

New Beginnings (August 2024)

Central Florida Overeaters Anonymous Intergroup

Sharing experience, strength, and hope with those

Who suffer from compulsive eating and compulsive food behaviors



Calendar Events:

Note: There are no Phone Marathons in the month of August.

Tues. August 6, 2024, 12 Traditions Workshop Series
Registration Opens May 10th, Time: 7-9PM- 12 Week zoom event, Participants will be using the new OA Traditions work book, Virtual, Space Limited, this is a continuous series. See July Add.

Sat., August 10th, 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 link:
<https://us02web.zoom.us/j/5083293778>

Virtual

Aug. 3rd, 2024, and Aug. 10th 2024 "Seek Our Life in Abstinence," Starts May 3rd, 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>

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. See pg. 5 for registration form.

Planning event for Lake Yale Retreat is on August 21st at 5 PM. See page 10 for sign on information.

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!**



Step Eight: Self-discipline

Made a list of all people we had harmed and became willing to make amends to them all.

Tradition Eight: Fellowship

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept Eight:

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Taken from: Twelve Steps and Twelve Traditions of OA

Index

Page 1=Calendar and OA Steps, Tradition and Concept.

Page 2-8= articles, news and info.

Page 9-10=Articles

Page 11-15=Fliers, Marathons, Retreats, Reg. forms

Page 16-17=Articles and Misc. Info.

Page 18-21=Meeting lists, Article.



REGION 8 FALL CONVENTION AND ASSEMBLY

OCT 15-17
All Virtual!



UNITY WITH DIVERSITY IN RECOVERY

bit.ly/oa8con

\$25 Scholarships available!

Register and more information at bit.ly/oa8con
Questions? Contact Bonita D. at 404-923-0042
or email gaoaig.convention@gmail.com

What I heard at meetings.

- You can't pour from an empty cup.
- You are using food to hide your emotions.
- God help me with the next right motion.
- Pause, where am I right now, so I do not have to react?
- What if you asked to do a do over?
- Love heals you in this program.
- Our whole purpose is to save lives.
- **You can turn a cucumber into a pickle but you can't turn it back.**
- All steps are a prayer.
- Food does not solve the Problem of wanting more.

From Carlene



Time to Put the Mess Behind Us

"Working this program helps me distinguish what I no longer need from what is important, to cut away old beliefs so that new truths may be revealed and a light and useful spirit may grow strong" Twelve Step Workshop and Study Guide, pg. 85 (Quote from Sept 21st of For Today)

A colleague of mine used to say it was time to put our mess behind us, pick up the pieces and get on with our lives. While I heard it intellectually, it was impossible to apply it to my own life while I held onto old beliefs, so my messes stayed right with me. How I used to rationalize and blame others—a self-imposed victim! The Fourth Step was the first time in my life that I grasped where I was, deep inside of myself instead of superficially. The previous three steps prepared me for it. I was no longer powerless—Step Three gave me the power, a Higher Power, the internal strength I needed, to face and be rid of the things that were blocking me! "The child I once was can no longer run my life", another line in this day's reading was also true for me. It was time to embrace the wonderful, powerful woman I had pretended to be. I finally felt it, no longer worried that people would find out the real me, a scared kid. Writing it down was also admitting the truth to myself. -Gerri

Resentments



"Wronged me" "He/she wronged me." That's so often such an assumption—a leap of imagination on my part. Someone doing something that runs counter to my expectations is just them living their life. But before OA I really took it personally a lot of the time. OA has helped me let go of this attitude (which is awfully close to paranoia, really). But I still get resentments. And again, 9 times out of 10, these are me just reacting from a place of pride, of fear, or envy. The Book tells me resentment (no matter what the source) is the "number one offender," and that, "we must [get rid of it], or it kills us." For a long time, I didn't try the "pray for those you resent" idea. It seemed silly. But once I tried it, I saw the wisdom in it, and felt relief. I usually say something simple, like "I pray that _____ finds happiness, joy and freedom." Because that's what HP wants for me. It doesn't make me want to go hug the person or be best friends. But it frees up that blockage so I can get back to recovery and life. Anonymous

Digital Newsletter available at www.oacfi.org

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Finding time to do an Inventory

“Set aside time to work on the inventory. Many of us found that setting aside thirty minutes or an hour in the morning, on a daily basis, kept us moving forward. Some suggested not working at night, just before bedtime, because their minds couldn’t stop revisiting the past and they couldn’t go to sleep. Others focused their efforts on completing their inventory in one weekend.”

Twelve Step Workshop and Study Guide, (Step Four), pg. 45

These are all really good suggestions for taking this 4th Step inventory. For me, the important thing was to just do it. It was once described to me as the time to get up, put my mess behind me, and get on with my life, and for me, this has been 100% true.

Does Step Four mean I’m never going to make messes again? I don’t think so—I’m human! —but the important element was owning my part. I’d spent way too much time blaming others for my own mistakes. Hey, I made some, same as everyone else, and I continue to make them, but recovery has a remedy for this. Instead of wallowing in guilt, self-pity or blaming others, I take responsibility for my actions. Like so well described in the Serenity prayer, I accept what I cannot change and change what I can. I also pray for, and most times have, the wisdom to know the difference. Not always, but more often! -Gerri

ZOOM With Us Every Monday Morning!



Focus:
For Today OA book



Mondays 10AM-11AM

Meeting ID: 6935850119

Password: 123123

OVEREATERS
ANONYMOUS
CENTRAL FLORIDA INTERGROUP

<https://us02web.zoom.us/j/6935850119?pwd=WENvMHl1MmovN1VTbWR5WTVvd3pkZz09>

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. Click on the three bars on the upper-right-hand area of the page. Click on “meetings” and select the option that applies. If you need help, you can also call OA at 505-891-2664 or click on the “contact us” tab at the bottom of the home page.

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



Prayer:

Just for today grant me the gift of abstinence. Remove my defects of character. Release me from the resentment towards those who have hurt me. Grant me the courage to make my amends. Free me from the temptations of my disease as I strive to do your will. -
Posted in OA W.O.W



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>

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

Facebook and Instagram Links

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

https://www.instagram.com/overeaters_anonymous_cfi/

Come and see all the hard work Claudia has done!

Secretary's note: Tik Tok is now accessible on the OACFI web page (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

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>

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's email discussion groups OA Men phone outreach list.

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. Visit Overeaters Anonymous YP.

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

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

OA LITERATURE FOR SALE! OA

literature is available for sale.

To obtain literature, contact Carolyn Y. at OACFI.Literature@yahoo.com

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

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

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

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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>

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>

HOW TO USE PAYPAL

Follow these steps:

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

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

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



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

Spiritual Principle: Responsibility

Your 7th Tradition contributions matter! Thank you all for your continued support of our fellowship.

Contributions currently come directly to OACFI from group treasurers as well as individuals, and through checks and PayPal.

ADDITIONALLY, CENTRAL FLORIDA INTERGROUP HAS OPENED THE MEANS TO RECEIVE DIRECT MEMBER CONTRIBUTIONS FROM ZELLE.

Contributions currently come directly to OACFI from group treasurers as well as individuals. Means of payment may be personal checks, money orders, PayPal or Zelle

Payments must include the group number or appropriate information in the memo section to help us accurately track donations and credit each meeting's contribution. You may use more than one group number—just indicate the distribution in the memo section. 7th Traditions - Mail checks & money orders to: Central Florida Intergroup PO Box 180293, Casselberry FL 32718 PayPal: Send to oacfitreasurer@gmail.com Zelle: Send \$\$\$ to Treasurer@oacfi.org Thank you Kathy M., Treasurer OACFI

HOW TO USE ZELLE

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

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/s1/UKDqKMC/newsletter>

Or

copy and paste this in your URL:

<https://lp.constantcontactpages.com/s1/UKDqKMC/newsletter>

or

go to www.oacfi.org, and choose Newsletter, subscribe to our newsletter

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

Go to

<https://lp.constantcontactpages.com/s1/oHSdsFG/intergroupnews>

or

copy and paste this in your browser

<https://lp.constantcontactpages.com/s1/oHSdsFG/intergroupnews>

or

Go to 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.



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

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. -Open in May 2025

PIPO: Alyson T. -OPEN

Facebook/Instagram Claudia B. Open in December

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 help and your service.

Upcoming Intergroup Meetings:

10 AM Saturday, August 10, 2024

10 AM Saturday, September 14, 2024

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

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. The tools for writing, action plan, and food plans.

3. I will take any articles months in advance.

4. Anything on the Tools. Send articles to Carlene @ tooncesc@yahoo.com

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.

Please check all websites and fliers for any images that are not free, original, purchased, or not credited, and remove these images ASAP. Region 8 will be asking our Tech committee to create an educational document giving more information on how to legally use images on the internet.

Central Florida Intergroup / CFI Board Members

Chair: Debby H. (chair@oacfi.org)

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

Secretary: Alicia C. (secretary@oacfi.org)

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

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

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

For Zelle, send payments to Treasurer@oacfi.org

Local Website: www.oacfi.org

Regional Website: www.oaregion8.org

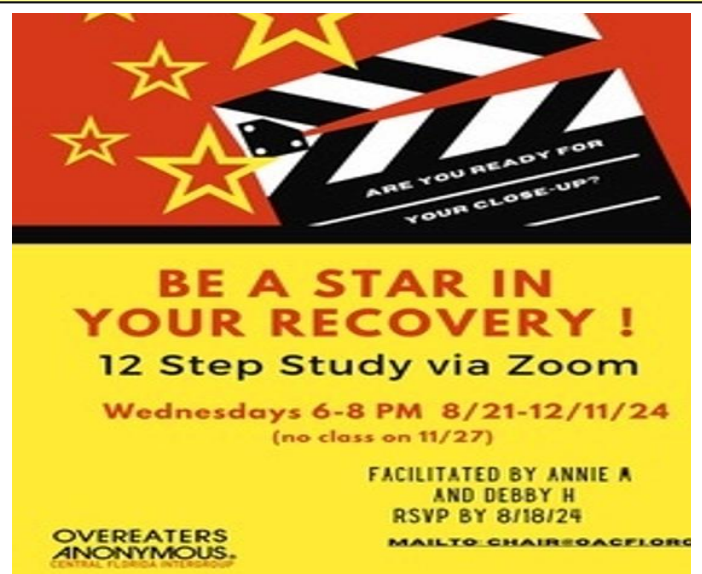
International Website: www.oa.org

Facebook Page: www.facebook.com/oacfi.org

Newsletter Email: newsletter@oacfi.org

Literature Email: OACFI.Literature@yahoo.com*

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>



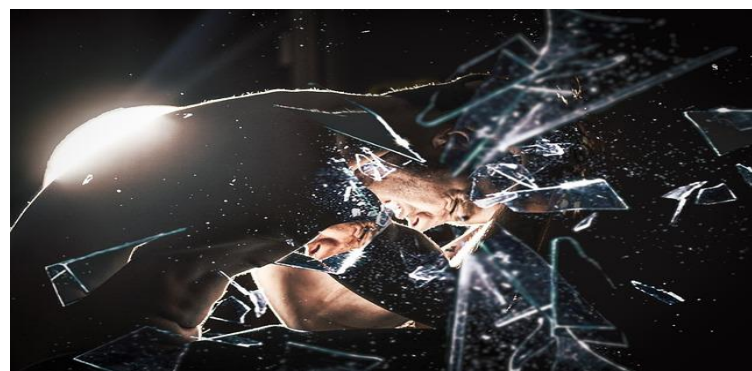
Note: All pictures used in this newsletter are sourced from Pixabay.

Bottoming Out and Remembering-Carlene

What brought me to my first OA meeting was that I bottomed out. I couldn't figure out why I could not get this weight thing under control. I could lose weight, but I just could not keep it off. I didn't know why until I attended my first meeting many years ago, but I found out I had an illness. What caused me to bottom out? Here are some of my reasons that brought me to my knees.

- Tired of people making fun of me and putting me down.
- Tired of being fat.
- Tired of not fitting in chairs and airplanes.
- Tired of buying clothes that fit rather than clothes that looked good on me.
- Tired of allowing people to abuse me.
- Tired of not fitting in at school.
- Tired of wearing multiple sizes.
- Tired of sadness and loneliness.
- Tired of thinking of food all the time.
- Tired of hiding my light under a bush.
- Tired that no one was interested in dating me.
- Tired of putting my health and life in jeopardy.
- Insert anything terrible in this slot. There are so many reasons.

I don't want to forget why I came to OA in the first place. Yes, I took steps 1-3, but I can lose sight of why I came to OA in the first place. Are you slipping and sliding? Could it be you lost sight of what brought you there in the first place?



The Negative Feelings About Myself

"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

Act Of Kindness

Do you have a second,

That is all it takes.

Page 10

No gesture is too small nor too big.

The power that EVERYONE has to influence someone's life goes on, touch daily.

It could be from a simple nod of the head for reassurance,

to a helping hand to lift one up.

Take a moment and pause to listen to one, that could change a person's destiny.

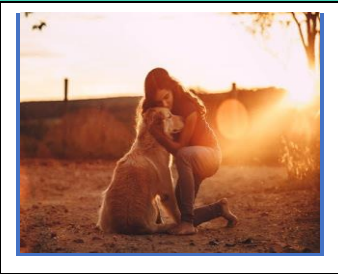
The feeling of warmth from the touch of another human could redirect one's thoughts.

To truly see someone for who they are and not what they can or cannot do.

The act of acceptance Pay it forward

The power we hold, is incredible,

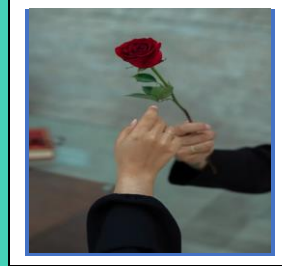
but as a society, we have turned away from the simplest thing.



Don't become another statistic,

Be a solution.

By -Robin G



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

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

**Planning Event: August
21st, 2024**

Time: 5:00PM

Join Next Zoom Meeting

<https://us02web.zoom.us/j/87927142775?pwd=WisRWTUFJGZlA4THJ2T3ZRd1B SUT09>

**Meeting ID: 879 2714
2775**

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

**+13052241968,,879271
42775#,,,,*44778319#
US**

**+13017158592,,879271
42775#,,,,*44778319#
US (Washington DC)-)**

Action Plan*

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

My action plan has been morphing alongside of my abstinence. It was the last tool that I actively began to use. Now it is among the three most helpful tools that I use in every area of my life. I once met a fellow who talked to me about an action plan that he used to help in an area of his life unrelated to compulsive overeating. It seems like once a person knows what they need to stay on track, an action plan can be customized to fit any area of life that needs order and a "go-to" set of actions.

In my perfect world (which does not now and will never exist) I get up in the morning, follow my food plan to a T, eat all the best foods that I have lovingly purchased, cleaned, stored, cooked, and remember to take with me. I use my writing, reading, and outreach tools, exercise, am loving to my spouse and pets, and remember to feed everyone on time. That's not my world at all! However, I do have an action plan that usually gets me through most of my day as long as I put forth effort. I don't hit all the points in my plan each day. I have a few great days, and when I look back and reflect on my day, I realize that I have done everything in my plan and I go to bed feeling wonderful. Everything starts over the next day – just like with everything in our program; it's just for today. -Annie

Vowels

- ❖ A=Abstinence
- ❖ E=Exercise (What did I do for exercise today)
- ❖ I= What did I do for myself to work my program? (Calls? Meetings? Meditation?)
- ❖ O= What did I do for others? (service)
- ❖ U=Uncomfortable or unconscious feelings? (Fears, resentments, any issues)
- ❖ Y=Yipee's and Yahoo's! (Gratitude list) I am grateful for Vowels HALT Hunger, Anger, Loneliness, and Tiredness make up the HALT warning. We mustn't let ourselves get too hungry, angry, lonely or tired. Recovery involves protecting ourselves by leading a moderate life. We need to guard against feeling attacked, depleted, or empty. If we don't take precautions in advance, we may end up bingeing.

UPDATED: Focus on Anorexia and Bulimia

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
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 or

Pay Pal: oacfitreasurer@gmail.com

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



REGISTRATION

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"

An advertisement for a convention. It features a beach scene with a lounge chair, a beach bag, and a beach umbrella. The text provides details about the SOAR 8 Business Assembly & Recovery Convention, including the dates (September 20-22, 2024), location (DoubleTree by Hilton, Deerfield Beach/Boca Raton, FL 33441), and hosts (Gold Coast Intergroup and Palm Beach County Intergroup). It also includes the Overaters Anonymous logo and the slogan "Be Protected. Stay Connected".

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

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

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

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.

markkjacob@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

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**



**OVEREATERS
ANONYMOUS®**

GOLD COAST INTERGROUP
PALM BEACH COUNTY INTERGROUP

Digital Newsletter available at
www.oacfi.org

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

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 store cards
 - Drug stores
 - Big-box stores that sells a variety of items
 - Gasoline cards
 - Online stores or services
 - General credit cards (usually charge a fee)
 - Bookstores cards
 - Department store cards
 - Restaurants (larger restaurants with a variety of food recommended—not dessert shops, since many OAcers do not do sweets!)

More Articles/ 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?

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

Digital Newsletter available at www.oacfi.org

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

Gifts of the Program



1. Serenity 2. Abstinence 3. Gratitude 4. Acceptance of people, places and things 5. Tools (i.e. literature, Voice, For Today) 6. Solution common 7. Humility 8. Relationship with God 9. Freedom from Anger 10. Self-Acceptance 11. Powerlessness 12. Only requirement for membership – willingness 13. Boundaries 14. Health 15. Sanity and clear thinking 16. Fellowship 17. Variety – flexible food plan 18. Support 19. Personal H.P. 20. Sponsor 21. Belonging 22. Like myself 23. Role model 24. Service 25. Weight loss 26. Purpose and meaning 27. Improved blood pressure 28. Variety of meetings – phone, F2F, podcast 29. Diabetes is gone 30. Mobility 31. Intuitive 32. Balanced budget 33. Listening 34. Courage 35. Self-confidence 36. Strength and faith 37. Willingness 38. Wisdom 39. Promises 40. Living one day at a time 41. Tolerance 42. Rebuilding 43. Non-judgmental 44. Less worry 45. Mindfulness 46. Steps 47. Abundance meeting 48. Pathway to recovery 49. Slogans 50. Close connection to faith community 51. Anonymity 52. Cute clothes 53. Real hunger 54. Better relationships 55. Sleep 56. Honesty 57. Happiness, joy 58. Group maturity 59. Less chaos 60. No dieting 61. Healthy weight 62. Less control 63. Addiction with still use 64. Genuine 65. Progress 66. Face, resilience to life challenges with abstinence 67. Loving H.P. 68. Roseanne 69. A.A. 70. Shredder 71. Prayers from program 72. Freedom from denial 73. Hopefulness 74. Program for life 75. Perseverance 76. Respect for power of disease 77. Tolerance 78. Diversity 79. Unity, universality 80. Independence, self-supporting 81. Traditions 82. Concepts 83. Spirituality 84. T.I. me 85. Group conscience 86. Can't get abstinence later 87. Amends 88. Forgiveness. -Carlene

Important: Meeting reps should bring back to their meetings that the position of managing Facebook and Instagram needs to be filled. As of 12/31/2024, Claudia is rotating out. Please consider doing service.

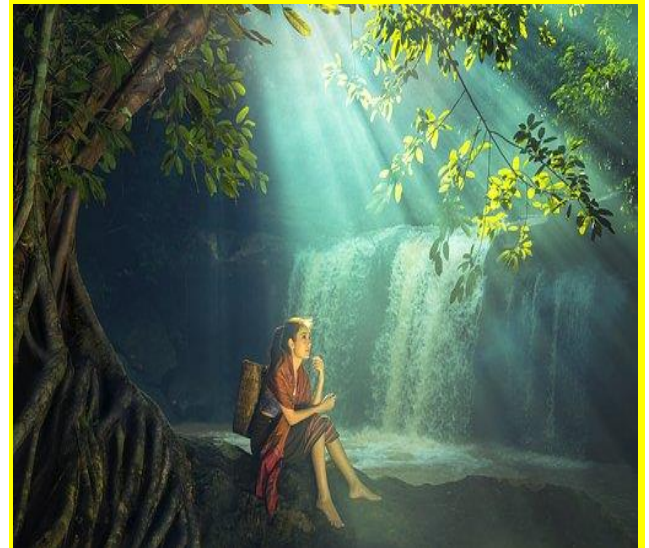
No Longer Alone

"The remedy of all blunders, the cure of blindness, the cure of crime, is love." Ralph Waldo Emerson- For Today Aug. 19

Because of my past, my defects of character, and my lack of experience with forgiveness and tolerance- it has taken me many years to accept the love that is offered to me in this program. In the past I learned to falter- to break promises and to fail people as a way of pushing them away. The safe "buffer zone" of broken commitments that keeps me at a distance and in a state of self-loathing and guilt.

So many times, I have taken my sponsor and the meetings for granted- only to be accepted back- without reservation. Loving arms open wide to me- if only my self-defeating mind would remember that I am a part of a family that knows exactly where I am, have been, and am bound for if I continue to take this journey that the Big Book maps out for me.

This keeps me mindful that even though I have these defects of character- my sponsor and fellow members will lovingly accept me as I am without the need to "test" them or push them away. To trust that I will always have a place to go, and that I am no longer alone. Posted in [OA W.O.W.](#)



Just 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.

Treasurers Report (June 2024)

Number	Day	Group	Contributions
48951	Sun	7 th Day Adventist Church	
57783	Sun	Downtown Kissimmee	\$20.00
800822	M-S	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	\$70.00
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	\$69.00
57273	Tues	The Meeting Place Ocala	
39211	Tues	New Covenant Baptist Church, Deland	\$100.00
53032	Tues	YMCA, Lecanto	
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park, 7 PM	
57955	Thurs	Christian Family Worship Center	
18502	Thurs	Church of the Messiah, Winter Garden	\$60.00
57434	Thurs	Westminster By the Sea	
800822	Thurs	Central Christian Church	
54798	Thurs	Better Together Group	
89384	Thurs	Zoom Body Image	
89006	Thurs	Zoom Speaker Meeting	\$20.00
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	
46887	Sat	Ascension Church	
800378	Sat	Zoom Port orange	\$10.00
		Central Fl Intergroup	\$50.00
		Big Book Study 6-8	
		Individual Contributions (Check)	\$20.00
		Individual Contributions (PayPal or Zelle)	\$220.00
		Literature	
		Step Workshop or unknown group	
		Unknown group	

Total Group Contributions \$739.00

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. See meeting list below.

"Working this program helps me distinguish what I no longer need from what is important, to cut away old beliefs so that new truths may be revealed and a light and useful spirit may grow strong"

Twelve Step Workshop and Study Guide, pg. 85 (Quote from Sept 21st of For Today)

A colleague of mine used to say it was time to put our mess behind us, pick up the pieces and get on with our lives. While I heard it intellectually, it was impossible to apply it to my own life while I held onto old beliefs, so my messes stayed right with me. How I used to rationalize and blame others—a self-imposed victim!

The Fourth Step was the first time in my life that I grasped where I was, deep inside of myself instead of superficially. The previous three steps prepared me for it. I was no longer powerless—Step Three gave me the power, a Higher Power, the internal strength I needed, to face and be rid of the things that were blocking me!

"The child I once was can no longer run my life", another line in this day's reading was also true for me. It was time to embrace the wonderful, powerful woman I had pretended to be. I finally felt it, no longer worried that people would find out the real me, a scared kid. Writing it down was also admitting the truth to myself. - Gerri



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

Digital Newsletter available at www.oacfi.org

Updated 7/8/24

OVEREATERS ANONYMOUS®

CENTRAL FLORIDA INTERGROUP

Meeting list

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

6:00 pm		53032	YMCA 4127 West Norvell Bryant Highway Lecanto, FL 34461 (Face to Face)	Trish	540-454-4600
6:30 Pm	V	39211	New Covenant Baptist Church 1350 South Blue Lake Avenue Deland, FL 32724 Email: DeLand. FL.OA@gmail.com	Diana E.	386-456-4622
7:00 pm	V	52613	The Jones Room 318 Campus Street., room CCFC new address Celebration, FL 34747 Call contact person for directions (Face to Face) Celebration, FL 34747 See page 17 for meeting location change.	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 https://zoom.us/j/84477398454	Kathy S.	678-429-1286
7pm	V	57994	First Congregational Church Face to Face New Meeting 225 South Interlachen Avenue Winter Park, FL 32789	Cory M.	407-616 8000
THURSDAY					
10:30 am	V	57434	Westminster-By-the-Sea – Thursday 10:30 3221 S Peninsula Drive Daytona Beach Shores, FL 32118 (Face to Face)	Lori	407-314-1636
Noon	V	800822	Central Christian Church Zoom only Zoom call in #- 1-312-626 6799, pw 452471# Zoon meeting ID: 844 7739 8454, pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
4:00 pm	V	54798	Bobbleheads Zoom only Zoom 842 9268 7636, pw Surrender https://us06web.zoom.us/j/84292687636	Donna G.	603-477-4555 Text first, please
4:30 pm	V	57955	Christian Family Worship Center 265 Ponce DeLeon Deleon Springs, FL 32720	Linda	386-215-9601
6:00 pm	D	89384	Zoom only Body Image-Recurring meeting Zoom 823 7540 9368, pw boai8 https://us02web.zoom.us/j/82375409368	Kathy M	407-252-7575
7:00 pm	SP	89006	Thursday Evening Virtual Speaker Meeting Zoom 863 7071 7790, pw 654321 https://us02web.zoom.us/j/86370717790	Jack L	352-430-5487
7:00 pm	BB	18502	Church of the Messiah Phone only Uber conference 407-553-2087	Jacqueline	407-423-4086
FRIDAY					
9:00 am	V	54490	Zoom only, Zoom 870 5439 1380 https://us02web.zoom.us/j/87054391380 **Call contact person for password please**	Gail P	352-348-1004

9:00 am	V	54490	Zoom only Zoom 870 5439 1380 https://us02web.zoom.us/j/87054391380 **Call contact person for password please**	Gail P	352-348-1004
10:00 am	D	45611	Lady Lake Library (HYBRID) Zoom 850 9315 5902 pw freedom 225 W. Guava Street Lady Lake, FL 32159 https://us02web.zoom.us/j/85093155902	Vicki	517-256-0373
Noon	N	800822	Central Christian Church Zoom call in # 1-312-626 6799 pw 452471# Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S	678-429-1286
7:00 pm	L	801000	Tuskawilla United Methodist Church Zoom only (literature meeting) Zoom code: 297 035 614 PW: 028590 https://zoom.us/j/297035614 1st Friday of every month is a SPEAKERS meeting	Gloria	407-340-2008
7:00 pm	L	20088	St. Luke UMC Phone only Uber Conf 407-553-2087	Jacqueline	407-423-4086
SATURDAY					
8:30 am	N	51130	Hibiscus Village Rec Center 1740 Bailey Trail The Villages FL 32162 (Jasmine Card Rm) (Face to Face)	Judy S.	516-551-5269
8:30 am	V	46887	Ascension Church (Rm 108) Face to Face 4950 S. Apopka Vineland Road Orlando, FL 32819 (Face to Face)	Geri B.	407-557-7055
9:00 am	V	800378	Saturday Zoom Port Orange Zoom 880 7717 9552 password 305705 https://zoom.us/j/88077179552?from=join#success	Jane V.	386 679-2098
9:00 am	D	38611	St. Richards Church 5151 Lake Howell Road Winter Park, FL 32792 (Face to Face) The last Saturday is a speaker meeting	Carole M.	407-616-8908
9:00 am	D	48952	Port Orange Presbyterian Church 4662 S. Clyde E Morris Blvd Port Orange, FL 32129 (Face to Face)	Debby H.	386-402-6631
12:00 pm	Med	800822	Central Christian Church Zoom only Call in 312-626-6799 pw 452471# Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
Sunday					

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www.oacfi.org

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

Meeting List Continued

4:00 pm	L V	57783	****NEW MEETING**** town Kissimmee – Hybrid meeting – Face to Face 28 Broadway Ave. 2 nd Floor (stairs) Kissimmee, FL 32829 Zoom: https://zoom.us/j/83055460946 Password: sosbigbook	Down-	Lisa K	321-276-2595
5:00 pm	V	48951	7 th Day Adventist Church Zoom only Zoom: 844 7739 8454 Password: serenity https://zoom.us/j/84477398454		Patti D.	407-791-1999

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

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www.oacfi.org

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

Keep working the steps

“.... my longing to change my life is stronger than my fear.” For Today, June 19th)

I didn't feel fear to share my first 5th Step—actually I felt excited. My life was indeed changing. I'd said 'no' enough times to food by then that it was losing its grip on me, and I could see it for the liar that it was. The Steps were making me feel good, something food promised but didn't deliver.

If anyone is fearing this wonderful step, ask yourself this; is your life changing? Are you able to now feel emotions you've stuffed for most of your life? Sure, some of them may feel uncomfortable, but they are necessary to evoke change in our lives! Let's face it, who changed what felt good? Not me. I changed when life became unbearable and desperate enough to seriously consider suicide. None of us needs to get to that point of desperation. This really is a freeing step.

“Taking these Steps is an ongoing process, revealing new truths each time around. It is an interesting search, and a rewarding way to live.”

This part of the reading also caught my attention, because here I am, studying the Steps again, and discovering new truths about myself. I don't like all I learn so much, but I can change.

Yesterday while doing my morning meditation, I contemplated why some things were bothering me so much and the lightbulb went off—I'm worrying about myself again too much. When I take the focus off helping others, I can climb onto a pity pot and stew. That is ridiculous, because my life is good, but I think I blow stuff out of proportion, because that is what I did my whole life. A minor disappointment or misunderstanding doesn't mean the world is out to get me, but you'd be shocked at how often my mind goes in that direction. Heck, I have most of my 43 pre-OA years to hone that thinking and it can come back in the blink of an eye. That's why I need to keep working the Steps, to remember who I was and appreciate who I am today. - Gerri

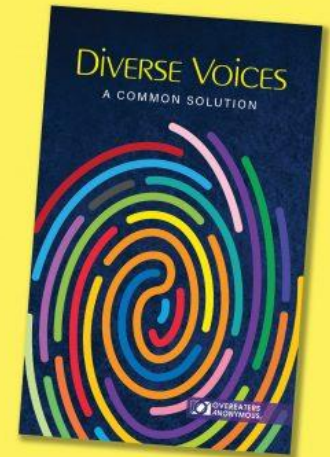
FIND IT NOW AT
bookstore.oa.org

#954

US\$13.50
Single Copy

\$303.75, case of 25

E-BOOKS
NOW AVAILABLE!



Diverse Voices: A Common Solution (#954) is a collection of member stories intended to both honor the incredible variety within our membership and illuminate how that variety shapes individual journeys to healing through our Twelve Steps of recovery. Compulsive eating and compulsive food behaviors are the great unifiers of our Fellowship, and it is our hope that readers will recognize themselves in the experience and hope detailed in these pages, no matter how “different” the voice may seem. After all, “Whatever your race, religion, spiritual path, nationality, gender identity, sexual orientation, body size, or any other attribute, you are welcome in OA.” Diverse Voices is now [available in print from bookstore.oa.org](http://bookstore.oa.org) for US\$13.50 and in e-book format from your favorite third-party online retailer for \$9.99: [Amazon Kindle](https://www.amazon.com), [Apple Books](https://www.apple.com/books), [Barnes and Noble Nook](https://www.barnesandnoble.com)

Just For Today,

I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.



Save the Date! **OA World Service Convention 2025**

**Let's get together in Orlando,
Florida, USA from August 21-23,
2025 at the Renaissance Orlando
at SeaWorld®.**

**Sign up at
conventioninfo@oa.org to
receive the latest news!**

Spiritual Awareness

"Feelings aren't facts."

"Don't believe everything you think!"



I had a recent spiritual awareness around these two slogans. The first one I have heard many times. Initially, it did not resonate with me as I needed to learn how to validate my feelings - no matter what they were. I later came to understand that the slogan was attempting to convey that just because I felt like something was wrong (usually a feeling of fear or sadness) didn't mean something was actually wrong. My current feelings could be based on old pain. The second slogan is one of my favorites - likely because it is witty, succinct and accurate. It has helped me on many occasions to remember that just because I have a thought doesn't make it true (especially if the thought is that there is something wrong with me).

I am in the process of doing inventory work around my relationship with my partner; looking at my part as we navigate the challenges of learning how to live together. One question that has surfaced for me is whether I can hear my partner express his emotional needs (sometimes skillfully, sometimes not) without reacting to them. My recent spiritual awareness is: his feelings aren't facts either! I recognized that instead of allowing him to simply express his feelings, I was reacting to them as I was taking them as facts. With this new awareness I can begin working on simply letting him express himself (his feelings and his thoughts) while letting go of the belief that they mean something is wrong with me. I am at the beginning stages of this new practice, yet it is already helping me to show up with a bit more love and kindness for us both.

Thank you for allowing me to share with you today. May we all be well. —Atiya M.