so important to renew my commitment each day. Basically, this all boils down to whether I am letting God have control or if I am trying to manage everything myself. I have been shown over and over again that controlling doesn't work. Part of my recovery journey is accepting the fact that I cannot have everything I want. I say the Acceptance Prayer (*Alcoholics Anonymous*, page 417, fourth edition) and the Serenity Prayer each morning. As my will becomes in harmony with God's will for me, I find a new confidence, a new freedom, and a new peace.

Thy will be done!

FAITH

Jack L.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

More on Step Three . . .

FAITH; MY ANTHEM FOR MY PROGRAM

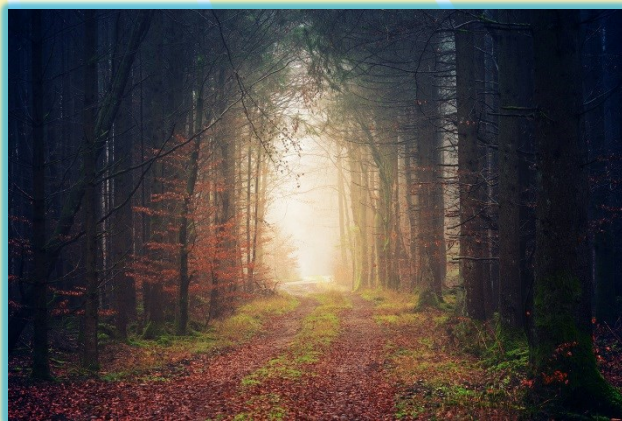
Faith in God is key to my program. I've surrendered to the reality that my weight is none of my business. I've accepted the terms of being powerless towards my food addiction. My obsession with food steals my self-control. When I'm using my will to eat without a proper food plan, then I waste the very fabric of my being. Abstinence is part of my recovery. For me to be sane, spiritually healthy, psychologically complete, and genuinely love myself, I need a Higher Power who loves me with grace, power, and understanding.

This message was not always clear for me to see. I spent many years (decades) eating in an unhealthy manner. Then I cried in anguish, tried to practice different diets and exercise to find my self-composure. This, too, was an insane mental race towards an aimless path. My eating habits were a disgrace, plus, my effort to exercise was nonfulfilling. I could not see that I was wrong. I could not admit that I had lost my self-respect and proper integrity as well as my ability to deal with myself in the mirror.

My faith within my program unlocked the door to a conscious understanding. No, I'm not perfect but my journey in life is a blessing. No, I have not overcome an addiction, but my ability to submit my food plan to a Higher Power's will is the gateway which gives me freedom to embrace food once again. Grace is not a spiritual principle we earn. My weakness gives power to a loving spirit, a lifestyle which restores my dignity and self-esteem. I can love myself once again . . . daily, as I hug the mealtimes of my days; life's journey reveals a sweeter path to experience. I did not create food. I do not control body hunger. I can not change biology. I must be able to accept human nature. I can determine daily decisions to develop more disciplined habits. I can be successful in living a fulfilling, joyful, and happy life.

I am a good person when my Higher Power controls my judgment over my life. I am responsible for my fate. My ability to allow a Higher Power to guide me is how I survive; faith is evidence, and my inner peace is the verdict which reveals the spiritual growth. My program in OA is why I find the reasons to connect intimately with others and with God.

Tony B.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION THREE:

The only requirement for OA membership is a desire to stop eating compulsively.

**Spiritual Principle:
Identity**

Prior to joining OA, I had attempted every weight loss program available to me. The groups I attended imposed humiliating penalties (I call them punishments) upon their members if they gained weight each week. I continued to attend, hoping the scale would magically hide the compulsive eating I had done. I wore my best frumpy clothes in an attempt to hide my actual weight, even though it would soon be in glaring red numbers on the wall. The leader also announced our weight to the group so that everyone knew how big I truly was. I posted a big smile on my face and worked hard at memorizing names so that I could greet everyone and, hopefully, make a friend or two. Fierce competition existed between the members and there was no genuine sense of camaraderie. I attended every meeting with my heart in my throat, terrified over what the red number on the wall would be. I was afraid it would reveal to everyone what I had truly believed about myself—I was a total failure, and I would never lose the weight. For two years I attended this group and I walked out of the meeting week after week without support, encouragement, or learning anything about why my eating was so abnormal. I continuously felt this deep pit of shame, guilt, and condemnation. I knew that I wanted to stop eating compulsively and acting insanely, but these weight loss groups were not providing the solution I needed.

I found the solution to my dilemma in August 2020 when I attended my first OA meeting. At this meeting, people shared their experiences with food, relationships, work, and living life on life's terms. I received several outreach calls and my confidence began to grow. As suggested, I went to different meetings that had various formats to find a good match for me. I must admit, I immediately felt at home in the virtual rooms of OA. I felt encouraged and inspired by the member's shares as they expressed their sincere desires to stay abstinent and work their program.



In the virtual rooms of OA, I have found that there are truly no requirements for membership other than for me to be willing to stop living in the insanity from being in bondage to food. In other words, I must have a desire to stop eating compulsively. There are members in these rooms who may appear as different as night is from the day. However, we are all united in our desire to remain abstinent on our journey to recovery. The mo-

ment I come into a meeting, all my "titles" disappear, and I am simply Sandi, grateful recovering compulsive eater. There is such wonderful peace in knowing that there is abundant love and acceptance in these rooms, as we are all passengers on the same liner (*Alcoholics Anonymous* (Big Book), p. 17). I am truly blessed and grateful to have found "a fellowship, a friendliness, an understanding which is indescribably wonderful" (*Alcoholics Anonymous* p. 17).

Sandi JC (GA)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT THREE:

**The right of decision, based on trust,
makes effective leadership possible.**

**Spiritual Principle:
TRUST**

The following quotation is taken from pages 4-5 of the pamphlet “The Twelve Concepts of OA Service”:

Working within their job descriptions, trusted servants have the right to decide how to do their jobs. We trust them to act and lead responsibly. . . . OA members who are placed in these decision-making positions are generally members who have served in other roles; thus, the selecting body trusts that, based on past performance, these members will make the best choices for the group as a whole.

How do I know if, as a trusted servant, I am making the right decision? I can definitely ask myself if the decision is in accordance with the Traditions. I can ask my Higher Power before I vote (I sometimes forget this crucial step!). And I can use reason. For example, I am an Intergroup Representative for a meeting I attend.* At a recent Intergroup meeting, some wording was changed in the bylaws. While the changes were not what my group wanted word for word, the changes reflected what my group wanted, and I did not feel my group would be unhappy with the changes. So, I voted in favor of them. And the group didn't fire me!

Alicia C.

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* Being an Intergroup Representative is EASY! All you have to do is attend the Intergroup meeting, held virtually on the second Saturday of the month. It lasts an hour and 15 minutes. Then you bring back to your group a summary of what happened at Intergroup. Also, if your group has a concern, you can bring that up at Intergroup. See page 3 for more information on this service position. If your group does not have a rep, they may be missing out on important information and opportunities for recovery-related events.



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Overheard at a Meeting

- ♦ Steps are disciplines for undisciplined people.
- ♦ I measure my recovery by what I am doing.
- ♦ The Steps:
 - Steps 1,2, and 3 are giving-up steps;
 - Steps 4,5, and 6 are fessing-up steps;
 - Steps 7,8, and 9 are making-up steps; and
 - Steps 10,11, and 12 are growing-up steps

Contributed by Carlene D.

OA LITERATURE FOR SALE!

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

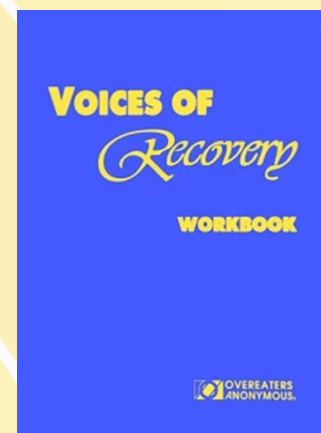
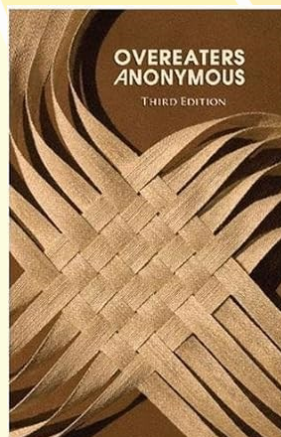
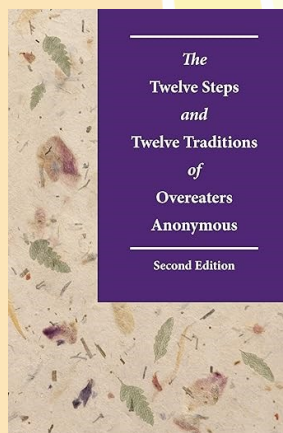
OACFI.Literature@yahoo.com

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:

- Participant Guide to Twelve Step Workshop and Study Guide (2nd ed.) (1)
- Overeaters Anonymous (3rd ed) (3)
- AA's Alcoholics Anonymous (Big Book) (4th ed.) (1)
- The Twelve Steps and Twelve Traditions of OA (2nd ed.) (6)
- The Twelve-Step Workbook of OA (2nd ed.) (2)
- Voices of Recovery Workbook (6)



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Reflections



In his prayers he says, "Thy will be done"; but means his own, at least acts so.
William Penn

Ego . . . Will . . . freight train lumbering along. It's hard to stop a moving vehicle. "If it be for a greater good" is a good phrase to use. Or, "for the most benevolent outcome". I know that my wants and desires are clouded at best . . . my vision is so skewed by my own desires. HP sees the whole picture . . . for humanity and beyond . . . and can determine the best cause of events. And they are good. Despite what we may think of as desired, HP knows best. It's just that HP is not Santa Claus . . . doesn't do the footwork for us. We need to get a move on, expend some energy, put forth effort, thought, and concentration . . . get to a meeting, listen to the sharing of others, not think that we have the best thing to share, but rather that we can add maybe a little bit of harmony to create something special . . . we are not the melody line. And service . . . we need to do service! We all have something special to add to the mixtape of recovery. Well, we got through February, now . . . on to and through March. Abstinence first . . . absolutely. I know this is God's will for me, and all I need to do is follow the directions! Willful desires . . . be gone!

Debby H.

Service

Service

See pages 2-4 for
service
opportunities!!

Today's Voice of Recovery [Feb, 8] is about the gift of service in program. So much to keep learning, as my obsession has deep grooves. Key to service are three things: (1) the gift of abstinence. I am grateful for a path that has been clear for some time of going on food maneuvers. For today, my challenge more is the subtlety of how I eat and how I treat yellow light foods; (2) Service is healing. Truly, six years ago my sponsor drilled down to get me to serve on a convention committee when my ego said I am too busy. Alas, I found the gifts that come from serving multiply my capacity to live this program. I am busy as a mom and boss. True dat. But what I am able to give to others is my insurance in program. It strengthens the beauty of what I receive in program. And somehow time is there for all I need to do; and (3) Finding God now is my growing point. My ever expansive God. Trusting that no matter what is on my mind, God has got it. Does it mean I do nothing but pray? Nope. I listen. I observe. And wait for God's tap on my shoulders that guides me and promises care.

Such is the life of program. Full, rich, and supported.

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

FOCUS ON



This month's *featured* tool: **WRITING**

Writing has supported my abstinence for a few years now. I haven't written much for the past six weeks, and life has gotten harder without it.

I've had difficulty my whole life in identifying, acknowledging, and accepting negative feelings. If those feelings lead me to actions that I am not proud of, then it's ten times worse. Somewhere along the way, I started to notice that the more I write and describe, the more the word, emotion, feeling, will pop up. And stranger still, it takes the "ugh" and "ick" out of that feeling. It becomes a word that I identify with but it loses its power to bring me down, or to convince me to stick my head in a bag of badness. For example, if I say "tree" or "curb" or "necktie"—it doesn't *do* anything to me. It's just a word. Through my writing, I'm able to start identifying and experiencing emotions safely.

I like to write for the newsletter because there are a variety of topics and the articles are short. When I review the open choices, I ask my HP to lead me in choosing what's out there. In other words, I don't want easy-peasy stuff, I want to be challenged a little bit. THEN I can start seeing feelings, or actions that I need to address. At first, I picked what seemed simplest and least-threatening. Month after month, I grow courage and self-confidence. The words come more easily.

Writing, in our program, is better than a 17-function Swiss Army Knife. I get 24/7 help from writing. I will journal specifically about my program, but not daily. Those sessions are hard for me to get down to what needs to be said. Since I started with the articles for the newsletter, it seems like I can drill down a little faster.

Just like with doing the Steps, or following an eating plan, or offering any type of service to our fellows and group, I get back the effort I put in. I'm not terribly competitive, and I struggle to create goals. By making myself sit down and do this, I feel very successful. That makes me want to do it again. Sometimes someone texts me to say something I wrote helped them in some way. Those are diamonds! I feel great for days when that happens. But it all has to start out with sitting down and picking up a pen, or pulling up to a keyboard.

Try it!

Annie M.

Editor's Note: To see writing opportunities for the newsletter, please go to p. 18-19.

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: A paid ad that ran from 1-15-24 to 1-20-24 reached 4,025 people, with 650 post engagements, up 100%.:From 1-8-24 to 2-4-24, there were 306 posts and the Facebook page reach was 8.7 thousand, up 420%, Our Facebook age has 948 followers—41 were new followers in 28 days, which represents an increase of 356%. *Right-click on the image or link below and choose "open hyperlink" to see OACFI's Facebook page.*



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

INSTAGRAM: Our Instagram account has 145 followers, with 11 new followers and 57 page visits From 1-8-24 to 2-4-24. *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/

TIKTOK: OACFI'S TikTok site is back! It has just been restarted. The handle is @oa_cfi. Two to three videos will be posted weekly, and it will link to our website. *Right-click on the image or link below and choose "open hyperlink" to see one of OACFI's TikTok videos.* From there you can follow our account or go to the account by clicking on oa_cfi..



<https://www.tiktok.com/t/ZT8wTujT2/>

PUBLIC INFORMATION AND PROFESSIONAL OUTREACH (PIPO) COMMITTEE: This committee is looking into getting bus wraps and billboards. A radio ad will run though 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>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

MEETINGS

Below are ads for just a few of Central Florida Intergroup's meetings. See the full of meetings on p. 20-23.

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



https://oa.org/find-a-meeting/?meeting_id=76937

Zoom Meeting ID: 154 974 236

Passcode: 970404

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

Week 4:
Literature-
Leader's Choice

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

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>

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?](https://zoom.us/j/297035614?pwd=QTJsYUprOW1HNEQvSi9MOTBIOUN0dz09)

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

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

Meeting ID: 297 035 614

Passcode: 028590

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



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



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.

ATTENTION GROUP REPS & SECRETARIES:

Please check your meeting information near the end of this newsletter.

If there is a change to your meeting—cancellation, change in time or location, a new meeting, etc.—there are two things you need to do, please:

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

THANK YOU!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Recovery Resources:

ATTENTION MEN:

Are you the only man in your meeting?

Do you have trouble sharing freely?

Do you want to make contact with other men?

Find the following at OAMEN.ORG

Men's Face-to-Face meeting schedule

Men's phone and online meeting information

OA Men email discussion groups

OA Men phone outreach list

Is Food a Problem for you? Are you

18 to 30 years of Age?

A young Adult?

Visit Overeaters Anonymous YP on Facebook

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

Thursday Night Phone Meetings,

9:30 pm ET

Ph. 605-472-5395 Access Code 378978#

Find Answers at: www.oa.org

ALSO FOR YOUNG PEOPLE:

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



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Subscription Info.:

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

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

https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org

Or type this in your URL

https://oacfi.org/mailman/listinfo/newbeginnings_oacfi.org

You may also unsubscribe from the newsletter at these sites.

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

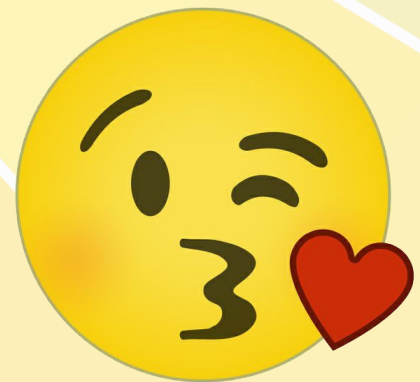
You can subscribe or unsubscribe from this list at any time by sending an email to:

https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org.

OR GO TO: https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org.

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

Keep It Simple, Sweetie!



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Newsletter News

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

Do you like to draw? Take pictures?

Please consider submitting something to "New Beginnings"!

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

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

Please note:

1. Deadline for items is the 1st of the month that is 1 month prior to publication. 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, *suggested* (not required) prompts are available.
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!

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?**

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

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?

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

Need articles on:

- **Tradition Eight:** Fellowship
- **Concept Eight:** Delegation
- **Tool:** Meetings

Writing Prompt/Challenge:

- ♦ How has the self-discipline you've learned in the program enhanced your life?
- ♦ What does the fellowship practiced in OA mean to you?

For SEPTEMBER 2024 Newsletter: [DUE AUGUST 1 2024](#)

Need articles on:

- **Step Nine:** Love
- **Tradition Nine:** Structure
- **Concept Nine:** Ability
- **Tool:** Plan of Eating

Writing Prompt/Challenge:

- ♦ How has OA affected your love of self, love of others, and love of a Higher Power or God?--Annie
- ♦ What abilities has OA given me that I did not have before program?



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

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**Meeting List as of 02-23-24—ALL MEETINGS ARE EASTERN TIME.**

NOTE: Every attempt is made to keep the meeting list up-to-date. However, changes can occur after the newsletter goes live. Therefore, it is recommended that unless you are certain the meeting is taking place, you contact the person listed to ensure the meeting is taking place, especially if it is a face-to-face meeting. Thank you.

			MONDAY		
Time	Type	Group #	Location	Contact	Phone
10:00 am	V	50209	Pimlico Rec. Ctr. 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 https://us02web.zoom.us/j/6935850119	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 https://zoom.us/j/84477398454	Kathy S.	678-429-1286
Noon	BB	800729	OA Monday Big Book Meeting Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmlFOFdld1NVS0lrN0hTQT09	Joleen	352-425-2339
6:00 pm	L	57739	Asbury Methodist Church 220 Horatio Ave. Maitland, FL 32751 (Face to Face)	Alyson T.	407-718-2127
7:00 pm	V	45648	Zoom meeting Zoom only: **Please text the contact person for current Zoom meeting and password information. https://zoom.us/j/9749783696	Terry C.	407-414-5298
7:00 pm	V	01048	Church of the Ascension Zoom call in # Zoom only: **Please text the contact person for current Zoom meeting and password information. https://zoom.us/j/9749783696	Jacqueline	407-423-4086
7:00 Pm	V	800442	Grace Zoom meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace https://us02web.zoom.us/j/86837813267	Alicia C.	443-754-0503
			TUESDAY		
Noon	D	800822	Central Christian Church Zoom Only Zoom call in # 1-312-626 6799 pw 452471# Zoom meeting ID 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (Face to Face)	Debby	386-402-6631

(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 Lost and Found 616S Pine Avenue Ocala, FL 34470 (Face to Face)	T.J.	352-208-6528
6:00 pm	V	800293	Many Faces / One Solution (Formerly Asbury) Zoom only call in #1 646 558 8656 Zoom 314 478 076 **Call contact person for password please** https://zoom.us/j/314478076	Tina S	407-864-6992
6:00 pm		53032	YMCA 4127 West Norvell Bryant Highway Lecanto, FL 34461 (Face to Face)	Trish	540-454-4600
6:30 Pm	V	39211	New Covenant Baptist Church 1350 South Blue Lake Avenue Deland, FL 32724 Email: DeLand. FL.OA@gmail.com	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	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 https://zoom.us/j/84477398454	Kathy S.	678-429-1286
7pm	V	57994	First Congregational Church Face to Face New Meeting 225 South Interlachen Avenue Winter Park, FL 32789	Cory M.	407-616-8000
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 https://zoom.us/j/84477398454	Jacqueline	407-423-4086
4:00 pm	V	54798	Bobbleheads Zoom only Zoom 842 9268 7636 pw Surrender https://us06web.zoom.us/j/84292687636	Donna G.	603-477-4555 Text first, please

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

THURSDAY (Continued)					
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 https://us02web.zoom.us/j/82375409368	Kathy M	407-252-7575
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 https://us02web.zoom.us/j/86370717790	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086
FRIDAY					
9:00 am	V	54490	Zoom only Zoom 870 5439 1380 https://us02web.zoom.us/j/87054391380 **Call contact person for password please**	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 154 974 236 pw 970404 225 W. Guava Street Lady Lake, FL 32159 https://us02web.zoom.us/j/154974236	Ilene H	352-753-2333
Noon	N	800822	Central Christian Church Zoom call in # 1-312-626 6799 pw 452471# Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S	678-429-1286
7:00 pm	L	801000	Tuskawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 https://zoom.us/j/297035614 1 st Friday of every month is a SPEAKERS meeting	Gloria	407-340-2008
7:00 pm	L	20088	St. Luke UMC Phone only Uber Conf 407-553-2087	Jacqueline	407-423-4086
SATURDAY					
8:30 am	N	51130	Hibiscus Village Rec Center 1740 Bailey Trail The Villages FL 32162 (Jasmine Card Rm) (Face to Face)	Judy S.	516-551-5269
8:30 am	V	46887	Ascension Church (Rm 108) Face to Face 4950 S. Apopka Vineland Road Orlando, FL 32819 (Face to Face)	Geri B.	407-557-7055

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

SATURDAY (Continued)					
9:00 am	V	800378	Saturday Zoom Port Orange Zoom 880 7717 9552 password 305705 https://zoom.us/j/88077179552?from=join#success	Jane V.	386 679-2098
9:00 am	D	38611	St. Richards Church 5151 Lake Howell Road Winter Park, FL 32792 (Face to Face) The last Saturday is a speaker meeting	Carole M.	407-616-8908
9:00 am	D	48952	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd Port Orange, FL 32129 (Face to Face)	Debby H.	386-402-6631
12:00 pm	Med	800822	Central Christian Church Zoom only Call in 312-626-6799 pw 452471# Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
Sunday					
4:00 pm	L V	57783	****NEW MEETING**** town Kissimmee – Hybrid meeting – Face to Face 28 Broadway Ave. 2 nd Floor (stairs) Kissimmee, FL 32829 Zoom: https://zoom.us/j/83055460946 Password: sosbigbook	Lisa K	321-276-2595
5:00 pm	V	48951	7 th Day Adventist Church Zoom only Zoom: 844 7739 8454 Password: serenity https://zoom.us/j/84477398454	Patti D.	407-791-1999

BB – Big Book

D – Discussion

L – Literature

N – Newcomers

SF – Special Focus

SS – Step Study

V – Varied



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TREASURER'S REPORT FOR JANUARY 2024

GROUP NUMBER	DAY	MEETING NAME	AMOUNT
48951	Sun	7th Day Adventist Church	
57479	Sun	The Meeting Place Ocala	\$5.00
800822	M-S	Central Christian Church Noon	\$ 25.00
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
89068	Mon	Central Christian Church 12pm	
1048	Mon	Church of Ascension, Apopka	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
800442	Mon	Grace Zoom	\$ 3.00
57739	Mon	Maitland 6:00 PM	
800729	Mon	OA Monday Big Book Meeting	
39211	Mon	UMC, DeLeon Springs	
89653	Mon	For Today	
89070	Tue	Central Christian Church	
50209	Tue	Chatham Rec Ctr., The Villages	
800293	Tue	Many Faces One Solution	
56481	Tue	New Smyrna Beach Church of Christ	
52613	Tue	North Pool Celebration , Kissimmee	
57273	Tue	The Meeting Place Ocala	
53032	Tue	YMCA Lecanto Fl	
89069	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	\$ 87.00
57994	Wed	Winter Park 7pm	\$ 44.00
54798	Thurs	Better Together	
89071	Thurs	Central Christian Church	
18502	Thurs	Church of the Messiah, Winter Garden	
52976	Thurs	Grace Episcopal, Port Orange	
57675	Thurs	The Meeting Place Ocala	
57434	Thurs	Westminister By The Sea	
89384	Thurs	Zoom Body Image	\$ 10.00
89006	Thurs	Zoom Speaker Mtg	\$ 255.00
89072	Fri	Central Christian Church	
45611	Fri	Lady Lake Library	
54490	Fri	Shepherd of the Hill Church, Clermont	
20088	Fri	St. Lukes UMC	
936	Fri	Tuskawilla UMC, Casselberry	
800324	Sat	For Today 9:30 am	
800378	Sat	Zoom Port Orange 9 am	\$ 50.00
46887	Sat	Ascension Church	\$ 74.00
9016	Sat	Central Florida Intergroup	
50419	Sat	Hibiscus Village Rec. Ctr - 12 Steps 10:00	

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Treasurer's Report for January 2024—Continued from previous page.)

GROUP NUMBER	DAY	MEETING NAME	AMOUNT
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
48952	Sat	Port Orange Presy	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$ 40.00
		Words to Live By	\$ 142.00
		Big Book Study Sunday 6-8	
		Individual Contributions (check)	
		Individual Contributions (PayPal or Zella)	\$ 120.00
		literature	\$ 80.34
		Remaining treasury closed group	
		Step Workshop	
		unknown group #	
		Words to Live By	

TOTAL **\$935.34**



Donations have been down. OA does not charge, but is self-supporting through its own contributions—our Seventh Tradition. Have you been meaning to give and just have not gotten around to it?

Not sure where to send your money? Or how?

Please see the next page.

THANK YOU to all who give what they can, when they can!

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

7th TRADITION

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle: Responsibility

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

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

Zelle: Send \$\$\$ to Treasurer@oacfi.org

Thank you Kathy M., Treasurer OACFI

HOW TO USE PAYPAL

Follow these steps:

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

HOW TO USE ZELLE

- Zelle is an app that is inside the payment area of your online banking function. If you already have your banking app on your phone, there's no download necessary. If your bank or credit union doesn't offer Zelle, then your bank is not set up to pay money with Zelle.
- You must register to send and receive through Zelle, the similar way you pay bills in your online banking. Zelle will ask if you want to use your cell phone or email. Once your account has been set up, you can create a pay-to entity.
- To send money to Intergroup straight from your banking app, use the following email: treasurer@oacfi.org
- Enter the amount you want to go directly into Intergroup's bank account. Typically it is sent in minutes.
- For more instructions or to see an instructional video, go to: <https://www.zellepay.com/how-it-works>

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP**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.
Facebook/Instagram	Claudia B.
TikTok	Tiffany H.
#1 WSO Delegate:	Kathy M.
#2 WSO Delegate:	Debby H.
12th Step Within:	OPEN
Next Generation:	OPEN
#1 Region Rep:	OPEN
#2 Region Rep:	Kathy M.
#3 Region Rep:	OPEN
#4 Region Rep:	Annie M.

Service helps your program and helps reduce our isolation.

Central Florida Intergroup / CFI Board Members

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

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

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

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

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

Upcoming Intergroup Meetings:

10 am Saturday, March 9, 2024

10 am Saturday, April 13, 2024

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

Join Zoom Meeting

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ALL OA MEMBERS WELCOME!



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