

# New Beginnings (June 2024)

Central Florida Overeaters Anonymous Intergroup

Sharing experience, strength, and hope with those

Who suffer from compulsive eating and compulsive food behaviors

**OVEREATERS  
ANONYMOUS®**  
CENTRAL FLORIDA INTERGROUP

**Calendar Events:** OA Phone Marathons: Meetings every hour from 8 a.m. to 12PM midnight EST -See below. # 712-432-5200, PIN-4285115. Held by OA Virtual Intergroup. Contact for more information at: [2020oamarathons@gmail.com](mailto:2020oamarathons@gmail.com)

Sun., June 16, 2024, Father's Day, How Making Amends to Others Supports my Recovery.

Sun., June 19, 2024, Juneteenth, HP's Will Over My Will.

Sat., June 20, 2024, Summer Solstice, The Courage of a fearless Moral Inventory Leads to Abstinence.

Sat. June 29, 2024, Gay Pride Celebration, Faith Without Works is Dead. What is my Action Plan?

Sat. June 8, 2024, From 10 A.M. OACFI Intergroup. Following this meeting is the PIPO at about 11:15 A.M. This is held on line on Zoom. Click on this new connection.

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

**Virtual Meetings:** See below

Sat. June 8<sup>th</sup> 2024, "Family Share" Creativity and Fellowship, (Family=Friends Who Feel Like Family) Sponsored by OA Creative Reprieve Meeting (# 89913) Time: Sat. 7:00PM-Sat. 8:00PM **Details:** Join us for this fun, second-Saturday, evening activity. Topics may include: Sharing personal artwork (show and tell) Art tutorials Speakers Interactive activities [Event flyer](#) Join online

at <https://us06web.zoom.us/j/81738885598?pwd=TEd6U285bG1YRIJSY3o5cUdDMjB5Zz09> Password: 1212

**Sat. June 22, 2024, Steps Eight & Nine Speaker Event,** Making Amends and Repairing Damaged Relationships, Sponsored by Central Ontario Intergroup, Event type: Virtual, Time: Sat. 2:00 PM-Sat. 3:00PM Zoom meeting: ID: 861 6009 4283, PW: 186870.

**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 - Save The Date!



## Step 6: Willingness

**Were entirely ready to have God remove all these defects of character.**

## Tradition 6: Solidarity

**An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

## Concept 6:

**The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of OA.**

**Taken from: Twelve Steps and Twelve Traditions of OA.**

## INDEX

**Page 1-2=Calendar, and articles**

**Page 3,4, 5= Articles**

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**Page 15-18=Meeting lists, article.**

**Page 19-21 OA Info, Retreat Info. and articles.**

## Calendar Continued.

June 8, 15, 22, 29<sup>th</sup>, 2024 "Seek Our Life in Abstinence," Starts May 3<sup>rd</sup>, Kind Fellowship, Sponsored by Online Persian Speakers Intergroup, time: Sat. 9 PM-Sat. 10:30 PM.

**Details:** Join us to seek our life in abstinence! When you click the link below, you will be prompted to download a videoconference app to join the meeting:

<https://join.freeconferencecall.com/shoghparvazoa2>

Sat. June 22<sup>nd</sup>, 2024, Emotional Sobriety Workshop, Sponsored by San Diego County Intergroup, event: Virtual, Time: Sat., 11AM to Sat., 1 PM 7<sup>th</sup> Tradition will be observed, ID 897 0427 9976 More info. Contact # 505-891-2664.

June 4<sup>th</sup> 2024, Twelve Traditions Workshop Series Focusing on Group Functionality and Unity (Virtual)

<https://oa.org/events/twelve-traditions-workshop-series/var/ri-2.1-L1> Time: Tues. 7 PM-Tues. 9 PM

**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!**

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/>

Oct. 11-13, 2024, Lake Yale Retreat, Save the Date, **Planning event** on June 19<sup>th</sup> at 5 PM. See page 21 for sign on information.

Sun., June 2<sup>nd</sup>, 2024, Delegates Dish the Deets WSBC 2024, @ 1:00 PM, See pg. 14 for sign on details

## June 2<sup>nd</sup> Steps 10 & 11 Two-Way Prayer Workshop

Sponsored by: OA 90 Phone Meeting  
Virtual Intergroup Type of Event: Virtual  
Time: Sunday 1:00PM-Sunday 3:00PM

**Language: English**

**Questions ask Jean:**

jeanflea@gmail.com 6177679134

### Details

You are welcome to our two-way prayer workshop with speakers who will share this practice and how it works with Steps Ten and Eleven. We are open to anyone interested in learning another system for prayer. Includes question and answer session.

Zoom meeting ID: 837 1100 7258

Passcode: 060224

Can be accessed by phone 1-929-205-6099 then entering the meeting ID and passcode.

[OA 90 Day Seventh Tradition link](#)

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## Tools: Writing

*I just hate to write. I used to grip my pencil and put holes in my paper in Grade school. In grad school, my professors used to give my blue book back to me to rewrite for tests because he said he could not read my writing. So, it took me a long time to want to journal or just use my God box but I have found that writing helps me surrender my problems to my Higher Power or just to vent so that I don't have to eat over issues in my life. When I did start to write, I found that writing is another avenue to surrender my concerns to HP. It is so nice to know that I don't have to worry about anything. I just let my higher Power take over, do the work and you know what? I don't have to fix anything my HP takes over and so much is better as a result! Thanks so much HP! -Carlene*

## ZOOM With Us

### Every Monday Morning!



Focus:

For Today OA book



## Mondays 10AM-11AM

Meeting ID: 6935850119

Password: 123123

OVEREATERS  
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CENTRAL FLORIDA INTERGROUP

<https://us02web.zoom.us/j/6935850119?pwd=WENrMHliMm9vN1VtbnR5SW5WTUd3ZkZzOj09>

### 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/>

Digital Newsletter available at [www.oacfi.org](http://www.oacfi.org)

### Young People's Virtual Intergroup

The Young People's Virtual Intergroup of Overeaters Anonymous provides service to those currently under the age of 30, as well as those who entered the fellowship during young adulthood. Despite this being our special focus, all OA members are welcome at our events! For more information, including our daily meetings, visit [www.oayoungpeople.org](http://www.oayoungpeople.org)

**Just for Today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.





## Dictating a Path

In a recent meeting, we were reading the questions at the end of one of the Tradition chapters in the new 12&12. It asked, with the clear implication that we should not, if we were insisting that our way of working the program was the right way to work it. I am not immune to that temptation. Fortunately, after sponsoring a number of people and being sponsored by several, I have come to understand that we cannot dictate the path to someone else's recovery. "Why is that?" I wondered to myself. "After all, we are all 'trudging the Road of Happy Destiny,' as the Big Book calls it." The answer came surprisingly quickly as I thought about a pleasant walk, I had taken with my family in the few sunny hours of a long, rainy weekend. I am just over five feet tall. My daughter is probably five inches taller, and her partner and my husband are both substantially taller than that. (Regardless of what my family may say, my daughter's dachshund, Willie, is shorter.) As in any family walk, we were of course walking the same trail, but I was very aware that we weren't walking it the same way. The taller members of the group were meandering lazily in order not to leave Willie and me behind. Willie and I were walking as briskly as we could so as not to slow the others down too much. When we came to standing water or spots where mud from a bank had run down over the trail, we approached it very differently. The taller members of the group could usually just step over the obstacle. I looked for higher, drier tufts of grass or rocky spots to pick my way around without having to wade in the water or sink in the mud. And Willie was usually lifted over it, but sometimes insisted on splashing through full speed ahead. We could not all walk the trail the same way because we were not all made the same way. We are not all made the same way on the inside either and, while we all are taking those same 12 Steps to recovery, we must do that in the way that fits who we are. I'm grateful for the wisdom of those who have gone before us. They let us know early on that we could guide and help each other, but each of us had to walk the trail—or the Road of Happy Destiny—in our own way. —Mary Anne

### What I heard at meetings.

1. I kept repeating the same cycle with my food.
2. Self-care is important.
3. I was worth caring for myself.
4. This is a progressive disease.
5. I have a disease of more. - Carlene



## Willingness

We honor ourselves and our friends when we can tell them how we feel. - Theodore Isaac Rubin

Expressing my feelings, especially the negative ones, does not come easily. I want people to like me. I prefer to please rather than anger or upset a friend. There are some things, however, that are not worth the price I have to pay for them. Like all progress, willingness is all it takes to learn how to deal with emotions such as anger in a way that harms neither me nor others. By consciously feeling my anger, rather than acting as if it isn't there, I am actually expressing it, even if only to myself. From this beginning, I can go on to learn how to express my true feelings to others. For today: Being honest and open with friends and family is a sign of growth. -For Today, page 116

## INTENTIONAL ACTIONS



*To me, Step 6 is an action step, perhaps the most important one. I cannot make my character defects go away, but I can do my best to demonstrate my willingness to let my Higher Power remove them. When I plant a garden, the first thing I have to do is make sure the ground is ready to receive the seeds or seedlings. I may need to break up clumps of clay, mix in sand, add organic matter, or create a barrier to keep everything from washing away in the rain. If I haven't prepared the soil adequately, it will be very difficult for my plants to take root and thrive, no matter how much perfect growing weather God provides. In the same way, I need to take specific actions to prepare myself for removal of each character defect (or misapplied character trait) that I identified in Steps 4 and 5. Do I habitually fall prey to resentment? I can pray for each of the people I resent, asking for them to receive all the things I would wish for myself. Do I get mired in self-pity, taking the people around me for granted? A daily gratitude list can work wonders. Do I procrastinate, or struggle with disorganization and avoidance? I can use an action plan, make realistic commitments, and follow through, with my sponsor's support. Do I get impatient, stressed out, caught up in negative obsession? A yoga or meditation practice might teach me to breathe more deeply and let it all go. By carefully working Steps 4 and 5, I can pinpoint the behaviors that are harmful to myself and others. With the help of my sponsor and my Higher Power, I can come up with intentional actions that demonstrate my willingness and readiness to let go of each of those behaviors. In this way, I can prepare myself to receive the gift of freedom from the bondage of my character defects. -Stephanie, C.*



WHAT HAVE I DONE SO FAR TODAY FOR MY RECOVERY?

Writing, Service, food plan, sponsor, read literature, action plan

First things first. I planned and prepared my food for the day which I have done daily for the past 36 years in program. I will do what I did yesterday to stay abstinent today. This morning, I took my quiet time to read For Today and Voices of Recovery. I prayed and took time for a short meditation including breathing and relaxation. I responded via email to a sponsee who is answering the questions in the For Today Workbook. Another sponsee and I are writing and sharing as we go through the steps and traditions one month at a time. We are currently writing on Step One and the principle of honesty. "Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating." (Page 6 12 & 12). We are also focusing on the words "control" and "controlled" that appear ten times throughout Step One. Without the steps, traditions, tools, and fellowship my life would never be as happy, joyous, and serene as it is today. Thank you, Fellow Travelers. Thank you to all who do service at the individual, group, intergroup, region, and World Service levels. Barbara T.

*I put my hand in yours,*

*and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. - Roseanne S*

## Perseverance by Rosemarie



I was enthused when I found these questions on perseverance, which, to me, before program, was STUBORNESS. Oh, yes, I was one stubborn lady, but that trait transferred to always coming back to meetings for nearly 38 years—a good thing; one of my saving graces. So here are my answers to the following questions.

- How do you define “perseverance”? To me, it’s staying with something: a meeting, a planned program, an ideal, my marriage (61 years), a goal, or a way of life. It is “stick-to-ed-ness. It has been keeping me coming back to meetings in OA for these last 38 years. It is “hanging in there”, even when I’ve wanted to throw my hands up in despair and defeat. Perseverance has helped me mightily because, by continuing to attend meetings, I kept putting my body in a place where I could finally be open to hear the words I needed to hear---to finally, after many years of yo-yoing, put down the food and get some abstinence under my belt.
- How do you define “perseverance” in terms of the personal inventory described in Step 10? The continual repetition (another synonym for perseverance) of me daily answering these questions which are suggested for Step 10: Today, was I: resentful, selfish, dishonest or afraid? was I Restless, Irritable, Discontent (RID)? was I jealous, do I owe an apology? What did I do for others? What could I have done better? What did I do well? I then do a: Grant me freedom from\_\_\_\_\_, whatever character defect has been troubling me AND replace it with\_\_\_\_\_, the opposite, positive trait. These questions were given to me by another OAer and I have incorporated them into my 10th Step & my program.
- Is your Step 10 personal inventory taken daily? Why or why not? I do a 10th Step inventory because it keeps me honest, it has me take a good look at my actions, along with my motives, keeps me accountable and shows me where I was during the day with my feelings and my actions and to look at any restorative measures, I need to take in order to rectify any wrongs I may have done.
- How do you avoid being overly critical or harsh in your 10th Step personal inventory? I am a human being, not perfect, and not better or worse than my fellows. When I have a grateful heart, I do not have room there to harbor any ill will to myself or others. So, the 10th Step inventory keeps me on my toes, but does NOT overwhelm me with regrets or “I should haves” or any personal recriminations.
- Has your practice of perseverance in Step 10 increased your ability to persevere in other areas of life? How? Perseverance has helped me to do whatever is in front of me. I used to procrastinate---A LOT (I still do---a little) and would not be responsible for certain aspects and duties in my life. Today, after 1 and 1/3 years of abstinence, the best, most comfortable abstinence I have experienced in 38 years, I am more joyous, happy and free than I have been in many years. Today, I like myself and love myself. I am not perfect and I celebrate my humanness. I am OK with me. The OA fellowship has given me a way of life that really works---IF I WORK IT. I am grateful to all the OAs who have helped me through the years and I thank God, my Higher Power, that I found **this fellowship**. -Rosemarie

# Treasurers Report (April)

Number	Day	Group	Contribution
48951	Sun	7 <sup>th</sup> Day Adventist Church	\$15.00
57783	Sun	Downtown Kissimmee	\$10.00
800822	MS	Central Christian Church noon	\$60.00
50209	Mon	Pimlico Rec Ctr., the Villages	
01048	Mon	Church of Ascension, Apopka	
45648	Mon	Casa De Fe Y Benediction, Kissimmee	
800442	Mon	Grace Zoom	
57739	Mon	Maitland 6:00 PM	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	
800729	Mon	OA Monday Big Book Meeting	\$50.00
89653	Mon	For today	
800822	Tues	Central Christian Church	\$65.00
800293	Tues	Many Faces One Solution	
56481	Tues	New Smyrna Beach Church of Christ	
52613	Tues	North Pool Celebration, Kissimmee	\$50.00
57273	Tues	The Meeting Place Ocala	
39211	Tues	New Covenant Baptist Church, Deland	
53032	Tues	YMCA, Lecanto	\$44.40
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	\$130.00
57994	Wed	Winter Park, 7 PM	\$35.00
57955	Thurs	Christian Family Worship Center	\$60.00
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminster By the Sea	
800822	Thurs	Central Christian Church	
54798	Thurs	Better Together Group	\$24.00
89384	Thurs	Zoom Body Image	\$5.00
89006	Thurs	Zoom Speaker Meeting	\$50.00
801000	Fri	Tuskawilla UMC, Casselberry	
20088	Fri	St. Luke's UMC	
45611	Fri	Lady Lake Library	
53167	Fri	Central Christian Church	
54490	Fri	Shepherd of the Hill Church, Clermont	
800822	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park	\$40.00
48952	Sat	Port Orange, Presbyterian	\$80.00
46887	Sat	Ascension Church	\$68.00
800378	Sat	Zoom Port orange	\$10.00
		Central Fl Intergroup	
		Big Book Study 6-8	
		Individual Contributions (Check)	
		Individual Contributions (PayPal or Zelle)	\$215.00
		Literature	
		Step Workshop or unknown group	
		Unknown group	

**Total Group Contributions**                      **\$1,011.40**

Digital Newsletter available at [www.oacfi.org](http://www.oacfi.org)

Note: All pictures used in this newsletter are sourced from Pixabay.

## Central Florida Intergroup / CFI Board Members

Chair: Debby H. ([chair@oacfi.org](mailto:chair@oacfi.org))

Vice Chair: Christie H. ([vicechair@oacfi.org](mailto:vicechair@oacfi.org)) Treasurer: Kathy M. ([treasurer@oacfi.org](mailto:treasurer@oacfi.org))

Secretary: Alicia C. ([secretary@oacfi.org](mailto: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](mailto:oacfitreasurer@gmail.com). Enter the amount with the group name, number, and meeting day. Select continue. Then select send payment now.**

For Zelle, send payments to [Treasurer@oacfi.org](mailto:Treasurer@oacfi.org)

Local Website: [www.oacfi.org](http://www.oacfi.org)

Regional Website: [www.oaregion8.org](http://www.oaregion8.org)

International Website: [www.oa.org](http://www.oa.org)

Facebook Page: [www.facebook.com/oacfi.org](http://www.facebook.com/oacfi.org)

Newsletter Email: [newsletter@oacfi.org](mailto:newsletter@oacfi.org)

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

\*TEMPORARY TikTok channel [@oa\\_cfi](https://www.tiktok.com/@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/wpcontent/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf>

## Suggested submissions needed for further Newsletters.

- 1 Anything on the step of the month or the tradition of the month.
2. Writing prompts: A. How has OA changed my emotions? B. From Away to OA. Relapse Recovery. C. Why do we need 12<sup>th</sup> step within? D. Why do we need the Next Generation Position?
3. I will take any articles months in advance.
4. Anything on the Tools. (Send articles to Carlene @ [tooncesc@yahoo.com](mailto:tooncesc@yahoo.com))

**Chair: Debby H.-OPEN**

**Vice-Chair: Christie H.**

**Treasurer: Kathy M.-OPEN**

**Secretary: Alicia C.**

**Parliamentarian: Annie M.**

**Literature: Carolyn Y.**

**Co-Webmaster: Carrie C.**

**New Beginnings Co-Editor: Carlene D. New  
Beginnings Co-Editor: Kathy S.**

**PIPO: Alyson T. -OPEN**

**Facebook/Instagram Claudia B.**

**TikTok: Tiffany H.**

**WSO Delegate: Kathy M #2**

**WSO Delegate: Debby H. #1**

**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. #1**

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

**Note, yellow  
highlighted areas  
are positions  
open at  
intergroup.  
Please consider  
doing service.**

**We need your**

## Attention: For Subscriptions

- 1. FOR NEWSLETTER: 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>

or

go to [www.oacfi.org](http://www.oacfi.org), and choose Newsletter, subscribe to our newsletter

- 2. FOR IG NEWS--NEW SIGN-UP INFO>**

**Go to**

<https://lp.constantcontactpages.com/sl/oHSdsFG/intergroupnews>

or

copy and paste this in your browser

<https://lp.constantcontactpages.com/sl/oHSdsFG/intergroupnews>

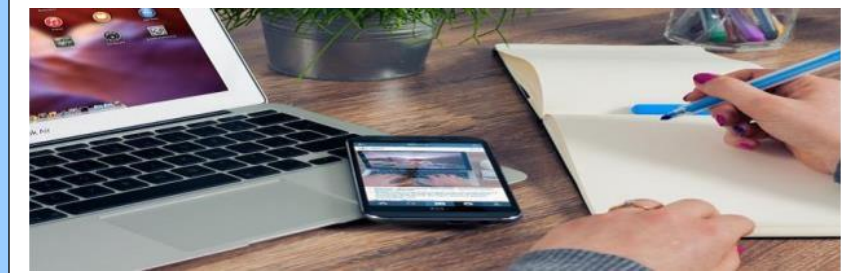
or

Go to [www.oacfi.org](http://www.oacfi.org)

Click on the "IG" in the far upper right-hand corner of the home page, in the orange area

Click on "Intergroup Mailing List

Everything will be sent by constant contact, and every email that goes out by constant contact has an unsubscribe button on the email or in the email so all we need to do is click that.



## Upcoming Intergroup Meetings:

**10 AM Saturday, June 8, 2024**

**10 AM Saturday, July 13, 2024**

**All Members are  
welcome to attend!**

Zoom info. for intergroup Meetings: Join Zoom Meeting

(NO password\_required) one tap mobile +

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



Digital Newsletter available at [www.oacfi.org](http://www.oacfi.org)

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

## Service

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

I once volunteered to write a couple-paragraph article for our newsletter. Just a couple paragraphs. I dawdled with it. It was only a couple paragraphs but I couldn't seem to get started on it. The editor called me up: "Hey! I've got to 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 seems to be improving. And I'm a little clearer and more direct on 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 till tomorrow. That means ideally you probably ought to start a day or two before deadline. Tomorrow, you review what you wrote, make 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 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.

## Building a Firm Foundation- Steps 1-3

Sunday, June 9, 2024

3:00- 5:00p.m. (EST)/ 2:00-  
4:00 p.m. (CST)

Join us for a virtual interactive workshop:

A Guest speaker for each Step 1-3

Followed by open Sharing

Interactive activity: Mind Mapping!

**ZOOM ID: 833 3622 1986 PASSCODE:  
434673**

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/83336221986?pwd=eDhqGnKQjNaUVdtU1pyc1dPOVZRZz09>

Please consider giving a 7th Tradition donation to Region 8 at (<https://oaregion8.org/region-8/contributions/>)

For more information, please contact:

Susan F. [smfitzmaur@gmail.com](mailto:smfitzmaur@gmail.com) or Sandi JC at (912) 464-4231.



**Dear Friends of Region 8,**

Please mark your calendars for an incredible Zoom Workshop on June 9th from 3 pm to 5 pm Eastern Time. We will have 3 speakers on Steps 1, 2, and 3, plus an interactive workshop. The Zoom link is below, but please see the attached flyer on page 18 for all the details!

Sincerely, Tina S., 12th Step Within Committee Chair Join Zoom -

Meeting: <https://us02web.zoom.us/j/83336221986?pwd=eDhqGnKQjNaUVdtU1pyc1dPOVZRZz09>

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See above.....

**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

<https://www.tiktok.com/t/ZT8wTuJT2>

### Facebook and Instagram Links

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

[https://www.instagram.com/overeaters\\_anonymous\\_cfi/](https://www.instagram.com/overeaters_anonymous_cfi/)

Come and see all the hard work Claudia has done!

### Apopka meeting (face to face)

**Monday 6:30 P.M.**

@ Holy Spirit Episcopal Church

601 S Highland Ave. Apopka, FL 32703

Contact Carrie C @ 781-867-1071

Or email Carlene @ [tooncesc@yahoo.com](mailto:tooncesc@yahoo.com)

### May 5<sup>th</sup> – June 2<sup>nd</sup> (Men's Weekend Retreat!)

*Recovery Happens Here! Sponsored By*

*LA Intergroup - Hybrid Event-Call Dave for more info.*

*619-787-2937 - Suggested donation is \$25.00. Start*

*time: Friday 6:00 PM to Sunday 1:00PM*

### Speaker Meeting!

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>

### 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.

*When I stopped Living in the problem and began living in the solution. The problem went away.*

### HOW TO USE PAYPAL

Follow these steps:

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

**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

### HOW TO USE ZELLE

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

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.

## NEWS FROM OA WORLD SERVICE

(<https://oa.org/news/new-welcome-text-added-to-suggested-meetingformats/?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



**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>

**Is Food a Problem for you? Are you 18 to 30 years of Age? A young Adult?** 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 Visit Overeaters Anonymous YP on Facebook <https://m.facebook.com/O>

**Secretary’s note:** Tik Tok is now accessible on the OACFI web page ( [www.oacfi.org](http://www.oacfi.org)) by clicking on the Tik Tok’s symbol in the upper-right-hand corner of the home page. It can also be accessed under the “ Resources” tab on the home page. From: Alicia

**Newcomer Open House Saturday, June 1st, 8:00am ET-9:00pm ET (UTC-4)**

**(Check Back for Meeting Schedule) Meeting Topics Include:**

Newcomer Orientation. Anorexia, Bulimia, and 100-pounder weight loss.

Where do I start? What are the 12 Steps?

Meetings for Young People in OA. Men in OA.

Meetings for BIPOC: Black, Indigenous, and People Of Color.

Meetings in English, Greek, Spanish, and French.

Zoom

ID: <https://us02web.zoom.us/j/88051276988?pwd=bmhpQXo0TytRkREN1Vmo3RmNMSUF3dz09>

Meeting ID: 880 5127 6988 Passcode: 101112

Find your local number: <https://us02web.zoom.us/j/88051276988?pwd=bmhpQXo0TytRkREN1Vmo3RmNMSUF3dz09>

[For more info/flyer](#) Sponsored by OA Virtual Region

**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

Digital Newsletter available at [www.oacfi.org](http://www.oacfi.org)

## Quick Step Study Workshop Series (**June 6, 2024**)

Page 11

Sponsored by: Central Ontario Intergroup (Virtual)

Register 24 hours before session

Time: Thursday 6/6/24 @ 7 PM-Thursday 6/6/24 @ 8:30 PM

Steps 10, 11, and 12

To register, email: [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org). If you don't hear back from us, check your junk mail and if that doesn't work, email [pattig123.0@gmail.com](mailto:pattig123.0@gmail.com). You don't have to attend every session. Email 24 hours before any session, and you will be registered for all remaining sessions. After you register, you will receive the handouts and the online meeting link.

Feel free to ask for assistance if you are new to videoconferencing. For any questions, email [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org) or contact Pat at 647-520-2742 or [pattig123.0@gmail.com](mailto:pattig123.0@gmail.com). Cost \$ 5.00 for each session.

### Details

Our Quick Step Study workshop series is great for newcomers and long timers.

**Schedule for each session (approximate)** Introductions – 15 minutes

- Writing on the designated steps – 30 minutes
- Explain the sharing – 5 minutes
- Share in small groups our writing – 30 minutes
- Evaluation and Wrap Up – 10 minutes

## Attention Group Reps and Secretaries

### Concerning meeting changes and additions

Please check your meeting information near the end of this newsletter. If there is a change to your meeting—cancellation, change in time or location, a new meeting, etc.—there are two things you need to do, please: 1. Go to: [oa.org](http://oa.org). Click on the three bars on the upper-right-hand area of the page. Click on “meetings” and select the option that applies. If you need help, you can also call OA at 505-891-2664 or click on the “contact us” tab at the bottom of the home page.

For a new group, you will need to obtain a group number from [oa.org](http://oa.org), if you don't already have one, before contacting Intergroup (Step 2). 2. Contact the OACFI Intergroup. Send a DETAILED email with all relevant information to Phyllis D. at [phyllis407@aol.com](mailto:phyllis407@aol.com) or call her at 386-717- 9721. Phyllis will update the meeting list and send it to the webmasters; the webmasters will upload the information. She will also let the OACFI treasurer and the newsletter editor know about the meeting change.





# Healing From Loss Workshop

*Speakers, Writing, and Sharing*

Sunday, 6/30/2024, 1-2:30pm ET

Zoom ID: 822 2374 9762

Passcode: 121212

**June 30<sup>th</sup> 2024** - Working Through Loss and Recovery Sponsored by Westchester United Intergroup (See above)

Type: Virtual Time: Sunday @ 1 PM to Sunday @ 2:30 PM

Details: Join us for a Healing from Loss workshop during which speakers will share their experience, strength, and hope in dealing with loss. A writing exercise and plenty of time for sharing will round out the event.

For more information, contact [ceb2133@gmail.com](mailto:ceb2133@gmail.com). See above

## OA LITERATURE FOR SALE! OA literature is available for sale.

To obtain literature, contact Carolyn Y. at [OACFI.Literature@yahoo.com](mailto:OACFI.Literature@yahoo.com)

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

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

- 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)

## Concept Six

The definition of responsibility is for one to be responsible for another, a task, a project, or a job. Parents share the responsibility for their children. An office manager is responsible for the office staff 's conduct and the operations within the office. A pastor is responsible for his congregation. A shepherd is responsible for their flock. When someone takes on responsibility, they should have a sense of caregiving for the subject for whom they are responsible. The Sixth Concept reads: "The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous." We, as members of Overeater's Anonymous, entrust our groups' well-being to a central governing entity managed by elected delegates.

When you walk into the rooms of Overeater's Anonymous you trust that the people in the rooms will help you with your food addiction. You may not have any idea that the 12 steps are the foundation for this program or that recovering people's lives are intertwined with the 12 steps. As you continue to attend meetings, your sponsor will encourage you to begin working the steps. However, you may never know about all the people who volunteer their time to keep the program healthy. These volunteers participate in Intergroup meetings, assume roles in various committees, handle finances, volunteer to chair retreats, and the list of responsibilities goes on and on

**By the grace of God, the responsibility for the health of the OA program does not lay on the shoulders of one individual. Decisions at the local group level and up through the hierarchy are decided in a Group Conscience. The 12-step program is greater than one individual. We are all but trusted servants. We are all forever grateful and humbled that our Higher Power led us to this life-saving resource. -Anthony**



### THE COURAGE TO CHANGE THE THINGS I CAN.

The Spiritual Principle of OA's Step 4 is Courage. In my experience, it takes courage (and perseverance) to look at what has happened to me and what I have done to others to recognize my part in the interaction. 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 in the past before I was abstinent." It takes courage and perseverance to keep showing up in meetings, even when I don't want to or fool myself that they aren't necessary.

Except... With some abstinence under my belt, I have a better view or a different perspective of those old behavior patterns and relationships. 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 that 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. EX: 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; this 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.

Digital Newsletter available at

[www.oacfi.org](http://www.oacfi.org)

**IMPORTANT: How do I subscribe or unsubscribe to the Intergroup News?** You can subscribe or unsubscribe from this list at any time by sending an email to: Go to <https://lp.constantcontactpages.com/sl/oHSdsFG/intergroupnews>

or copy and paste this in your browser

<https://lp.constantcontactpages.com/sl/oHSdsFG/intergroupnews>

See page 19 for more 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>



Join Zoom Meeting

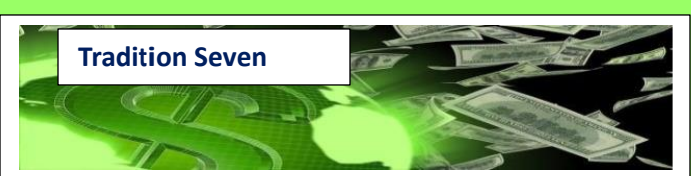
<https://us02web.zoom.us/j/5083293778>

Meeting ID: 508 329 3778

See above flier.

**Suggested submissions needed for further Newsletters.**

1. Anything on the step of the month or the tradition of the month.
2. Writing prompts:
  - A. How OA has changed my life.
  - B. From Away to OA. Relapse Recovery.
  - C. How has OA Changed my health.
  - D. OA and Kindness.
3. I will take any articles months in advance.
4. Anything on the Tools. (Send articles to Carlene @ tooncesc@yahoo.com)



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



# FEAR

**When fear strikes my heart, I remember that fear and faith cannot dwell in the same place at the same time. When I fear myself or other people, places, or things, it reminds me to concentrate on faith. For me, that means more surrender, more prayer, and more meditation. I consciously and gratefully receive more of God's love through family, friends, and the Fellowship. I still make mistakes, but I no longer fear my thoughts, my actions, or my disease because I trust my Higher Power. -Voices of Recovery, page 41**

# OVEREATERS ANONYMOUS®

CENTRAL FLORIDA INTERGROUP

**Note: The 7PM, Tuesday, Celebration Meeting (#52613) from May 28, 2024 – August 6, 2024 the meeting will be at 318 Campus St, Rm CCFC, Celebration, FL.**

Updated 4-29-2024

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10:00 am	V	50209	Pimlico Rec. Ctr. <b>Face to Face</b> 530 Belvedere Blvd. The Villages, FL 32162	Gloria	352-345-5638
10:00 am	L	89653	For Today Dedicated Virtual Meeting (Zoom only) Zoom ID: 693 585 0119 Password: 123123 <a href="https://us02web.zoom.us/j/6935850119">https://us02web.zoom.us/j/6935850119</a>	Vicki	517-256-0373
Noon	SS	800822	Central Christian Church Zoom only Zoom phone in 312-626-6799 pw452471# Zoom: meeting ID 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
Noon	BB	800729	OA Monday Big Book Meeting Zoom call-in Zoom only 309 205 3325 Meeting ID: 862 0335 5835, Passcode: 013606 <a href="https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmFOFdlld1NVSOlrN0hTQT09">https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdmFOFdlld1NVSOlrN0hTQT09</a>	Joleen	352-425-2339
6:00 pm	L	57739	Asbury Methodist Church 220 Horatio Ave. Maitland, FL 32751 (Face to Face)	Alyson T.	407-718-2127
6:30 Pm	D	53479	Face to Face Meeting Holy Spirit Episcopal 601 S. Highland Avenue Apopka, FL 32703	Carrie C.	781-867-1071
7:00 pm	V	45648	Zoom meeting Zoom only: <b>**Please text the contact person for current Zoom meeting and password information.</b> <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Terry C.	407-414-5298
7:00 pm	V	01048	Church of the Ascension Zoom call in # Zoom only: <b>**Please text the contact person for current Zoom meeting and password information.</b> <a href="https://zoom.us/j/9749783696">https://zoom.us/j/9749783696</a>	Jacqueline	407-423-4086
7:00 Pm	V	800442	Grace Zoom meeting Zoom call in # Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace <a href="https://us02web.zoom.us/j/86837813267">https://us02web.zoom.us/j/86837813267</a>	Alicia C.	443-754-0503
TUESDAY					
Noon	D	800822	Central Christian Church Zoom Only Zoom call in # 1-312-626 6799 pw 452471# Zoom meeting ID 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
5:30 pm	L	56481	United Church of Christ 203 Washington Street New Smyrna Beach, FL 32168 (Face to Face)	Debby	386-402-6631

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available at [www.oacfi.org](http://www.oacfi.org)

5:30 pm	V	57273	Welcome Home 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. <a href="mailto:FL.OA@gmail.com">FL.OA@gmail.com</a>	Diana E.	386-456-4622
7:00 pm	V	52613	The Jones Room <b>See note on page 15 at the top for change</b> 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)	Vicki	517-256-0373
Noon	BB	800822	Central Christian Church Zoom only Zoom call in # 1-312-626 6799 pw 452471# Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S.	678-429-1286
7pm	V	57994	First Congregational Church Face to Face <b>New Meeting</b> 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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
4:00 pm	V	54798	Bobbleheads Zoom only Zoom 842 9268 7636 pw Surrender <a href="https://us06web.zoom.us/j/84292687636">https://us06web.zoom.us/j/84292687636</a>	Donna G.	603-477-4555 Text first, please
4:30 pm	V	57955	Christian Family Worship Center 265 Ponce DeLeon Deleon Springs, FL 32720	Linda	386-215-9601
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368 pw boai8 <a href="https://us02web.zoom.us/j/82375409368">https://us02web.zoom.us/j/82375409368</a>	Kathy M	407-252-7575

7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790 pw 654321 <a href="https://us02web.zoom.us/j/86370717790">https://us02web.zoom.us/j/86370717790</a>	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086
FRIDAY					
9:00 am	V	54490	Zoom only Zoom 870 5439 1380 <a href="https://us02web.zoom.us/j/87054391380">https://us02web.zoom.us/j/87054391380</a> <b>**Call contact person for password please**</b>	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 154 974 236 pw 970404 225 W. Guava Street Lady Lake, FL 32159 <a href="https://us02web.zoom.us/j/154974236">https://us02web.zoom.us/j/154974236</a>	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 <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Kathy S	678-429-1286
7:00 pm	L	801000	Tuskawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 <a href="https://zoom.us/j/297035614">https://zoom.us/j/297035614</a> <b>1<sup>st</sup> Friday of every month is a SPEAKERS meeting</b>	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 <a href="https://zoom.us/j/88077179552?from=join#success">https://zoom.us/j/88077179552?from=join#success</a>	Jane V.	386 679-2098
9:00 am	D	38611	St. Richards Church 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

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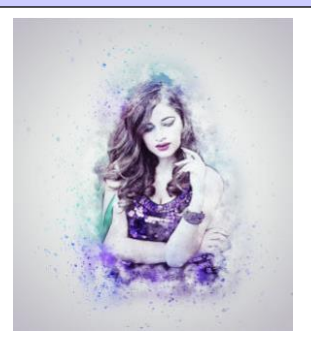
Meeting list pg. 18

12:00 pm	Med	800822	Central Christian Church Zoom only Call in 312-626-6799 pw 452471# Zoom 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
Sunday					
4:00 pm	L V	57783	<b>****NEW MEETING****</b> Downtown Kissimmee – Hybrid meeting – Face to Face 28 Broadway Ave. 2 <sup>nd</sup> Floor (stairs) Kissimmee, FL 32829 Zoom: <a href="https://zoom.us/j/83055460946">https://zoom.us/j/83055460946</a> Password: sosbigbook	Lisa K	321-276-2595
5:00 pm	V	48951	7 <sup>th</sup> Day Adventist Church Zoom only Zoom: 844 7739 8454 Password: serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Patti D.	407-791-1999

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

*Just for today*

I will be happy. This assumes to be true what Abraham Lincoln said, that, "Most folks are as happy as they as they make-up their minds to be."



## Character DeFects

**"When you have faults, do not fear to abandon them. (Confucius)"**  
Twelve Step Workshop and Study Guide, Step Six, pg 105, as quoted from 'For Today' 11/03

I don't really think there is fear around letting go of character defects—its more about being so 'good' at them. I practiced a certain behavior for most of my 43 prior-OA years, and have only been working on being different for 26. Guess what I'm better at?

Thank God, my abstinence is well anchored, because I sure had a lot of practice turning to food for life-support. Even when it no longer worked, I still tried over and over to change circumstances by eating. I knew it didn't work, yet I kept doing it.

So why would I expect my character defect to be different? It is a process, brought about by wanting to be of use to God and those He puts in my life, rather than constant self-focus. That is the intended results of taking the Steps—change for the better, starting with my eating and then continuing with improving my character.

Rather than be discouraged, I'm grateful for my improvement. I never turn to food, which is a good thing, and with God's help and continued step-work, the defects will melt back into assets with time. -Gerri



Digital Newsletter available at [www.oacfi.org](http://www.oacfi.org)



### Getting that Thought Out of My head

An old belief that is gone is that food is a 'treat'. It is not. When I catch myself thinking of rewarding myself with a treat, if a food comes to mind, I better get that thought out of my head and quick. If I don't share it, soon I'll wear it! I tell on myself when my head hints of those things. -Gerri

### Four Trustee Vacancies Announced; Former Delegates Can Apply by June 14

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May 15, 2024

The Board of Trustees has announced four vacant trustee positions. In accordance with OA Bylaws, Subpart B, the board will appoint qualified members to serve as trustees in these positions through the end of WSBC 2025. Please read and share [the board's vacancy announcement letter](#) with your OA fellows.

Former delegates who have attended at least two World Service Business Conferences (WSBCs) and meet additional abstinence and service requirements are eligible to apply. All new trustees will be assigned a trustee mentor to help ensure their success in this rewarding service role. To apply, read the [job description](#) and note the service requirements listed in the [application](#). Send your completed application to the World Service Office no later than June 14.

## More World Service Headlines

For all world service news, visit [oa.org/news](http://oa.org/news).

### [Anonymity Pamphlet Now Available in E-book Formats](#)

Buy *Anonymity* (#390) in the OA bookstore or on e-book platforms.

### [Delegates Get the Job Done at World Service Business Conference 2024](#)

Get the highlights, including voting results for trustee elections and New Business Motions and Bylaws Amendments.

### [Four Trustee Vacancies Announced; Former Delegates Can Apply by June 14](#)

If you've served at least twice as a delegate to World Service Business Conference, you may be eligible to apply for a trustee appointment.

### [Add OA to Trusted Search Results in Your Country](#)

If you live outside the US, you may be able to help people who are searching for a solution to anorexia and bulimia find Overeaters Anonymous.

### Add OA to Trusted Search Results In Your Country

Service bodies outside the US may be able to boost OA's online profile among people searching for recovery from anorexia and bulimia. A new letter, "Adding OA to Trusted Eating Disorder Websites Outside the US," explains how.

If you've searched anorexia- or bulimia-related topics on popular search engines or social media sites, you may have noticed these sites place certain results at the top of the list or on a separate page dedicated to trusted eating disorder resources. Online platforms have moved to designate trusted resources to protect users from a trend of harmful content being posted on these topics. OA trustees and region chairs have recognized this as an opportunity for us to carry our message by petitioning to have oa.org added to the lists of trusted resources.

The Board of Trustees and the World Service Office are taking steps to improve OA's profile among US-based search results. If you belong to a service body that operates outside the US, we encourage you to read the letter and explore what similar public information opportunities might be available in your country. Thank you for your service!



## Character Defects

**"Over the years, we may have accumulated many negative ideas about ourselves. These ideas may be in the form of beliefs that we have about ourselves or names we may call ourselves, such as stupid, lazy, slob, or liar. If we are to recover, we must not shy away from examining the accuracy of these beliefs which may have been with us since childhood."**

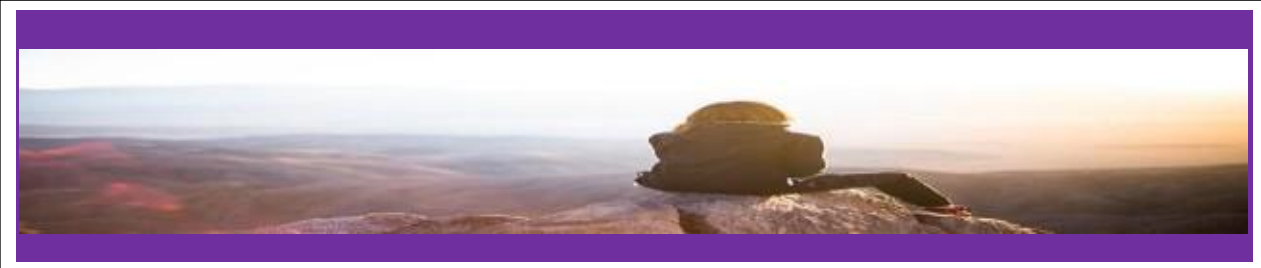
*Twelve Step Workshop and Study Guide, pg. 84-85*

**This is the positive side of Step Four—breaking away from the negative beliefs which blocked me from being my very best, authentic self. My father had very little positive things to say to his kids. Me, he referred to as a 'jack of all trades but a master at none.' I came in second often in competitive swimming but for him, nothing but first was acceptable.**

**I discovered in Step Four, that being pretty good in a lot of things had really taken me quite far, especially in my work. I knew a little about a lot of things, and while not an expert in any of them, that broad scope of knowledge was a valuable asset and I commanded a fairly good salary as a result.**

**Once while visiting, he made that reference to me again, and I thanked him—recovery turned his negative reference of me into a compliment. Of course, he didn't get it but I did! I could feel good about using my varied talents to the best of my ability.**

**I often hear references to 'perfectionism' in meetings but that wasn't me. I had to raise my standards. My home will never be spotless, but now it's clean, a direct benefit from this step. It was a gradual transformation—doing laundry more often, vacuuming, putting the dishes away, dusting more frequently. -Gerri**



**Road to Recovery**  
OACFI Fall Retreat 2024  
October 11 - 13th



**THE SECOND LAKE YALE RETREAT PLANNING  
EVENT JUNE 19<sup>TH</sup> 2024 @ 5:00 PM**

**See link below.**

**Remember if you signed up at last year's retreat. This is the planning event. I hope to see you there!**

Please consider joining us as we begin planning for the 2024 CFI Fall Retreat. We need you; we need your service; we need your ideas and your participation! Together—We Get Better!

<https://us02web.zoom.us/j/87420030001?pwd=aVpOdjRhWkZJTUNXKzFEaU0ZTBKQT09>