

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OVEREATERS
ANONYMOUS®
CENTRAL FLORIDA INTERGROUP

NEW BEGINNINGS

April 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: alysfelt3@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 recovery resources 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

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SERVICE OPPORTUNITIES

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from previous page.)

SERVICE OPPORTUNITIES

Service Position That Needs or Will Need to be Filled and Date to be Filled	Brief Description of Duties and Notes	Abstinence Requirement
<p>*WEB MANAGER(S) *January 1, 2025</p>	<p>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</p>	<p>3 months</p>
<p>*12TH STEP WITHIN CHAIR *ASAP</p>	<p>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</p>	<p>3 months</p>
<p>*REGION 8 REPRESENTATIVES (2 OPENINGS) *ASAP</p>	<p>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</p>	<p>6 months</p>
<p>INTERGROUP MEETING REPRESENTATIVES Needed ASAP for groups that do not currently have a Meeting Representative for Intergroup.</p>	<p>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</p>	<p>3 months</p>
<p>*NEXT GENERATION CHAIR *ASAP</p>	<p>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</p>	<p>3 months</p>
<p>MAILING LIST COORDINATOR ASAP</p>	<p>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.</p>	<p>Not listed.</p>
<p>*ELECTRONIC INTERFACE ADMINISTRATOR *January 1, 2025</p>	<p>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</p>	<p>3 months</p>
<p>INTERGROUP TREASURER January 1, 2026</p>	<p>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.</p>	<p>1 year</p>
<p>MEETING LIST COORDINATOR January 1, 2026</p>	<p>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</p>	<p>3 months</p>

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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

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Service Position That Needs or Will Need to be Filled and Date to be Filled	Brief Description of Duties and Notes	Abstinence Requirement
<p>*LITERATURE CHAIR *January 1, 2026</p>	<p>Make OA-conference-approved literature available to OACFI members. Travel expenses reimbursed. pp. 6-7 and pp. 9-10 in Policies and Procedures Manual</p>	<p>3 months</p>
<p>*NEWSLETTER EDITOR *January 1, 2026</p>	<p>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></p>	<p>3 months</p>

SERVICE OPPORTUNITIES

“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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OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



SERVICE . . . it's not what you think!!!

Service
Corner

When I first came into recovery, my thought was that “these people are zealots!” I decided that I would give them one day a week of my time and energy. It felt like a sacrifice.

Over the years, recovery has taught me that the more I give of my time, my energy and my effort, the easier my life becomes. Service done from a place of spiritual wholeness has added exponentially to my life’s purpose and fulfillment.

It transformed sacrifice to abundant blessings!

Even when struggling through heartache, loss, and broken relationships, my service has been unrelenting and therefore, my recovery has continued to grow and to flourish beyond my wildest dreams, expectations, or desires.

I go to more recovery meetings than ever and my life continues to reveal both awesome wonders and challenges. Service as your Intergroup Chair has stretched me in ways I never thought possible . . . in very good ways. Also, I have had the privilege to represent Central Florida IG as a delegate at World Service via Zoom and in person in Albuquerque as well as being a Region 8 representative and serving on the Bylaws Committee.

I hope to serve CFI when OA World Service has its Conference in Orlando in August of 2025, as a Committee Chair.

Recently, during a moment of weakness, I noticed a friend of mine who is not a person with food issues getting smaller and smaller. She is into the current rage of weight-loss pharmaceuticals . . . it made me think of the possibility of going that route for a nanosecond. Yes, for a moment I really did think about the easier, softer way. And then I used my recovery practices, my meetings, and my fellows, and I doubled down on my abstinence. I got down on my knees and my abstinence once again became something which I can say is backed by integrity and solid commitment.

I celebrated 14 years of abstinence and sobriety and 18 years of recovery on March 11th, 2024. More unseen layers continue to be revealed in the very beautiful, giant allium that is my life. I give God the glory and thank my recovery peeps for having the courage to share their experience, strength, and hope so that I can better live my life.

Service is spiritual.
Service is illuminating.
Service gives me life.

Debby H.
IG Chair 2024



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



Service Corner

I have a problem opening my mouth and something I have never thought of comes out. It gets me in trouble.

I once volunteered to write a couple-of-paragraphs article for our newsletter. Just a couple of paragraphs. I dawdled with it. It was only a couple of paragraphs, but I couldn't seem to get started on it. The editor called me up: "Hey! I've gotta get this newsletter printed! Will you send your article?" Gulp.

I hurriedly spit something out; it was not a very good attempt, but I did it. She called the next day and suggested a small editorial change. "Sure, do anything you can to improve it," I gushed.

A couple months later the editor sent an SOS listing articles that she needed help with. I looked over the list and signed up for several. Not several all at once, which I would have failed at, but one a month. Then I took the unprecedented step of writing them down with due dates on my calendar.

All the topics were things I had ideas about. With each article I started feeling stronger about my program. I got the same feeling inside that I have when I attend a good meeting. So, I keep writing.

Some of my articles are stinkers. But I noticed my writing seemed to be improving. And I'm a little clearer and more direct on my shares in my home meeting. I'm starting to be effective at pinpointing what I need to say, but couldn't see before.

It doesn't matter if you haven't won a Pulitzer Prize lately, or been published in a leading magazine or paper or social media site. It doesn't matter if your friends think you are a "good" writer or not. The only thing that matters is that you think a bit about your topic, which you are probably regretting volunteering for, and spit something out. Just scribble a couple paragraphs. Then close your notebook or computer and let it simmer until tomorrow. That means, ideally, you probably ought to start a day or two before the deadline. Tomorrow, you review what you wrote, make the changes you need, kiss it goodbye, and send it off.

If you think it's got some sticky parts, let the editor know you got stuck at paragraph 2 or the sentence saying "X."

If you see articles you like, let the writer know in a text or call. If you'd like to work on your writing, contact the article writer you like and ask if you could bounce some ideas off them.

Getting our message of recovery out to all who need to be helped is important to you, the writer. It enhances your program. It gives readers a chance to look at the subject of the article in a new light, and may help them understand a concept they couldn't "get" before.

I dare you! Just try one article in the next 12 months! Let me know how it goes – I'm Annie M., at 407-967-1965, and I want to hear back from you.

Editor's Note: All articles are reviewed by three people, so you don't have to worry about grammar, spelling, etc. One of us is likely to catch any errors! And if we don't, it just shows that you don't have to be perfect to do service!!



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



I **need** service to successfully work my program and help my abstinence.

I give service to my Intergroup, and it's a sweet deal. I show up to my monthly Intergroup meeting. We work hard each month to keep the meeting to its scheduled one hour to one-hour and 15 minutes length

I started six years ago as an Intergroup (IG) meeting representative (rep.). Requirements to be an IG meeting rep. are:

- ◆ read the monthly minutes and reports prior to the meeting;
- ◆ note any questions you might have regarding those reports;
- ◆ show up to the meeting;
- ◆ vote when necessary;
- ◆ bring information back to the group you are representing; and
- ◆ three months of abstinence.
- ◆ Easy-Peasey!

Being a meeting rep. is a huge service to both the IG and to our meetings, so it's like a two-for-one.

At one point, an opening came up for the Intergroup's parliamentarian. That's the person who knows something about meeting structure and can help the chair and vice-chair run the meeting smoothly and keep to the schedule. (We have books to help one learn about it and people who can mentor for this skill). This position does not vote but needs to be present. She/he will count votes and confirm items in the meeting. I thought, "How hard can it be?" I ran for the position and was voted in. Voila! I'm of service to my Intergroup, my home group, and myself.

Our IG is one of the largest in our Region (Region 8), and we are entitled to have one rep from each meeting attend the Region meeting. We don't have anywhere near that many reps. However, the more reps who do attend, the better the quality of the meetings, the better the ideas and input. The more our IG and home groups thrive.

Once I click out of the monthly IG Zoom meetings, I have a good feeling about my program and the work I do within it, and I feel like my suggestions have validity. It sticks for a couple days. I recently missed two meetings due to a health situation. I didn't think I would miss them, but once I went back, it felt good to see all the faces, get back into the rhythm of the IG meeting, and be part of a group.



I didn't think of being a group rep by myself. My sponsor started bringing up service. Over. And over. I don't know why I was so reluctant; once I got in, it was fun and informative. I think I felt less-than and too dumb to do the job. Not one of us is less than, incapable. or too dumb to give service. I also had a strong lazy bone: "Oh, my program's OK coasting along. They don't need me. I'm fine with the program I have." [READ: I don't want to work at this. I want to curl up and disappear]. My beloved sponsor kept at me, and I succumbed.

She was right, too. Please join us.

Annie M.

Service
Corner

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

Tues., April 9, 2024, Ramadan Ends: “Being Fully Authentic and True to Myself, in OA and in my Life.”

Mon., April 22, 2024, Passover: “Carry the Message to Those Who Still Suffer.”

Sun., April 7, 2024, 4—6:30 pm ET, RISE (Recovery-Inspiring Shared Experiences) Speaker Meeting. Topic TBA. Zoom Meeting ID: 947 2125 9974, Passcode :810562, <https://zoom.us/j/94721259974pwd=TnRQakpUSFpLOGZ0QTh3cmpGUjhTz09#success> or <https://www.oarise.org/>

Mon., April 8, 2024, 7-87 pm ET, OA Ocean and Bay Big Book Celebration Meeting, “Overeaters Anonymous Big Book Birthday Bash—Celebrating the 85th Anniversary of its Publication.” Hybrid event. Zoom Meeting ID: 817 4195 8563, Password: 048782, Dial in: 1-646-558-8656. <https://us02web.zoom.us/j/81741958563?pwd=OHh0cnFqK1hmRDlvaEVNek5sZnlPZz09>
See flyer below.

Sat., April 13, 2024, 5:30—7 pm ET, A Design for Living Intergroup Monthly Speaker Series: “Big Book Story—The Missing Link.” Zoom Meeting ID: 200 540 624, No passcode www.ad4l.info *See flyer below.*

Sun., April 14, 2024, 2-3:30 pm ET, Philadelphia Area Intergroup, 2nd Sunday Workshops “Excuses, Denials, & Loopholes . . . OH, MY!” Zoom Meeting ID: 858 0103 1176, Passcode: 786925, <https://us06web.zoom.us/j/85801031176?pwd=2SQ3DT4NuafBttElnF2kwsQeomJera.1#success> *See flyer below.*

Sun., April 14, 2024, 2-4 pm ET, Westchester United Intergroup, “Relapse and Recovery Speaker Panel.” Zoom meeting ID: 914 633 2988, Passcode: 121212

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Fri., April 19, 2024, 9—10:30 pm ET, Region Ten World Service Business Conference Delegates, Region Ten Speaker Panel, “Life Begins at the End of Your Comfort Zone.” Zoom Meeting ID 4835195807, Passcode P4CIFIC. For more info., email info.oasydney.org

Sat., April 20, 2024, Region 8 Public Information and Professional Outreach Committee, 1-2:30 pm ET, “Using Social Media for Outreach.” Virtual. <http://tinyurl.com/socialmediaoa>

Fri., Sept. 20-Sun., Sept. 22, 2024, Region 8 Business Assembly and Recovery convention, “Be Protected, Stay Connected.” In Deerfield Beach/Boca Raton, FL. <https://oaregion8.org/r8-assemblies/soar8-assembly-fall-2024/> *See flyer below.*

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>

- ◆ April 12-14, Spring Retreat in Baton Rouge, LA
- ◆ April 19-21, Spring Retreat in Gatlinburg, TN

FOR EVENTS SUBMITTED TO OA WORLD SERVICE, GO TO:

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



OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP



You're Invited to an
**OVEREATERS
ANONYMOUS BIG BOOK
BIRTHDAY BASH**
Celebrating the 85th
Anniversary of its
Publication!

Everyone invited to listen and/or share
on favorite passages in the Big Book
and how use the Big Book in recovery!

April 8, 2024, 7-8PM, Fellowship after
Zoom link:

<https://us02web.zoom.us/j/81741958563?pwd=Q1h0bnRlck1hbnRlZ0h0aGVVNEk5a2p1P2Z0OQ>

Meeting ID: 817 4195 8563

Password: 048782

Dial In: 1-646-558-8656

In Person: St. Mark's Episcopal Church, 15
Pearl St, Mystic, CT

Hosted by the Ocean + Bay Big Book Celebration Meeting
Questions: Contact John @ 860-309-7210 (Call or text)

OVEREATERS ANONYMOUS
A DESIGN FOR LIVING TO

**AD4L
SPEAKER
SERIES**

Big Book Story:
"THE MISSING LINK"

ZOOM ID: 200 540 624
(no password)

New York Time	13th April 5:30pm - 7:00pm
London Time	13th April 10:30pm - 12:00am
MELBOURNE Time	14th April 7:30am - 9:00am

A Design for Living (Big Book OA) | www.ad4l.info / admin@ad4l.info

PRESENTED BY: The Philadelphia Area Group of Overeaters Anonymous

Excuses, DENIALS, & Loopholes...

OH, MY!

On the OA road to happy destiny, we may experience the desire for excuses, denials, and loopholes which we think will justify our not going to any length for recovery. These are the "Toms, tigers, and bears" that lurk in the shadows of compulsive eating. They seek to divert us from our 12th Step plan. They whisper convincing "sweet" nothings in our ears, catch us unaware, and convince us it's okay. "Just this once." After all, we have had a daily reprieve contingent upon our spiritual condition.
Join us as we examine these creatures of habit and learn how to dispel their power by using our OA tools.

SUNDAY, APRIL 14
2:00-3:30pm EST

ZOOM:
Meeting ID: 858 0103 1176
Passcode: 786925
or [Click Here](#) to Join Zoom Meeting
(Please be prompt to minimize disruptions)

Common scenarios & disease traps
Fellowship
Open Sharing

A 7th Tradition observation is requested but not required.
Information will be posted in the Zoom chat during the workshop.
For information on its recent future workshop ideas, please contact Fred M at 215-355-8002
NOTE: this is a hotline, so please leave your phone number.

A special series of virtual quarterly workshops designed to support recovery from compulsive eating and compulsive food behaviors.

SAVE THE DATE
SOAR 8 BUSINESS ASSEMBLY & RECOVERY CONVENTION
September 20-22, 2024
DoubleTree by Hilton
Deerfield Beach/Boca Raton, FL 33441

"Be Protected, Stay Connected"

Hosted By
OVEREATERS ANONYMOUS
GOLD COAST INTERGROUP
PALM BEACH COUNTY INTERGROUP

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle:
Courage

The Spiritual Principle of OA's Step Four is courage. It takes courage (and perseverance, in my experience) to look at what has happened to me and at what I've done to others, to recognize my part in things others have done to me. It takes courage to continue looking for those patterns. Sometimes I think, "Hey! I'm abstinent! I'm a much better person for holding that line . . . Anything bad/rude/selfish I may do now can't be as "bad" as the past, before I was abstinent." It takes courage and perseverance to keep showing up in meetings, even when I feel like I don't want to or fool myself that I don't "need" to.

Except: With some abstinence under my belt, I have a better view of those old behavior patterns and relationships from a different perspective. I often recognize them and can change my behavior *before* they mushroom-cloud into a full-blown episode. But part of keeping my abstinence is recognizing I sometimes still have those thoughts and behaviors. And I want to face up to them and flip them to their opposite, more positive aspects. Example: Stubbornness is a persistent negative trait that still rears its head. A positive aspect is perseverance, which I nurture.

In the same way that my addiction wants to start growing in other directions, my willingness to observe less attractive parts of myself ebbs and flows. When I have courage, I can do this daily, which keeps the negative behaviors smaller and less hurtful. It plumps up my abstinence and gives me clear sightedness for my relationships and program going forward.

Annie M.



COURAGE

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

TRADITION FOUR:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

**Spiritual Principle:
Autonomy**

The following thoughts are my own interpretation. The Traditions make up a portion of the backbone of meetings. According to OA's website, one of the factors that defines an OA group is that "It has affiliated as an Overeaters Anonymous group by registering with the World Service Office." (<https://oa.org/add-a-meeting/>) The remaining eleven Traditions are also observed in all OA meetings.

The World Service Office offers various meeting formats. All meetings follow a version of this format. Prayers at the beginning and the end are a part of all meeting formats. Each meeting is at liberty to decide how much literature and which literature begins the meeting. Each meeting has a choice of topic within OA approved literature. Chips to recognize milestones of abstinence may or may not be given. Weekly contacts (one member reaching out to all members present) may or may not be a practice of an OA meeting.

Meetings can vary a lot. One meeting I know of has a schedule of studying a Step one week, a Tradition the next, and hearing a speaker or reading the leader's choice of OA literature the next week. Another meeting I am familiar with uses the OA meditation books for readings and topics. And yet another meeting I know about uses an approved single reading with meditation, writing time, and sharing time.

However, all meetings use OA approved literature and the OA Traditions as our basis. Every OA group operates in an atmosphere that promotes recovery from compulsive overeating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous.

Cheryl S.

AUTONOMY

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

CONCEPT FOUR:

The right of participation ensures equality of opportunity for all in the decision-making process.

**Spiritual Principle:
EQUALITY**

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

At all levels of service, each member has a voice on all issues. Every OA member has the right and responsibility to participate in the decision-making process (group conscience) . . . This participation may be direct, via discussion and voting at the local level; or it may be indirect, via entrusting an elected delegate or trustee to participate in other service body meetings

I appreciate the democratic nature of OA. It is wonderful to know that I can participate at the local level (my group) and as a group rep at the Intergroup level. I’m glad we have trusted delegates who do the important work of the Region and World Service, and to whom we can express our views on matters before those groups. OA’s service structures work!

Alicia C.

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Overheard at a Meeting

- ◆ If you can't change your mind, you're not using it.
- ◆ Your story might be the key that unlocks someone else's prison.
- ◆ Do your best and let God do the rest.
- ◆ I am here to do God's work, not God's job.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

Nobody Wins

I had lost significant amounts of weight before, and it came off pretty quickly both times. This time it did not. Before OA, I was restricting calories/nutrients, I was overexercising, and I was purging through other means as well. I was abusing my body in so many ways. I was asking more of it than it could healthily give me, and I didn't care. I wanted what I wanted when I wanted it . . . and I was willing to do whatever it took to make it happen, no matter the cost.

That cost was high. I screwed up my metabolism. I now have issues with blood sugar (highs and lows). I messed with my body's ability to process and digest food the way it was designed. Since then, my body now finds it hard to work properly. Although I am now off of all laxatives and stool softeners, I still do not enjoy regularity, in general. But I'm learning. That is the difference. With each new experience, or way that I'm realizing my body is slow to react or messed up, I'm learning why, what happened, and that the only way to allow my body to learn to trust me again is by living and treating my body the way it deserves to be treated. With gratitude and care. My living amends to my body requires that I do not starve it, I do not restrict calories, I do not overexercise, I do not use laxatives or stool softeners, I do not obsessively weigh or chart, and I do not eat things that cause my body harm, whether by giving it non abstinent foods, or foods that cause my digestive system to slow down and cause me physical pain. I also do not shame my body by judging it or speaking ill of it.



Now I say that I don't, but it has happened. Recently I saw my knees in a church mirror with a certain dress and was mortified. There is saggy skin there, battle scars from my choices in life and the abuse I have put my body through. I saw how ugly they were to me and vowed not to wear that dress again. Almost quickly as I said it, I froze in my tracks. I felt the shame and regrets and embarrassment of being seen, being judged . . . and because of my practice of doing Step Ten regularly, I immediately contacted my sponsor and put in the work. I owed an apology and had to double down. I listed the things that my knees have done for me all of my life and then especially recently, things they

couldn't do when I was heavier. I felt a surge of gratitude and love for my body, my knees included. I felt a reconnect with and a forgiveness for myself.

As I go forward, I realize that these are some of the things that slower weight loss has helped me with. It's no longer about the numbers on the scale or the measurements of my thighs or calves. (Yes, I used to chart it all, putting my body under great scrutiny, deciding if it was worth anything this week or not). Slower weight loss has also made my recovery more about my habits and the way my body feels, inside and out. I've had to look for non-scale victories and become more appreciative of the little things, things I never would have noticed if the weight just came off quickly. I've also realized that this is a huge blessing in my life because I am also learning to live one day at a time . . . imagine that. Learning new behaviors and how to maintain . . . something I never knew before. The weight was either always going down, down, down, or going up, up, up. So all of this is to say, that I have not been trying to lose the weight slowly although that is considered "healthy." Rather, because of the way my program is working, I am learning how to do what I can and should do forever. This isn't a diet club for me . . . in any sense of the word. None of this was on purpose. It just "happened" this way. I now understand that this was my God's way of teaching me so many things about me, my soul, my body, and how all of us can work together for a common cause . . . health, well-being, unity, faith, trust, and wholeness. I have surrendered the results. I am no longer fighting against myself. When I was doing that, nobody wins . . . most especially . . . me.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

OA LITERATURE FOR SALE!

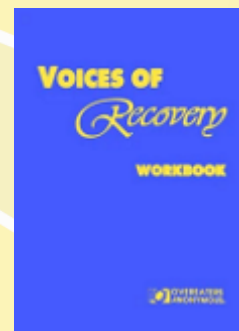
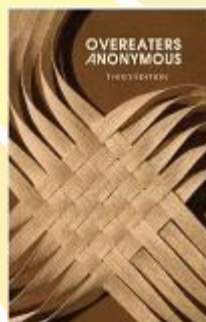
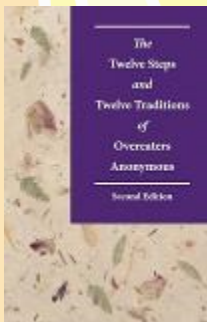
OA literature is available for sale. To obtain literature, contact Carolyn Y. at OACFI.Literature@yahoo.com

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



There is a courtesy of the heart. It is akin to love. Out of it arises the purest courtesy in the outward behavior.

Johann Wolfgang von Goethe

I know I am not there . . . yet. When I am in ego mode . . . my agenda predominates. When I am spiritually aligned, my agenda is easily superseded by the sudden opportunity to be of service to others . . . strangers or friends.

Our world is pretty complicated. We guard against danger. We guard against people doing us wrong, mostly conjured up in our own imaginations by what we see has happened to others, real or not. Having instincts and intuition, not clouded by substance, and leading with love and compassion will usually help me to make decisions whose outcomes don't make me cringe.

Life is rife with opportunity to do good. Today, I pray that my ego's desire allows room to impact a stranger or two . . . even if it is just with a smile or a couple of words of encouragement.

I may even call it 'courtesy of the heart'

Debby H.

Service: It's how program works. No question about it. I get it more than ever. We are not a pay-as-you-go service. Instead, we are a serve-as-we-go service. OA works as we work it, and working it is giving back in any way we can for the still-suffering compulsive overeater—and for those of us not suffering as much but who will still benefit from others willing to give. It's a circle of life we live in program. Every time we do outreach or leadership, it's insurance for being abstinent/staying abstinent. So, what other option do we have but to serve? And to do it to the level we can and God blesses.

Karen H.

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

FOCUS ON

This month's *featured* tool: **TELEPHONE**
THE LIFELINE OF THE PHONE

The tool of the Telephone saved my life. Literally, if the concept of the phone did not exist, my abstinence would have died of starvation. As a male, it's not easy making genuine bonds within the OA program. When the pandemic hit, my lifeline was cut completely by the absence of physical meetings. My sponsor of 10 years died during February of 2020 as the full blow of the pandemic emerged. He did not die as a result of COVID; however, the hollow effect of losing a life still hit just as deep. I had relationships within the program. Nevertheless, I did not realize that intimacy with another male in the program tunneled solely through my OA sponsor. As a dual Twelve-Stepper, I had already built deep roots in the Twelve-Step philosophy and had many male (& female) relationships through the other Twelve-Step program. I never realized the importance of making a similar, strong pipeline through all my Twelve-Step programs. I was afraid to be vulnerable and accepted the idea that saying I had a food-addiction problem was sufficient.

By the summer of 2020, my grieving for my sponsor had settled. He left me with a firm foundation; however, I had no lifeline to continue to grow. I reached out on the internet. OA men showed up and provided hopeful opportunities during a rather dark and desperate time within my abstinence. The lifeline of meetings was reborn. And this time I had a choice of meetings to meet my needs: morning meetings, late-night weekend meetings, scheduled topic meetings, such as Twelve-Step meetings, literature meetings, and many speaker meetings.

And this connection was worldwide, in several cultures and time zones. I immediately realized that although there was a scarcity of OA men in recovery and resources locally, nationwide there was a deep penetration of men working strong programs of recovery who were willing to share their experience, strength, and hope. Through the online men's meeting, I saw a member and made a connection. He lived in Indiana, and I lived in Orlando, FL. Nevertheless, through hope, prayers, and modern-day technology, our pathways for communication have gotten smaller. When I called, we hit it off quickly. When I saw him during a speaker meeting online, he started his share by singing a song. This was the raw, bare, intimacy that I knew I needed to build into a deeper relationship. We immediately started working the Steps together. Since there still was some distance of miles between us, writing letters helped strengthen the communication. After a period of about 18 months we finished the Twelve Steps and Twelve Traditions together. In a period of a little over three years, we have successfully built a firm foundation. Today we breathe freely with each other in a sponsor-sponsee relationship, which has blossomed to include a friendship and mentor relationship. We still talk on the phone religiously, from weekly to three or four times a month, or whenever it's needed. We stay in contact with each other; there is always an open line of communication which supports my recovery.

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! An ad will run on both Facebook and Instagram from April 22-26, 2024.

FACEBOOK: Our Facebook page has 956 followers. From 2/10 /24 to 3/9/2024, there were 319 visits. A post on 2/18/24 had a reach of 1,516 people and received 92 likes.

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 152 followers, with 11 new followers, and 46 page visits From 2/10 /24 to 3/9/2024.

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 up and running. 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 (ads) in Lake County for 12 weeks. A radio ad will run through 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

News from World Service



News From OA World Service (<https://oa.org/news/new-welcome-text-added-to-suggested-meeting-formats/?news-category=0>):

OA has added a **new statement to the WELCOME section of certain suggested meeting formats**:

“Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.”

The new paragraph was developed in recent strategic planning meetings held by OA board trustees and region chairs, and is now included in the opening remarks of four of our meeting formats:

- [Suggested Meeting Format](#)
- [Suggested Telephone Meeting Format](#)
- [Suggested Online Meeting Format](#)
- [Suggested Step-Study Meeting Format](#)



Photo by Alicia C.

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

Week 1: Step of the month
Week 2: Big Book
Week 3: Tradition of the Month
Week 4: Literature-Leader's Choice
Week 5 (if there is one): Speaker Mtg.

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

Zoom Meeting ID: 154 974 236

Passcode: 970404

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

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?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://lp.constantcontactpages.com/sl/UKDqKMC/newsletter>

Or copy and paste this in your URL:

<https://lp.constantcontactpages.com/sl/UKDqKMC/newsletter>

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:

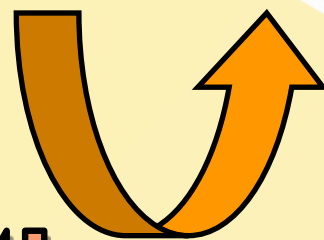
https://oacfi.org/mailman/listinfo/oacfi_intergroup_news_oacfi.org.

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 Coming Back..

It Works if You Work It!



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 MAY 2024 Newsletter: <u>DUE ASAP</u>
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: <u>DUE MAY 1, 2024</u>
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?

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Continued from the previous page.)

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

Need articles on:

- **Step Seven: Humility**
- **Tradition Seven: Responsibility**
- **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**

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:

- **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 03-06-24—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=S21XWGNKdm1FOFdld1NVSOlrNOhTQT09	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	Carrie C.	781-867-1071
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.)

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		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# Zoon 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
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

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

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	Vicki	517-256-0373
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
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

(Continued on next page.)

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Meeting List—Continued from previous page.)

Sunday					
4:00 pm	L V	57783	****NEW MEETING**** Down- 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 FEBRUARY 2024

Group Number	Day	Meeting	Feb. 2024 Contribution
48951	Sun	7th Day Adventist Church	
57479	Sun	The Meeting Place	
57783	Sun	Kissimmee Big Book	
800822	M-S	Central Christian Church Noon	
50209	Mon	Pimlico Rec Ctr	
45648	Mon	Casa De Fe Y Bendicion, Kissimmee	
800822	Mon	Central Christian Church 12pm	
1048	Mon	Church of Ascention, Apopka	
53479	Mon	Holy Spirit Episcopal	\$ 42.00
800442	Mon	Grace Zoom	
57739	Mon	Maitland 6:00 PM	
800729	Mon	OA Monday Big Book Meeting	\$ 100.00
89653	Mon	For Today	
800822	Tue	Central Christian Church	
800293	Tue	Many Faces One Solution	
56481	Tue	New Smyrna Beach Church of Christ	
52613	Tue	North Pool Celebration , Kissimmee	\$ 95.00
57273	Tue	The Meeting Place Ocala	
39211	Tue	New Covenant Baptist Church Deland	
53032	Tue	YMCA Lecanto Fl	
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park 7pm	\$ 50.00
54798	Thurs	Better Together	\$ 30.00
800822	Thurs	Central Christian Church	
57955	Thurs	Christian Family Workshop Center	
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminister By The Sea	\$ 150.00
89384	Thurs	Zoom Body Image	\$ 10.00
89006	Thurs	Zoom Speaker Mtg	
800822	Fri	Central Christian Church	
45611	Fri	Lady Lake Library	
54490	Fri	Shepherd of the Hill Church, Clermont	\$ 100.00
20088	Fri	St. Lukes UMC	
801000	Fri	Tuskawilla UMC, Casselberry	
800378	Sat	Zoom Port Orange 9 am	\$ 15.00
46887	Sat	Ascension Church	

OVEREATERS ANONYMOUS CENTRAL FLORIDA INTERGROUP

(Treasurer’s Report for February 2024—Continued from previous page.)

Group Number	Day	Meeting	Feb. 2024 Contribution
51130	Sat	Hibiscus Village Rec. Ctr - Newcomer 8:30	
48952	Sat	Port Orange Presbyterian	
38611	Sat	St. Richards Episcopal, Winter Park 9am	\$ 40.00
		Central Florida Intergroup	
		Words To Live By	
		Big Book Study Sunday 6-8	
		Individual Contributions (check)	
		Individual Contributions (PayPal or Zelle)	
		literature	
		Remaining treasury closed group	
		Step Workshop	
		unknown group #	
TOTAL CONTRIBUTIONS			\$ 632.00



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 *

TikTok handle	@oa_cfi
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, April 13, 2024

10 am Saturday, May 11, 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!



“New Beginnings” contains personal stories that express the experience, strength, and hope of the individual member and not of OA as a whole. Submissions are subject to editing. When you submit an article, please be aware that the newsletter will be posted on www.oacfi.org, a website available to the public. If you print this newsletter, please do not leave it in a public location. Thank you.