

## New Beginnings (July 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 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)

**Fri., July 4<sup>th</sup>, 2024, Independence Day, Gratitude for the past, Hope for the Future.**

**Sat., July 13<sup>th</sup>, 2024, From 10 A.M. OACFI Intergroup. . There will be no PIPO meeting to follow.** This is held on line on Zoom. Click on this link: <https://us02web.zoom.us/j/5083293778>

### Virtual Meetings:

July 2, 2024, 12 Traditions Workshop Series, Virtual, Time: Tues. 7-9 PM, **Details**-Join us for a twelve-week, in-depth, and virtual Traditions study using the new [Twelve Traditions Workbook of Overeaters Anonymous](#). Registration opens May 10 and space is limited. To register, contact [carolponz@aol.com](mailto:carolponz@aol.com) or [mcjasper2@gmail.com](mailto:mcjasper2@gmail.com). **July 12-14, Region 2 Convention, "Making Footprints for Others to Follow,"** Hybrid Mtg as well as face to face, Time CA time: Fri., 10:42-Sun., 10:42 Sacramento, CA, <http://tinyurl.com/2nd3zyrw>

Sat., July 13<sup>th</sup>, "Family Share" Creativity and Fellowship, ("Family," = Friends Who Feel Like Family) Virtual Sat. 7 PM to Sat. 8 PM, topics 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

**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!

**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!**

**Remember there will be no PIPO meeting this month.**



## Step Seven: Humility

Humbly asked Him to remove our shortcomings.

## Tradition Seven: Responsibility.

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

**Concept seven:** The board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

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## Calendar Events:- Continued

**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, more information to follow. Planning event on July 17 at 5 PM. See page 4 for sign on information.**

July 6, 13, 20, and 27<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/shogghparvazoa2>

### 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)\*

**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>

## What I heard at meetings.

1. This is a shame-based disease.
2. I stopped going to meetings and the denial crept in.
3. Let yesterday go and live in the now.
4. Being the person, you liked, hurts you.
5. This is a program that you never graduate.
6. I have a 12-step solution to my problem.
7. The 1<sup>st</sup> 3 steps are the building blocks to this program.

8. I am a work in process.



**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 C. 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**

**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 help and your input!**

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



# What IS Twelfth Step Within?

As a person who has been in a very long-term relapse (in and out of relapse for over 20 years), the Twelfth Step Within concept is very near to my heart. I know quite well the despair of going to meetings and thinking that I must be "one of those unfortunates," perhaps constitutionally incapable of honesty. I know the pain of thinking that I have nothing to share, nothing to offer; of skulking off quickly after meetings, as I watch everyone else sharing fellowship, fellowship in which I deem myself unworthy of inclusion. This is a very lonely and hopeless feeling. I saw the recovery in others. I remembered when I felt the same hope. Now I began to have serious doubts about ever being able to recover. I worried as I ate. I wondered how much longer this could go on. What would come first, a disabling stroke, death or just more years of torture?

A few years ago, my friend and I decided to start a Recovery after Relapse meeting on a Tuesday evening. There were no other Tuesday evening OA meetings nearby, so we decided it was the best night for it. Well, the meeting pattered along, sometimes with two people, occasionally with 3 to 5 people, then just one ... me. The meeting limped along for a few more months, but eventually closed. Total running time? About 8 months. Fortunately, all was not lost, as one member became Abstinent. In my eyes, that categorized it as a success.

As the Twelfth Step Within Chairperson for our Intergroup, I wondered if there could be a more popular way to offer this specific kind of fellowship to those in our midst suffering in active food addiction. I decided to try to attach an "after meeting" to an established Beginners meeting at a local clubhouse. The Beginners meeting typically attracts between 25 and 45 people. I announced during this meeting that any members in relapse and any members who want to share their recovery were invited to meet briefly following this Beginners meeting. This new meeting has been consistently attracting up to ten people ever since! We dispensed with all structured readings, and chose instead to read a page from New Beginnings or another OA book and jump right into sharing. Food references are permitted, as it is helpful for members to openly share about their experiences with trigger foods.

We felt it was important to go around the circle, allowing each member the opportunity to share (or pass) as they wished. So often, individuals in relapse are reluctant to share in larger meetings or in meetings where those with long-term abstinence tend to dominate. This small, informal group provides just the kind of intimate setting, which allows members to open up and shed light on their secrets and unhealthy eating behaviors in a very accepting and healing atmosphere of recovery. I believe that HP is present at all of our meetings and there is so much hope when old timers share their recovery experiences. For example, one member explained that she called herself the "Queen of Relapse" for many years and now, through the grace of HP and this program, is celebrating 6 years of abstinence. People with solid recovery provide inspiration and those in relapse are encouraged to talk, share their feelings and heal.

Even though this idea is quite simple, I offer it to anyone who would like to try it. This has become a very special and strong meeting. I hope a lot of recovery will result from this as we try to carry the message of recovery to those who still suffer among our ranks.

We dedicate our meeting to those who have lost their lives to this disease and at every meeting we pray, "God, please get between me and the food today, so that the food does not get between me and you." From SOAR 8 newsletter

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

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)



## Upcoming Intergroup Meetings:

10 AM Saturday, July 13, 2024

10 AM Saturday, August 10, 2024

**All Members  
are welcome to  
attend!**

Zoom info. for intergroup Meetings: Join Zoom Meeting

<https://us02web.zoom.us/j/5083293778> (NO password required) one tap mobile + 13052241968,5083293778# US



## 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)

**Lake Yale Retreat October 11, 12, 13,  
2024**

**Title: The Fellow Brick Road to Recovery**

**Planning Event: July 17, 2024**

**Time: 5:00PM**

## Join Next Zoom Meeting

<https://us02web.zoom.us/j/87927142775?pwd=WisrRWtTUFJGZlA4THJ2T3ZRd1BSUT09>

**Meeting ID: 879 2714 2775**

**Passcode: lakeyale---One tap mobile**

**+13052241968,,87927142775#,,,,\*44778319# US**

**+13017158592,,87927142775#,,,,\*44778319# US  
(Washington DC)-)**

**Meeting ID: 879 2714 2775**

**Passcode: 44778319**



## 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)

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

## 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)

## 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."

**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>

**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

### 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

## 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.

## 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!

## 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.

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

**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>

**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 pg.

**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>

### *12 Traditions Workshop Series*

*July 2<sup>nd</sup>, 9, 16, 23, and 30th 2024*

*12 Traditions Workshop Series,*

*Registration Opens May 10<sup>th</sup>,*

*Time: 7-9PM- 12 Week zoom event*

*Participants will be using the new OA Traditions work book*

*Virtual*

*Space Limited*



## 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](mailto:oacfitreasurer@gmail.com) Zelle: Send \$\$\$ to [Treasurer@oacfi.org](mailto:Treasurer@oacfi.org) Thank you Kathy M., Treasurer OACFI



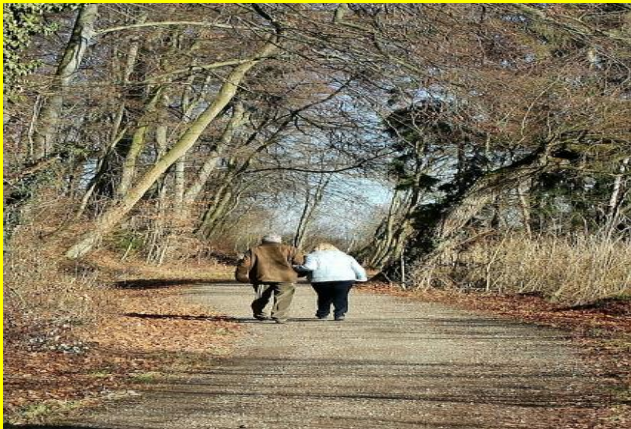
## Copyright Infringement for Images on Websites/Fliers/Social Media

At OA World Service Business Conference, we were informed that the World Service Office is being sued for copyright infringement for a copyrighted image used in a flyer on an intergroup's website. Copyright infringement lawsuits can cost tens of thousands of dollars. Any image used may be a copyright infringement if they have not obtained permission to use the image. This is a serious concern because there are more than 250 different OA websites across various regions and intergroups.

Images on our website are either public domain (royalty free), designed by our webmaster (custom for SOAR8 and free), or have been purchased with a license to use from 123rf (one of the many stock photo sites on the Internet (i.e. iStock, Shutterstock, Pixabay -- just to name a few). Region 8 OA does not endorse the use of any particular stock photo sites on the internet. The sites listed are simply options. Even the images (including photographs) that have been used from a free site, need to have the source of the image credited on the flier.

# The Baggage of FUN

The word “fun” has a lot of baggage for me. I relate much more to the idea of “lightheartedness and pleasure.” As I have found recovery in OA, I have found lightheartedness and pleasure in many things: • Walking in nature, often by myself but sometimes with my husband, brings me great pleasure and often lightheartedness. It does so many things...: exercises my body, increases my awareness of what is around me, increases endorphins to my brain (I understand), and just plain feels good. Even when it doesn't feel good right at the beginning of my walk, by the end of my usual 1-mile route, the aches and pains of my joints are working themselves out, and those endorphins are flowing! • I also sing, often in the car, and whistle when I am in my pool exercise class — again, it is the awareness of my body, of the vibrations moving through me, that brings the joy (Oh! That's the first time I've used that word — but joy is definitely a part of it all!) • Last, but far from least, is interacting with my 10 grandchildren, 7 of whom live in the area. They range in age from 3 to 21. Talking with them like people, I delight in their growth and their insights and joys. I am happy they value me being a part of their lives. I love sharing life with them, and being available when they are ready to share THEIR lives with me. And I don't have to eat for any of these things to happen! — Kathy Z.



## For Today

I will be unafraid, Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.



## To stay out of Relapse Part Two

18. Be good to yourself, you deserve it.
19. Easy does it.
20. Get out of the “IF ONLY” trap.
21. Remember HOW IT WAS. Your last binge, the feelings etc.
22. Be aware of your emotions.
23. Help another in his/her recovery, extend your hand, listen.
24. Try to turn your life and your will over to your Higher Power.
25. Avoid all mood-altering drugs, read labels on all medicines.
26. Turn loose of old ideas.
27. Avoid situations that may tempt you to binge.
28. Make lots of new OA friends.
29. Read the Big Book.
30. Try not to be dependent on another. (Sick relationships).
31. Be grateful and when not make a GRATITUDE list.
32. Get off the “Pity Pot” .... The only thing you'll get is a ring around your bottom if you don't.
33. See knowledgeable help when troubled and otherwise.
34. Face it! You are powerless over food, people, places and things.
35. Try the 12 and 12, not just 1 and 12 or 1, 12 and 13!
36. Let go and let God.
37. Use the God bag or box and the answers: yes, no, or wait I have something better in store for you. Don't forget to say thanks.
38. Find courage to change through example of others.
39. Don't try to test your will- power-give a compulsive overeater one shovel and one pail and in one hour he/she will need 100-wheel barrels.
40. Live TODAY, not Yesterday, not Tomorrow-projection is planning the results before anything even happens.

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

Note: All pictures used in  
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from Pixabay.





## Step Seven

### “Humbly Asked God to remove all my shortcomings.”

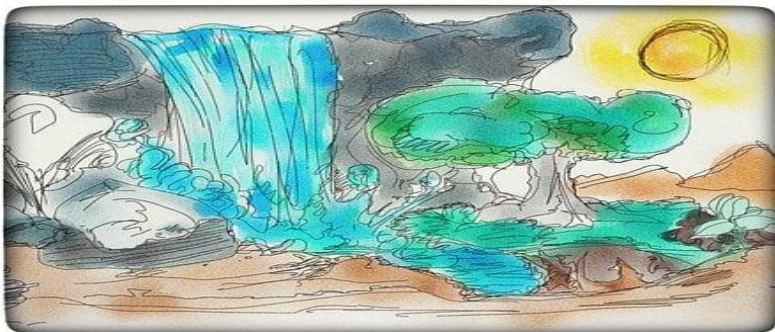
When I first entered the rooms back in (1976) I remembered thinking I'm a nice person, what shortcomings do I have? I had low self-esteem, was introverted, and felt less than, yet I was a kind, loving gentle person, wasn't I? But as my disease progressed, so did my shortcomings. My list grew to more than I like to admit but I made my list. Then I remade my list. I looked over it and I prayed over it. Then when I felt I had thoroughly completed steps 1-6. I got down on my knees and humbly asked God, my Higher Power, to remove each and every one of them. One by one, I named them and knew that they would be removed in God's time. I got off my knees and God had done for me, at that moment, what I was unable to do for myself in over forty years. I felt different, serene, and calm. I was also more confident less insecure but I felt so humble. I was a new person. I became a person I liked again. One whose dependence on God gave me strength beyond my wildest imagination. Humility is the principle of Step Seven. I was unaware of what true humility was until God became the center of my life. Now I humbly serve Him and am willing to humbly do service. Each day I remind myself that God removed my defects of character and I pray that will I never return to that person I was a few short years ago. By Cynthia

## The Seventh Tradition

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

The Spiritual Principle of this tradition is “responsibility”. At first look this is easy to say we are supposed to contribute to our group meeting. Help support OA: don't expect some else to do it. But what is responsibility in our lives? Are we self-supporting? Do we do our share to help support the household we live in? We can do this even if we don't work. How do we spend our money? Do we carefully watch our expenses and pay our bills on time? To me this is my “responsibility” that has been taught to me through learning and living the Seventh Tradition. By Cynthia

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



## Remembering Bottoming Out.

*“We ask ourselves: ‘Have I truly taken Step Three? Have I sincerely turned my will and life over to the care of God—as I understand Him?’”*  
*The Twelve Step Workshop & Study Guide, pg. 39*

If I'm still eating, I haven't taken Step Three—I'm still turning my will and life over to the care of food. I hit such a hard bottom, accompanied by thoughts of suicide, that desperation drove me to want something better.

I know I've written of this before, but my fist sponsor had me write about my 'bottom', recalling how I started binging on my way home from work, and ate to a point where I couldn't get up off the couch, which is the only thing that kept me from blowing my brains out. She suggested I carry that piece of paper in my pocket, and when compulsive eating sounded like a good idea, to read it, because that was my reality.

Food may have promised something different, but it truthfully brought me to the precipice. I prayed to a God I no longer believed in that night, so perhaps I took Step Three even before I found OA a month later. I never, ever want to go back to that desperate jumping off place.

I truly have taken Step Three, and know that my will and life are much better in the care of God, than in the care of food. I no longer have that piece of paper—it went through the wash maybe a year into recovery, but I read it enough to have that recall, instead of the euphoric lies of food. Oh sure, I do get an occasional thought of 'one bite won't hurt', but the next thought is the words I wrote twenty-six years ago. That's my reality! Gerri



## Becoming Willing-How?

"I'm *willing* to try anything" to (fill in the blank). Try the rope swing over a lake. Try driving a rental truck. Try any new fad diet "guaranteed" to make me lose weight and look like I always knew I could but somehow never did.

As I sit down to write this and look at our steps beforehand, I realize *willingness* of some sort is needed for nearly every step. *Willing* to admit I have a problem. *Willing* to believe there is a loving Higher Power in my life. *Willing* to turn over my will and life to that HP. *Willing* to dig deep in my heart and mind to extract my mis-deeds. And so on. I need willingness.

What about when the willingness dries up? For me, little things start happening. I am late for my meetings, or completely forget an appointment. I start to get that crabby child- feeling inside. Sometimes it takes bigger things happening for me to realize I have stopped being willing. I notice the button on my waistband is ready to pop. I think back and realize I haven't exercised in weeks; I may be a little shy with my daily veggies and a little heavy handed with something else.

When I first started in OA, I was in desperate condition. Even now, I seemingly need to trip on the stairs, metaphorically speaking, or get a bucket of cold water in the face to realize what I have is starting to slip. I slowly become oblivious without a daily reminder of all the good things in my life that exist because I've been willing to follow the 12 steps. Fortunately, these days rather than major set-backs, I will notice things just don't feel great for me and I sit myself down and go through the list.

When I had an infant that was in romping fussy or crying, I would rock the baby and go through the list in my head. Is she wet? Poopy? Hungry? Cutting teeth? Growth spurt? Often, I realized holding her and rocking was what she needed to feel OK. In that same way, I need to stop everything and sit myself down, talk to the parts that are fussing inside my head, and remind myself of the richness of my life when I am following my steps, when I use my tools, and especially when I remind myself that I am not responsible to solve other people's troubles. That no matter how badly I want someone I love to feel better, I can't fix it. I can only take care of me.

I build my willingness back up with baby steps. And I call myself out when I do it *right*. I have had a lifetime of others, including myself, trumpeting when I get it wrong. I started listing what went *right* today. What worked. That leads to spending more time on planning my meals, since I need proper food just like that baby I had. And exercise. And with each of those steps, I will acknowledge that I did it, I was willing, I'm ready for more!

These actions soothe the little kid that still lives inside me and was really wanting something to work out right.

In a few days, maybe a week, I realized my willingness tank is topped up. As I am willing, I more effective fellow in my meetings, with my sponsor and sponsees? I am greeting my program with open arms in the morning and a kiss goodnight at bedtime.

When I have a task or behavior I really don't want to do and know I need to do it for my abstinence, and to live with myself, I give myself a specific amount of time and mark it with timers or a calendar. Once that time is up, I take my first step to whatever that was. Since I have begun this practice, some of the procrastination that has bothered me for years begins to ebb. Somehow, by saying, OK, you can have a little more time, I beat myself up by harumphing and realized that task will still be hanging over my head when the alarm sounds and I might as well get to it. -Annie M



## How Service Helped my program.

**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 to keep the meeting to its scheduled for an hour and 15 minutes each month.**

**I started six years ago as a Meeting Rep. Requirements to be an Intergroup Rep:**

- read the monthly minutes and reports prior to the meeting
- note any questions I might have regarding those reports
- show up to the meeting
- vote when necessary
- bring information back to the group you are representing
- easy-peasey!

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

**Meeting a Rep is a huge service to both the Intergroup 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, can help the chair and vice-chair run the meeting smoothly, and keep to the schedule. (We have books and people who can mentor for this skill). This position does not vote but needs to be present. She 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 IG, my home group and myself.**

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

**Once I click out of these monthly 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, and 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 a 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**



# ZOOM With Us Every Monday Morning!



Focus:  
For Today OA book



## Mondays 10AM-11AM

Meeting ID: 6935850119

Password: 123123



<https://us02web.zoom.us/j/6935850119?pwd=WENvMHh1Mm9vNlVtbnR5SWVud3pkZz09>

### July 26-28, 2024- Weekend Retreat in Florida

Title: G.O.D. Good Orderly Direction

Sponsored by Pinellas Traditions Intergroup

Face to Face Only

Time: Friday 4 PM-Sunday 11:30 AM

@ The Franciscan Center

3010 Perry Ave.

Tampa, Fl. 33606

Any questions, contact:

**Karen R**

[platoscloseton19@gmail.com](mailto:platoscloseton19@gmail.com)

or:18132408572

### *Things I heard at meetings.*

1. **Food is a fuel, a gift, and is there to keep me alive not as a treat.**
2. **God sees around the corner and I can't.**
3. **Those sugar foods are not God's will for me.**
4. **You are beautiful. I am sorry I did not see you that way before.**
5. **Whatever people think about me is none of my business.-Carlene**



## Treasurers Report (May)

Number	Day	Group	Contribution
48951	Sun	7 <sup>th</sup> Day Adventist Church	180.00
57783	Sun	Downtown Kissimmee	
800822	M-S	Central Christian Church noon	199.00
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	172.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	109.00
800729	Mon	OA Monday Big Book Meeting	
89653	Mon	For today	
800822	Tues	Central Christian Church	
800293	Tues	Many Faces One Solution	
56481	Tues	New Smyrna Beach Church of Christ	
52613	Tues	North Pool Celebration, Kissimmee	3.00
57273	Tues	The Meeting Place Ocala	
39211	Tues	New Covenant Baptist Church, Deland	
53032	Tues	YMCA, Lecanto	
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park, 7 PM	27.00
57955	Thurs	Christian Family Worship Center	
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminster By the Sea	100.00
800822	Thurs	Central Christian Church	
54798	Thurs	Better Together Group	
89384	Thurs	Zoom Body Image	10.00
89006	Thurs	Zoom Speaker Meeting	75.00
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	50.00
800822	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park	90.00
48952	Sat	Port Orange, Presbyterian	40.00
46887	Sat	Ascension Church	
800378	Sat	Zoom Port orange	
		Central Fl Intergroup	
		Big Book Study 6-8	
		Individual Contributions (Check)	178.00
		Individual Contributions (PayPal or Zelle)	
		Literature	
		Step Workshop or unknown group	
		Unknown group	

**Total Group Contributions \$ 1,156.00**

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

## Imperfection

No longer do I want perfection.

Humility is the way for me.

Making mistakes confirms

That I am only human after all.

A happier person I will be.

With God by my side

How can life go wrong?

It's happiness that matters

Mistakes will make me strong.

No longer will I fear and worry.

My imperfections have set me free.

Today my mistakes don't taunt me.

A happier person, you will see.

By Beth Z

## Attention Group Reps and Secretaries

Please check your meeting information near the end of this newsletter. If there is a change to your meeting—cancellation, change in time or location, a new meeting, etc.—there are two things you need to do, please: 1. Go to: [oa.org](http://oa.org). Click on the three bars on the upper-right-hand area of the page. Click on “meetings” and select the option that applies. If you need help, you can also call OA at 505-891-2664 or click on the “contact us” tab at the bottom of the home page. For a new group, you will need to obtain a group number from [oa.org](http://oa.org), if you don't already have one, before contacting Intergroup

(Step 2). 2. Contact the OACFI Intergroup. Send a DETAILED email with all relevant information to Phyllis D. at [phyllis407@aol.com](mailto:phyllis407@aol.com) or call her at 386-717- 9721. Phyllis will update the meeting list and send it to the webmasters; the webmasters will upload the information. She will also let the OACFI treasurer and the newsletter editor know about the meeting change. THANK YOU! Check to make sure your group is listed as the correct type of meeting—hybrid, online, phone, or face-to-face—on [oa.org](http://oa.org). Digital Newsletter available at [www.oacfi.org](http://www.oacfi.org) 2

### CARRYING THE TORCH

**Finding Better Balance with Work/Life/Service. Is your service overwhelming you?**

**This workshop is for YOU!**

**Please join us for 2 speakers and breakout rooms where you can get personalized ideas.**

**SUNDAY, JULY 28, 2024 3:00 – 5:00 EASTERN TIME**

**Zoom ID: 816 3916 8833**

**Passcode: intergroup**

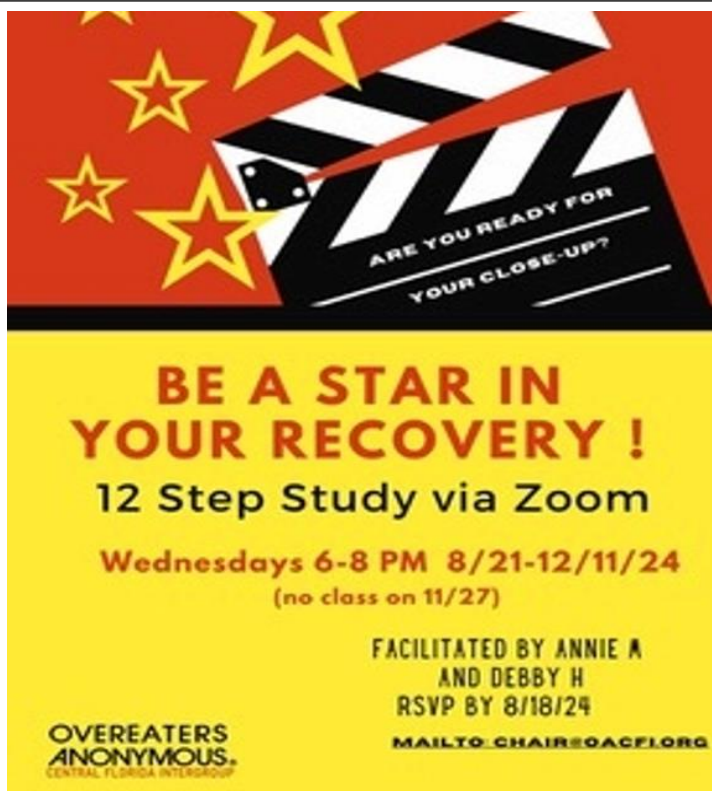
**Please consider giving a 7th Tradition donation to Region 8 at (<https://oaregion8.org/region-8/contributions/>)**

**For more information, please contact Annie M. at [IGORchair@oaregion8.org](mailto:IGORchair@oaregion8.org)**

**Digital Newsletter available at**

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

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



**BE A STAR IN YOUR RECOVERY !**  
**12 Step Study via Zoom**  
**Wednesdays 6-8 PM 8/21-12/11/24**  
**(no class on 11/27)**

FACILITATED BY ANNIE A  
AND DEBBY H  
RSVP BY 8/18/24  
MAIL TO: [CHAIR@OACFI.ORG](mailto:CHAIR@OACFI.ORG)

OVEREATERS ANONYMOUS.  
CENTRAL FLORIDA INTERGROUP



Come join us for the 2024 OACFI Annual Retreat  
**The “Fellow Brick Road to Recovery”!**  
**October 11, 12, & 13th**  
**at Lake Yale Retreat Center**

39034 County Road 452, Leesburg, FL 34788

Please reach out to Kathy M @ 407-252-7575 or email [retreat@oacfi.org](mailto:retreat@oacfi.org) with any questions or service volunteering.

- Fellowship/Sharing
- Speakers
- Workshops
- Entertainment
- Boutique (start saving your donations now-use dryer sheets in shoes, etc.)
- Gift Baskets
- Meals
- Lodging

**Scholarships Available**

\*\*\*request right away with registration form

Room Registration ends Sept. 30th.  
 No refunds after Sept. 30th.

*Register NOW to assure your preferred accommodations.*

**Mail registration & checks payable to:**

OACFI Fall Retreat 2024  
 C/O P.O. Box 180293, Casselberry,  
 FL 32718

Payments may also be made through:

**Zelle:** [treasurer@oacfi.org](mailto:treasurer@oacfi.org) or  
**Pay Pal:** [oacfitreasurer@gmail.com](mailto:oacfitreasurer@gmail.com)

**Don't forget to mail in your registration.**



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**Name:**

**Roommate Name:**

**Address:**

**Phone:**

**E-Mail:**

**Special Needs:**

**Please check all that apply:**

- Single occupancy @ \$265.00
- Double occupancy @ \$216.00. (each)
- Day Tripper-Oct 12th (includes 3 meals) \$75.00
- I am willing to be a workshop leader. (Requirement: 6 mos. abstinence).
- I am willing to volunteer for service.
- I would like to donate to a scholarship: \$ \_\_\_\_\_
- I will bring a gift basket for the retreat.



# KEEP IN MIND: Our OA Convention Boutique will be needing donations

*Gently used and Clean:  
Clothes · Shoes · Jewelry ·  
Household Items · Misc.*



Please contact (thru **TEXT ONLY**)  
Annabelle 315-335-9775, Carol Sch 561-703-8896,  
Elise 516-639-7279, or Lorraine 561-699-6052 for more  
information about when and where to drop off items.

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

Hosted By  
 GOLD COAST INTERGROUP  
 PALM BEACH COUNTY INTERGROUP



*"Be Protected. Stay Connected"*

# CARRYING THE 🔥 TORCH 🔥

## Finding Better Balance with Work/Life/Service

Is your service overwhelming you?  
This workshop is for YOU!

Please join us for 2 speakers and breakout rooms  
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For more information, please contact Annie M. at  
[IGORchair@oaregion8.org](mailto:IGORchair@oaregion8.org)

## Hotel Information



### DoubleTree by Hilton\*

100 Fairway Dr., Deerfield Beach/Boca Raton, FL 33441  
 954-427-7700

You must make your own reservations with DoubleTree by Hilton. Use code "SOAR8" to receive special rate: 129/night plus tax for 1-4 person per room.

Hotel requires a credit card to hold reservation. Any reservations made after that date will be charged at the current room rate. Rooms available at the preferred rate for 3 days before and 3 days after the convention based on availability. Use Google Maps to find your way to the hotel.

- Check In 4 pm • Check Out 11 am
- Complimentary Hotel Parking
- EV charging: Nearby, 1 mile
- In/Out privileges • Breakfast on your own
- Restaurant on premises and many nearby
- Recreational Opportunities

*Outdoor Pool, a Spa Tub, a 24-hour Fitness Center, Wireless Internet Access, Concierge Services, and Gift Shops/Newsstands.*

#### • Room Features

*Two queen sized beds with down comforters and premium bedding, Refrigerator in each room, LCD television, Complimentary wireless internet, Satellite programming available, Private bathrooms with bathtubs or showers and feature designer toiletries and hair dryer*

- Handicap rooms available

\*Photo was used with permission of the DoubleTree Hotel.

## Easy Online Registration



<https://SOAR8beprotectedconvention.eventbrite.com>  
 (A surcharge is added when using this site.)

### Friday's Schedule

Registration Opens 3:00pm  
 Workshop 5:00pm-6:00pm  
 Dinner Break – Dinner on your own  
 Assembly/Recovery Convention Convenes 7:15pm  
 Welcome Program for All 7:30pm  
 Late Night Meeting 10:15pm

### Registration

<b>Early Registration</b>	
Postmarked by 8/31/24	\$40
<b>Late Registration</b>	
Postmarked after 8/31/24	\$45
<b>Virtual Visitor for Business Assembly</b>	n/c
<b>Saturday Only Registration</b>	
Postmarked by 8/31/24	\$40
Postmarked after 8/31/24	\$45
<b>WALK-INS ARE WELCOME</b>	\$45
<b>Saturday Luncheon</b>	
<b>OA Friendly Buffet</b>	\$52
<b>Saturday Night Banquet</b>	\$72

## Or Mail This Registration Form

Please fill out both sides of registration form.

Make check or money order made payable to:  
**Gold Coast Intergroup**  
 Mail to: OA Gold Coast Intergroup  
 P.O. Box 416  
 Deerfield Beach, FL 33043

\_\_\_\_\_

**Name and City for Badge:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Fees Enclosed:

Registration Fee \$ \_\_\_\_\_

Sat. Lunch (\$52)\* OA Friendly Buffet \$ \_\_\_\_\_

Saturday Night Banquet (\$72) \$ \_\_\_\_\_

Chicken  Salmon  Vegan \_\_\_\_\_

Scholarship Contribution/7th Tradition \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**No one will be turned away  
 for lack of funds.**

*If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.*

## Registration form:

### Registration Status:

Recovery Convention Attendee

### OR: Business Assembly Attendee (Need COE):

Board Member  Trustee

Funded Comm. Chair  Parliamentarian

Representative (  First timer ) IG# \_\_\_\_\_

Representative (Returning) IG# \_\_\_\_\_

Representative (Virtual) IG# \_\_\_\_\_

I will be a  Mentor

I am also my INTERGROUP'S CHAIR

### I need translation services:

Portuguese  Spanish

## I will give service

Speaker: I have 90 days of continuous  
abstinence \_\_\_\_\_ (initial here)

I speak Spanish/Portuguese (circle language)

Anywhere -- as needed

Hospitality Room

Hugger/Greeter

Meeting Room Timer

Page/Runner (in Business Assembly)

Registration Table

Sell Tickets for Drawings

Literature Table

Boutique

## For more information

Carol Sch  
CarolInfla333@gmail.com

## Event Co-Chairs

Andi S.  
spiritmade351@gmail.com  
Mark J.  
markkjacoby@gmail.com

## Nearby Airports

Ft. Lauderdale International (FLL)  
24 miles  
Palm Beach International (PBI)  
29 miles  
Miami International (MIA)  
44 miles

If you are reading a paper copy,  
additional copies of this flyer  
can be downloaded at  
[www.oaregion8.org](http://www.oaregion8.org)

Please distribute to your groups.

**Cancellation Policy:**  
Refunds will be honored for  
registration and meal package  
only if received by August 31, 2024

OA Gold Coast Intergroup  
P.O. Box 416, Deerfield Beach, FL 33043

Gold Coast Intergroup and  
Palm Beach County Intergroup of  
Overeaters Anonymous are hosting the

## SOAR 8 Fall Recovery Convention and Business Assembly

# Sept. 20-22, 2024

DoubleTree by Hilton  
Deerfield Beach/Boca Raton  
Florida, USA



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

**“Look for the beliefs that support or drive those patterns. Labels, or how we talk about ourselves, often capture our beliefs.”  
Twelve Step Workshop and Study Guide, pg. 90**

My rationalizations keep me from changing. When I say I'm not good at technology, it's an excuse to not learn. By stating I'm lousy with names, I have an excuse for not remembering yours. My list of old mess-ups is expansive, and as I invested in the lie, I didn't have to change!

I'm sure age contributes to forgetfulness, but I do things every day to 'exercise' my brain, like checking the calendar when I get up, so I know what day this is. While talking on the phone, I write down the person's name (if it is a new contact) so I increase my odds of recalling it. When I walk into a room and forget why I went there, I pause, look around, and quite often it'll come to me!

My father was often critical, saying stuff like, “Don't talk so dumb”, or “You'll never amount to anything.” Well guess what, Dad—you were wrong! Step Four not only smashes that unhelpful self-talk, but also encourages the truth! I'm a good listener, a great writer, a thoughtful spouse, a good puppy-mama.

When I introduce myself in OA meetings, I state that I am an 'abstinent compulsive eater.' I want to state the positive—the abstinence. When I do that, I strive to make myself right.

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.

Today is my 18th wedding anniversary, and we're planning to take in the River Walk in Augusta, after the OA meeting. We'll probably have a late lunch down there. I've had a thought or two about an anniversary dessert, but they're fleeting. When this happens, I need to 'think through the drink' as they say in AA. Once I have that one, the phenomenon of craving starts, and I'll want more. I know that. There are enough people in meetings who share how relapse started to know the progression. I'm not going there.

So, my 'treat' today is spoiling my husband and getting spoiled back. I don't know what our day will look like, but I'm shying away from any expectations that could be premeditated resentment! -Gerri



## OVEREATERS ANONYMOUS® CENTRAL FLORIDA INTERGROUP

Attention OA meetings in the OA Central Florida Intergroup:

### IT'S TIME TO START THINKING OF WHAT YOUR GROUP CAN DO TO CREATE AND DONATE A

#### GIFT BASKET TO THE 2024 OACFI FALL RETREAT!

Below are some possible ideas for gift basket items, but this is not an exclusive list—use your imagination! However, there are some general guidelines:

- Please use only OA-approved literature, i.e., OA and AA literature. (See <https://oa.org/guidelines-meetings/approved-literature-list/> if you have questions.)
- We do not recommend food items.
- Please steer clear of religious items.

Possible ideas for a gift basket:

- OA literature, including back issues of Lifeline—which start in 1990, at \$4 ea., on oa.org, under “Bookstore”
- AA literature
- Serenity prayer items (available online, sometimes in religious gift stores) such as coffee mugs, plaques, key chains, etc.
- Journal and pen from Region 8 (for \$22), available at <https://shop.oaregion8.org/product/soar8-journal/>
- Journals and pens
- Self-care items—lotions, creams, soaps, etc.
- Photo frames
- Measuring cups, scales
- Gardening items
- Art supplies—pencils, markers, paper, etc.
- Games and puzzles
- Men's tools
- Gift cards—to anything not controversial—available on racks in most drug, grocery, and big-box stores—for:
  - Grocery stores
  - Drug stores
  - Big-box stores that sell variety of items
  - Gasoline, cards.
  - Online stores or services
  - General credit cards (usually charge a fee)
  - Bookstores
  - Department stores
  - Restaurants (larger restaurants with a variety of food recommended—not dessert shops, since many OAers do not do sweets!)

# OVEREATERS ANONYMOUS®

## CENTRAL FLORIDA INTERGROUP

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=S21XWGNKdml-FOFdId1NVSOlrN0hTQT09">https://us02web.zoom.us/j/86203355835?pwd=S21XWGNKdml-FOFdId1NVSOlrN0hTQT09</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
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>318 Campus Street., room CCFC new address</b> Celebration, FL 34747 Call contact person for directions (Face to Face) Celebration, FL 34747 <b>See page 22 for meeting location change.</b>	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# Zoom meeting ID: 844 7739 8454 pw serenity <a href="https://zoom.us/j/84477398454">https://zoom.us/j/84477398454</a>	Jacqueline	407-423-4086
4:00 pm	V	54798	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

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 850 9315 5902 pw freedom 225 W. Guava Street Lady Lake, FL 32159 <a href="https://us02web.zoom.us/j/85093155902">https://us02web.zoom.us/j/85093155902</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
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> Down- town 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 <b>Zoom: 844 7739 8454 Password: serenity</b> <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

**Article/ prompts for upcoming newsletters:**

- How OA has changed my health?  
From Diets to OA
- How has OA changed my emotions?
- Why do we need PIPO?
- My serenity
- Why do we need the steps?
- Pls send articles to [tooncesc@yahoo.com](mailto:tooncesc@yahoo.com)

**Note: the 7 PM, Tuesday Celebration Meeting (#52613) will change from May 28, 2024 to August 6, 2024 will be at 318 Campus St, Room CCFC, Celebration, Fla.**

