

New Beginnings (January 2025)

Central Florida Overeaters Anonymous Intergroup

Sharing experience, strength, and hope with those

Who suffer from compulsive eating and compulsive food behaviors



Calendar Events: OA Phone Marathons: Meetings hourly 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

Wed., January 1st, 2025, New Years Day, "Every Day is a Fresh Start with Step 1."

Mon., January 6th, 2025, Epiphany, "OA's 65th Birthday Spiritual Principle. Honesty."

Mon., Jan., 20th, 2025, Martin Luther King Jr. Day, "Be a Champion for Your Recovery."

Wed., Jan., 29th, 2025, Chinese New Year, "Tradition 1-Together WE Can Do What We Cannot Do Alone."

Sat., January 11th, 2025 From 10 A.M. OACFI Intergroup. The PIPO meeting will follow at about 11:15. This is held on line on Zoom. Click on this link: <https://us02web.zoom.us/j/5083293778>

Sat., January 25th, 2025, "Words to Live by "Workshop." @ First Congregational Church, UCC-Lake Helen Parish Hall, 107 N. Euclid Ave. Lake Helen, Fl. 32744, Time: 12:30-2:30 P.M. (face to face) See Page 17 for more Info.

EVENT OCCURRING LOCALLY: World Service Convention in Orlando -
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!** See page 15 and 19 for more info.

March 14-16, 2025 SOAR 8 Recovery Convention and Business Assembly, Baton Rouge, LA 70816- See page 24 for more information. See page 8 for more details.

Virtual:

Sat. Jan., 11th, 2025, and Sun., Jan., 12th, 2025 "3 Fold Disease, Physical, Emotional, and Spiritual," Time Sat: 10 A.M. and Sun. 4-5:30 P.M.- ID: 89165540024- PW 120912

Sat. Jan., 11th, 2025, Time: 6:00 pm-6:30PM, Family Share (Creativity) Sponsored by OA Footsteps, virtual Link: <https://zoom.us/j/81738885598>, PW: 1212

Sun., Jan., 19th, 2025, New Year Workshop, Sun., 1pm-3pm, Speakers share about their recovery, ID: 84081958572, PW: 803054, specialevents@gmail.com



Step One: Honesty

We admitted we were powerless over food-that our lives had become unmanageable. 12 &12 of OA

Tradition One: Unity

Our common welfare should come first; personal recovery depends on OA unity. 12& 12 of OA.

Concept One:

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Index:

Page 1-Calendar, Step, tradition and concept.

Page 2-8=Articles and information

Page 9-19=Articles, information, convention info.

Page 20-23= Meeting list.

Page 23-25=Articles and virtual marathons.

Page 26-29=Articles and convention information.

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

Thoughts about a New Year

This may be a new year
But nothing has changed.
People are celebrating
Hoping for a better new year
Much to their surprise
The old year's results remain.

If we want a different outcome
Change ourselves for the better.
That is the only way.
Perseverance, patience, and prayer
We will make this commitment.
This will show that we truly care.
The results will be miraculous.
The world will be more peaceful.
A happier place for you and me.

Recovery in OA

We recover with the help of other compulsive overeaters. By helping fellow sufferers, we strengthen our own recovery through this program. By going to meetings and working with other COE we strengthen the OA Recovery Program for future members who, like us, share this disease. We need to think about the next generation. We need to be here for our recovery and for theirs. We do not recover in isolation and we do not remain in physical, emotional and spiritual recovery without helping other compulsive eaters. You can strengthen your recovery by taking a service position at a meeting, sponsoring, being the Intergroup rep for a meeting and above all—sharing your experience, strength and hope with another COE. Get strong this year and help OA stay strong. Your life depends on it. Jane C.

What Service Means to Me

As a compulsive overeater, I came to OA spiritually sterile because I was incredibly selfish and incapable of giving anything to anybody. As I complained in OA that no one paid attention to me, someone in the group suggested to me to do service. I was probably cocky, so they asked me to wash toilets in my group. That was a humbling experience for a pampered 25-year-old. Then they asked me to serve water to people so they would get to know me. It worked! People started talking to me. During many years in OA, service has meant the difference in my recovery. Being of service to others drove me away from my self-centeredness and selfishness and got me to love this fellowship. It is thanks to service that I learned about the Concepts in OA and began meeting people outside my town and my group. Thanks to service I met a sponsor who suggested me a food and action plans that work for me. Thanks to service, I began to care about others in the fellowship; to work for my fellowship and love it. I believe today that service changed me a lot. I do not resemble the person who first came to OA, with lots of insecurities, confusion, pain, shame, loneliness and suicidal feelings. Today I am of use, work in my intergroup, at World Service level and I chair a large language board. I had no leadership before all this process began; now I feel my HP makes me a positive leader without me having had to study any books about leadership. It all came through service. Most of all, it is through service that I became and stayed abstinent. At some point I realized that my recovery cannot possibly happen if I am not doing service. That is why I always raise my hand when some service is required. I do not choose my service, I let my HP put me in the place He believes I need. **Alejandra**

OA's group conscience has decided that we should only read from OA approved literature at our meetings. That includes both OA Conference- and Board-approved and AA conference-approved literature. Although OA has not reviewed and approved AA literature, we deem that their group conscience approved of the content of that literature. When we read AA literature and change the words, no one has approved that literature – neither OA nor AA.

Digital Newsletter available at
www.oacfi.org

September 9, 2024

The OA Board of Trustees has approved a significant new policy **regarding OA meetings and attendance by minors**. In accordance with the new board policy, previously approved OA resources, such as form letters and suggestion sheets, that reference participation of minors in OA will be removed from both oa.org and the World Service Office. The change is necessary to protect minors from potential harm and to protect OA, Inc. from potential liability.

The new OA board policy states:

Overeaters Anonymous, Inc. does not endorse allowing minors to attend face to face, online, telephone, or non-real-time meetings. Any decision to allow such individuals to attend a meeting is made locally. In this, OA is guided by the spirit of Tradition Four: "Each group is autonomous except in matters affecting other groups or OA as a whole." It is recommended that a group or service body considering allowing minors to attend meetings, first obtain legal advice. Legal advice should be obtained before allowing such individuals to attend and before creating or instituting any applicable policies. Keep in mind that laws and rules regarding this issue may vary by country and jurisdiction. Other Twelve Step fellowships might be consulted or studied, but Overeaters Anonymous' service structure is its own.

Note: The definition of a minor is based on the legal requirements within a state, province, and/or country.

You can view the new policy under the [Group Resources page](https://oa.org/group-resources-list/policy-concerning-minors-attending-oa-meetings/) at <https://oa.org/group-resources-list/policy-concerning-minors-attending-oa-meetings/>.

Following approval of this policy, OA has removed or is removing the following resources from oa.org and from use by the World Service Office:

- The Twelve Steps and Twelve Traditions: A Kids' View
- Billy's Story
- How to Start a Teen Meeting
- "Teen Friendly" specific topic in Find a Meeting
- References to children and teens on the Family & Friends web page

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

In addition, the OA Board of Trustees will submit a motion to World Service Business Conference 2025 to remove the Conference Seal of Approval from The Twelve Steps and Twelve Traditions: A Kids' View.

At oa.org/find-a-meeting, the "Young People" specific focus will be changed to "Young Adult." Other OA material that references "Young People" will be updated to state "Young Adult."

Questions and comments about this policy can be directed to the trustee liaison for your [OA region](#). [Contact the World Service Office](#) to connect with your trustee liaison.

Source: <https://oa.org/news/oa-board-approves-new-policy-stating-oa-does-not-endorse-minors-attending-oa-meetings/?news-category=0&page=0>

Digital Newsletter
available at
www.oacfi.org





**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

IMPORTANT **ATTENTION GROUP REPS** **& SECRETARIES:**

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-righthand 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 Newsletter Editor know about the meeting change. **THANK YOU!**

Anonymity vs Principles before Personalities

'Anonymity is the spiritual foundation of all the traditions, ever reminding us to place principles before personalities.'

At the personal level, anonymity provides protection for all members from identification as compulsive “overdoors” overachievers, and behaving compulsively in many areas of our lives. It is of special importance to newcomers.

Over the years, anonymity has proven to be one of the greatest gifts that anonymous programs have to offer the still suffering individual and those who are well on their way to recovery, on a daily basis. Without it, many would never attend their first meeting. Anonymity is essential for an atmosphere of trust and openness. Members share where they were, what happened and where they are presently with the inner security that when they confide their deepest subject material that it will stay in the meeting room whether face-to-face or virtual.

Back in 1948, Bill W wrote, “One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name of an anonymous group at the public level; and to each of us a constant reminder that principles come before personal interest – such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.”

Many of us have personal friends within the meeting rooms. Anything said within the confines of our rooms are to be treated as confidential, down to the merest detail of another’s life. They may seem harmless, but they are not. If we repeat anything that was said outside of our meeting rooms. e.g... One of our regular members is not at a particular meeting. We personally know why she/he was absent... do we share that info about the group to another member? NO! That would break their anonymity. Also, a person enters the meeting room, and it is one of your doctors, or prominent public figure, perhaps a politician. It is not appropriate to happily say aloud, “Oh hi doctor so and so, fancy meeting you here!” Don’t lean over to the person next to you and whisper, do you know who that is? And then proceed to inform them of their identity.

**Who you see here,
What you hear here,
Let it *STAY* here!
By Avalon M**



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www.oacfi.org

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

What I heard at meetings

1. Make peace with my past. Time heals almost anything.
2. If you don't love yourself, who will love you?
3. Judging is what I need to work at in all occasions.
4. The happiest people don't get everything they want but they make the best of everything.
5. Follow spiritual guidance.
6. Make amends right away.
7. God speaks to me through people in this program.
8. My HP has forgiven me, so I have to forgive myself.
9. There are 2 kinds of business, my business and none of my business.
10. Don't do anything in your life that you do not want to be on the 1st page of a newspaper.
11. I have a disease with a spiritual solution.
12. My HP wants me to pray about little things as well as big things.
13. I would rather have serenity and peace, rather than be right.
14. Ask members what they are grateful about today.
15. I felt different and used food to sooth myself.
16. I stuffed all my feelings down with food.
17. All I wanted to do is hide and I hid with the food.
18. I had weight loss surgery but I did not know how to keep the weight off.
19. I over exercised which was dangerous to me.
20. My first meeting, I felt like I belonged.
21. We have a disease of not- enoughness.
22. You can be angry but you don't have to take it out on people.
23. Use the tools as a handrail to the steps.
24. I have an HP who loves me. -**Carlene**

CONCEPT TEN.

Clarity. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. Ah, clarity! I love that like the Steps and Traditions, the Concepts can be applied to better every area of my life. As I prayed and read the above Concept, what came to mind is that in my recovery I have a part - a responsibility - and my Higher Power has a part. My part is really simple, though not always easy: surrender, trust, work the Steps, use the Tools, make continuous conscious contact, and follow the guidance so that I am acting in concert with my Higher Power. My Higher Power does the rest. When I try to do more than my part (illusion of control) I grow frustrated. The best way for me to avoid a duplication of efforts (and regain my serenity) is to once again surrender, and seek my Higher Power's will for my life. By staying aligned with my Higher Power, and acting according to the internal guidance which is always forthcoming, my state of mind is clear (free from doubt and confusion). I am then ready to be of service to God and those about me. It works—it really does! **Atiya M**

Trudging the Road of Happy Destiny

Exit 1—Honesty Thoroughfare

Exit 2—Hope Hill Boulevard

Exit 3—Faith Find Alley

Exit 4—Courage Circle

Exit 5—Integrity Isle Drive

Exit 6—Willingness Way

Exit 7—Humility Haven Row

Exit 8—Self-Discipline Terrace

Exit 9—Love Lane

Exit 10—Perseverance Place

Exit 11—Spiritual Awareness Avenue

Exit 12—Service Road — **Anonymous**



When we first became Overeater Anonymous members, little did we think about the inner workings of the program. We did not know that there were twelve traditions that were designed to keep our meetings and service bodies on track. Alcoholic Anonymous went before us to break the ground in creating these traditions and we owe them a debt of thanks for allowing us to adopt them as our own. These traditions can apply effectively to all human relationships inside and outside of OA.

Today I wish to address Tradition One: *“Our common welfare should come first; personal recovery depends upon OA unity.”*

The Spiritual Principle of Tradition One is ‘Unity’.

Many of us, when we were thick into our disease, isolated. We refused to let others witness our depravity, our insanity, thus the compulsion, being progressive, became more than we could bear, and in the depths of despair, we hit, as they say, BOTTOM!

Through guidance from our Higher Power, we came through the doors of OA. Suddenly, in our brokenness we discovered we were not alone. Others suffered the same compulsions. Others obsessed over overeating, body image, suffered shame every time they overate. Others had obsessive thoughts and character flaws and personality defects. Others had similar warts! When we were in a room with these imperfect brothers and sisters, we felt we finally had found a home. Our disease and insanity were understood. We were welcomed with smiles. There was laughter in these rooms. Most of all we were loved unconditionally. These scenarios, my friends, are the definition of UNITY! ‘All for one and one for all’

OA unity is a matter of life and death to us. OA members come from diverse backgrounds. We encounter brothers and sisters with different approaches to recovery. What is important, however, is keeping the needs of the ‘group’ in mind as we share our experience, strength and hope. It is every member’s duty to protect the spirit of unity and mutual support. If it is our turn to lead a meeting, we need to make certain to remind all in attendance to observe and respect the group conscience if it is being ignored.

Unity does not mean uniformity. We can disagree with others on important issues, that is why we have ‘group consciences’ from time to time, where we listen to others with open minds, and we learn to express ourselves without insisting that everyone must do things our way. It becomes easier to find ways of doing things that meet everybody’s needs.

The First Tradition of unity reminds us of an important truth: we are not alone. We are connected to our fellow human beings. Our emotional and spiritual health depends on the health of our relationships. The disease of compulsive eating which once isolated us, has now led us to OA. Here, in local and virtual groups, sponsorship roles, intergroups and service boards, regional assemblies, and OA Worldwide, we are learning to connect with other people in ways that nurture all of us as we recover together. (Taken from the paragraph of Tradition One in our OA 12 & 12 – 97 in the second edition)

Paraphrased from the OA Twelve and Twelve
Second Edition
Compiled by **Avalon M**

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OA WILL ALWAYS BE THERE. OR WILL IT?

Excerpt from: FOR TODAY, October 21, p. 295 "Most human beings have an almost infinite capacity for taking things for granted." -- Aldous Huxley

OA was there when I came in, and it will always be there. Or will it? I must admit, I took it for granted that there would always be someone to open the meeting room, make coffee, put out literature and clean up afterward. I didn't volunteer to do anything like that because I had too many other responsibilities and besides, there were plenty of people who liked to do those jobs. Then something happened: two people moved away, another began working nights and had to find a day meeting to attend ... and suddenly there wasn't anyone to do all the things I took for granted. I'm grateful that was all it took to wake me up. For Today: What am I doing to ensure the continued existence of my home meeting and OA as a whole? **Anonymous**



SOAR8 Recovery Convention and Business Assembly, (March 14-16, 2025)

Traveling the River Road to Freedom-Hotel
Location, Holiday Inn Baton Rouge South, 9990 Airline Hwy, Baton Rouge, LA 70816, Phone # 225.924.7021, Check in @ 3 PM/Check out Noon, Hotel Rates: Double room: \$ 134.95 per night (includes hot breakfast for 2), Additional Tickets available for \$ 10.95 each. **Rooms have fridge, microwave, and free in-room internet.**

Link: <https://forms.gle/cg2NomwFcaRP6Yok6>

or

Register by mail to: BRIG,

P.O.Box 14815,

Baton Rouge, LA 70898



Spirituality and a Fellow's Own Conception, a Gift of the Program.

One of the differentiating aspects of the 12-step movement or fellowship, whatever we want to call it, is that folks are able to seek their spiritual being or connection. Based on my understanding and my experience, religion is more of a structured approach that is often intertwined with a person's heritage or culture. It's often something that you're born into as opposed to something that you seek. The fact that this is not a religious program is part of the reason why I stay. We simply refer to our spirituality as a relationship with a higher power and there is no judgment or assignment of any particular being or concept. I also notice that in religion, it seems as though there is an entity or number of entities that need to be worshiped. As addicts, worship of anything seems dangerous.

Since I didn't come into Program with any preconceived notions of God, I didn't have as much of an issue with finding a faith that worked for me. I was brought up on books and was simply introduced to the Bible as it being another book that a lot of people had read. In some cases, it was considered a history book that was loosely based on people that we didn't necessarily have full names for. I took it with a grain of salt because most of it seemed a bit odd to me. Maybe it's because I wasn't part of a church or any specific practice.

Having faith in a higher power is a game changer. I do not understand the Universe and I cannot fathom its entirety so it serves as my HP. I have the willingness to have faith that the universe will continue to exist well after I am gone from my physical vessel. Whether the instructions I receive during prayer are some forms of internal compass or a relationship with the Universe, really isn't the issue. More importantly, I have faith in that: when I ask what the next right thing to do is, I get a reasonable and safe answer---one that I am willing to follow. Sometimes it's not always the answer that I want, especially when it tells me to wait. Man, I hate waiting! **-Quinn**



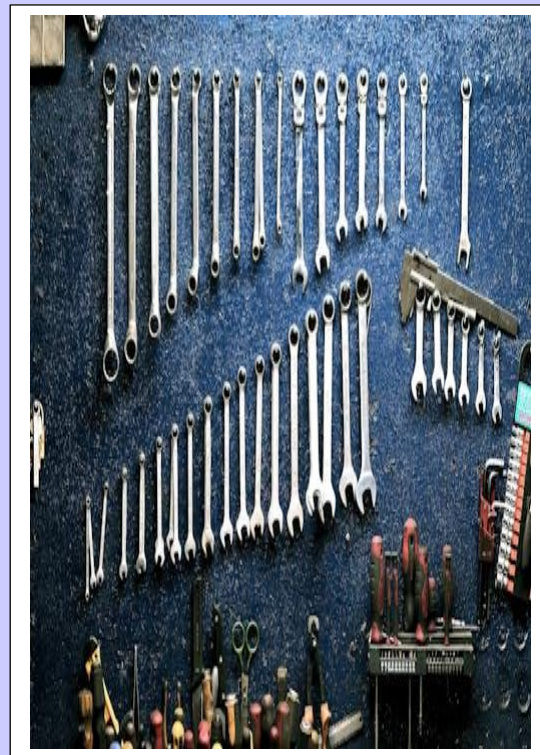
* Tools of Recovery

To celebrate, here are 29 tools of recovery in addition to our nine OA tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.

This list was originally composed for AA and was titled "90 Tools for Sobriety." I have highlighted some and modified them for OA.

1. Stay away from that first compulsive bite, taking the 1st step daily.
2. Progress is made ONE DAY AT A TIME.
3. First things first
4. Remember HALT, avoid being too hungry, angry, lonely or tired.
5. Remember, your disease is incurable, progressive, and potentially fatal.
6. Apply the Serenity Prayer
7. Be willing to help.
8. Eat at regular hours – according to your food plan.
9. Use the telephone. (Not just after the fact but during too.)
10. Be good to yourself, you deserve it.
11. Read the Big Book (Alcoholics Anonymous – any edition!).
12. Change old routines and patterns.
13. Remember FEAR: FALSE EVIDENCE APPEARING REAL!
14. When in doubt, ask questions. The only stupid question is the one not asked.
15. Practice rigorous honesty with yourself and others.
16. Get a home group, give service and attend it regularly.
17. Learn to listen, not just hear. Be open-minded and nonjudgmental.
18. Share your experience, strength and hope.
19. Easy does it.
20. Let the little kid in you out – learn how to laugh from the gut.
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. Be kind to yourself
26. Honesty and consistency are key factors in recovery.

(Continued next page)



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at www.oacfi.org

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27. Learn to take spot check inventories

28. Make lots of new OA friends.

29. Let go and Let God.

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www.oacfi.org

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Central Florida Intergroup / CFI Board Members

Chair: Kathy M. (chair@oacfi.org)

Vice Chair: (vicechair@oacfi.org)

Treasurer: Joan K and Susan H (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: <https://www.facebook.com/oacfi.org>

Newsletter Email: newsletter@oacfi.org

Literature Email: literature@oacfi.org

TikTok channel @oa_cfi

Bylaws: <https://www.oacfi.org/wp-content/uploads/2021/11/OACFI-Bylaws-11.13.2021.pdf> Policies and Procedures:

<https://www.oacfi.org/wpcontent/uploads/2022/03/CFI-PP-Approved-03.12.22.pdf>

20/20 OA Vision

May we OA's have 20/20 vision in 2025.

To see:

- The good and the God in others
- The path/solution to a happy and joyous life
- The results of working the OA program of recovery
- The benefits of helping others
- The spiritual principles of OA in action
- That the promises came through by working the program
- That we are not able to take that first compulsive bite today
- By the grace of our higher power
- Not our power of self- will
- And for that we can be grateful

May our OA tribe have a happy, healthy, abstinent and free new year.
(paraphrased from James Patrick)

By Kathy S

New Beginnings The monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of OA members and is not to be attributed to OA as a whole, nor does publication of any article imply endorsement either by OA, or the Central Florida Intergroup. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the OA fellowship are encouraged. Please email your articles and suggestions to Carlene at tooncesc@yahoo.com. You can read monthly editions of the New Beginnings on line at www@oacfi.org.

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Vice-Chair: -Open

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WSO Delegate: Kathy M #2

WSO Delegate: Debby H. #1

12th Step Within: Christy H

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 service.

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

Facebook and Instagram Links

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

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

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

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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>

Secretary's note: Tik Tok is now accessible on the OACFI web page (www.oacfi.org) by clicking on the Tik Tok 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/@oa_cfi

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

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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 oaconfitreasurer@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.

HOW TO USE PAYPAL

Follow these steps:

- Log in to your PayPal account.
- Select "Send."
- Type in oaconfitreasurer@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."

FOR YOUNG PEOPLE: ♦ Check out the Young People's Virtual Intergroup at [https:// oayoungpeople.org/](https://oayoungpeople.org/) ♦ Download, for free, the pamphlet "To the Young Person," at [https:// bookstore.oa.org/digital-products.asp](https://bookstore.oa.org/digital-products.asp)

Is Food a Problem for you? Are you 18 to 30 years of Age? A young adult male? 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/OA>

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>

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

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.

Upcoming Intergroup Meetings:

10 AM Saturday, January 11th, 2025

10 AM Saturday, February 8th, 2025

Zoom info. for intergroup Meetings: Join Zoom Meeting

(NO password_required)

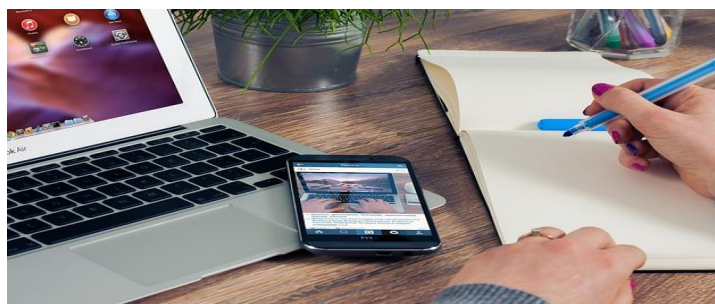
one tap mobile + <https://us02web.zoom.us/j/5083293778>

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.



Apopka meeting (face to face)

Monday 6:00 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

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.”

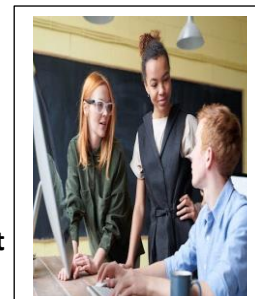
The new paragraph was developed in recent strategic planning meetings held by OA board trustees and region chairs, and is now included in the opening remarks of four of our meeting formats:

Suggested Meeting Format

Suggested Telephone Meeting Format

Suggested Online Meeting Format

Suggested Step-Study Meeting Format



“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.

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.

For Today:

Members need to remember we are not a diet club. We do not endorse any specific plan of eating.



Attention: For Subscriptions

1. FOR NEWSLETTER: IF YOU ARE ALREADY RECEIVING NEWSLETTERS, YOU DO NOT NEED THIS INFO. IF NOT . . .

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

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

Or
copy and paste this in your URL:

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

or

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

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

Go to

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

or

copy and paste this in your browser

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

or

Go to www.oacfi.org

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.



Digital Newsletter available at
www.oacfi.org

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

Treasurers Report (November, 2024)

Number	Day	Group	Contribution
48951	Sun	7 th Day Adventist Church	\$133.00
57783	Sun	Downtown Kissimmee	\$ 20.00
800822	M-S	Central Christian Church noon	\$320.00
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	\$209.00
57739	Mon	Maitland 6:00 PM	\$159.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	
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	
57273	Tues	The Meeting Place Ocala	
39211	Tues	New Covenant Baptist Church, Deland	
53032	Tues	YMCA, Lecanto	\$29.00
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park, 7 PM	\$30.00
57955	Thurs	Christian Family Worship Center	\$70.00
18502	Thurs	Church of the Messiah, Winter Garden	
57434	Thurs	Westminster By the Sea	
800822	Thurs	Central Christian Church	
54798	Thurs	Better Together Group	\$50.00
89384	Thurs	Zoom Body Image	\$5.00
89006	Thurs	Zoom Speaker Meeting	\$25.00
801000	Fri	Tuskawilla UMC, Casselberry	\$200.00
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	\$78.00
800378	Sat	Zoom Port orange	\$30.00
		Central Fl Intergroup	
		Step Workshop	\$150.00
		Individual Contributions (Check)	\$20.00
		Individual Contributions (PayPal or Zelle)	
		Literature	
		Unknown group	\$656.00

Total Group Contributions \$1570.00

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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.

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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.

B.I.N.G. E.=

Because I am not good enough.

Digital Newsletter available at www.oacfi.org

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



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!

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://oayoungpeople.org/>

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 Down load for free, pamphlet. "To the Young Person," at <https://bookstore.oa.org/pamphlets/to-the-young-person-280.asp>

Thoughts to Digest

- Ulcers are what you get from mountain climbing on molehills.
- God teach us to laugh again, but please don't let us forget that we once cried.
- When a COE tries to control their overeating, they have already lost control.
- Seven days without an OA meeting makes 1 weak.
- Wait 10 seconds, pause, make a call, repeat.

Things I heard at Meetings-Carlene

1. Let's talk nice to myself.
2. No matter how crazy you are, we have the same books of recovery.
3. We recover better together.
4. Some of the people who irritated me, I learned great things from them.
5. Recovery is either life or death.
6. Tomorrow, I just want to be better.
7. I can fit into my pants but I can't fit into my soul.
8. Every time I had nothing to do, I thought about food.
9. I experienced physical abuse with using food.
10. I love you too much for you to do that anymore.
11. I thought the disease would wipe out the pain.
12. I'll know and you'll know and that is all you need.
13. Once the food is gone, you can look at life in technicolor.
14. I stepped on the OA train and flipped the switch and then I could enjoy the scenery.
15. This disease is selfish and self-centered and lazy.
16. I watch the newcomers and I do not want to go back but I learn from them.
17. What is keeping you from being happy joyous and free? -**Carlene**

Step One



I joined OA after I had lost 70 pounds, but I was full of rage and anxiety. I had to come back because I need help with the 2nd half of Step One – my life is unmanageable. I believe that I have a compulsive obsessive personality and food is my primary addiction. I think this because when I let go of the food, lots of other addictions waved their hands at me. I think of food as an addiction, but not as my primary obsession. I am obsessed with how life is going. I then can use the Steps to help me with that obsession. I use the Steps every day so that I keep my focus outside of myself. If I retreat into my brain only, I get sicker. If I focus on the support and guidance from a power outside myself, I am able to let go of the obsession and my life becomes easier. Honestly, there are days when I try to control everything and I end up white knuckling the food. Most days now, since I do the 10th, 11th and 12th Steps daily, are free of stress and anxiety and so my abstinence is easier. —**Anonymous**

AA World Service asks that we respect their literature and their group conscience by reading their literature, such as the Big Book, as written, without changing the words. AA also asks that we read excerpts from their literature in context, which means to read it from the actual literature as printed, and not from a typed sheet of paper.

Thoughts to Digest

- If you can't get your sponsor, call other people.
- Stay motivated with variety of program tools and actions.
- Don't let service activities replace recovery activities.
- OA is a school in which we are all learners and all teachers.
- Possibilities and miracles are one in the same.
- Many things can be preserved in sugar; dignity, however, is not one of them.
- I love you, God loves you, and there's nothing you can do about it!



OVEREATERS ANONYMOUS.
CENTRAL FLORIDA INTERGROUP

JOIN US FOR OUR 2025

WORDS TO *Live By*

SATURDAY, JANUARY 25TH
12:30-2:30

PRESENTED BY CENTRAL FLORIDA IG
first congregational UCC-Lake Helen

Parish Hall

**107 N. Euclid Avenue
Lake Helen, FL 32744**



Tradition One-Unity



In January, I read Tradition One. I was reminded that whether at a local meeting, an Intergroup meeting, a Regional Assembly, or the World Service Conference, we are guided to keep OA as a whole utmost in our minds. I can remember one World Service Business Conference. I took some quiet time right before voting to pray for the right course of action that would be most beneficial for our entire Fellowship. As a member of OA, voting at every level was and still is a responsibility I take seriously. At the group level we are asked to follow our meeting format. We are reminded to respect our group guidelines; the length of time we share, no crosstalk, and the list goes on. On page 92 of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd edition, it states, "We may want to talk for longer than is suggested or we may feel that we "just have to share our advice..." however, Tradition One tells us to curb our impulses for the sake of the group." The first Tradition, also, makes it our responsibility to lovingly remind members if the group conscience is being ignored. Unity is the spiritual principle of Tradition One. Unity does not mean uniformity. We can listen to others with open minds and learn to express ourselves without insisting that everyone must do things our way. The beauty of Tradition One as well as all the Traditions is that we can apply their principles to our lives both inside and outside of OA. We are connected to our fellow human beings. Our emotional and spiritual health depends on the health of our relationships. We can practice Unity to help keep our meetings and our lives strong. **By Barbara**

Digital Newsletter available at www.oacfi.org

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

Learning to Turn my Problems Over to My HP

There is no one right way but I have found a wrong way to do this step. In 1991 I was searching for the perfect "God Box." My first sponsor told me that writing her problems and/or concerns on paper and putting the slips of paper in her 'God Box' was very freeing for her. She had a beautiful God box that she had purchased at a religious articles store years earlier. I wanted a beautiful box like that. I put off writing my notes and prayers to God because I did not have a suitable place to put them. I did look for a box but never found the 'right' one. I put it off long enough that relapsed and then I was in such denial that I was deep into my relapse and had gained 80+ pounds before I even realized I did not have a reason for the box. I no longer had a program. When I came back to OA 15 years later, I was thinking "This time, I have to find the right box quickly." Then someone said "Our very best thinking got us to where we are now." I asked myself "What does my Higher Power want from me?" The answer I received was **willingness** and **acceptance**. So, this time I committed to a program of action. I stopped looking for 'the right box' for my notes to God and then I stopped looking for 'the right notebook' in which to write my 4th step. I just started writing. **I stopped looking for 'the right person' to share my 4th step with and I shared it with my sponsor without fear. I stopped searching for 'the right abstinence' and accepted that one that God gives me each day is so much better than what I was searching for.** I have notebooks and journals in my home, my office and my pocketbook. I can meditate anywhere and I write my thoughts and concerns to God as I have them. For today, God has given me the knowledge of His will for me and the power to carry it out because today I have the willingness and I accept that HP's will for me is so much better than my own. "We became willing to start fresh with our Higher Power. **By Jane C**



Overeaters Anonymous

CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Three keynote speakers, several workshops.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

"This is an experience you...will not want to miss." Alcoholics Anonymous, p. 89



Save the Date!



To be kept up to date with the latest convention news, email CONVENTIONINFO@OA.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
	L	89653	For Today Dedicated Virtual Meeting (Has been cancelled)		
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	mondaygrac emeeting@g mail.com	
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, 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. After Aug. 6th the Mtg returns to Sycamore St	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)	Terri	386-285-6492
Noon	V	800822	Central Christian Church Zoom only Zoom call in #- 1-312-626 6799, pw 452471# Zoom meeting ID: 844 7739 8454, pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
4:00 pm	V	54798	Bobbleheads Zoom only Zoom 842 9268 7636, pw Surrender https://us06web.zoom.us/j/84292687636	Donna G.	603-477-4555 Text first, please
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	80082	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	80100	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	80037	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	Me	80082	Central Christian Church Zoom only Call in 312-626-6799 pw 452471# Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
Sunday					

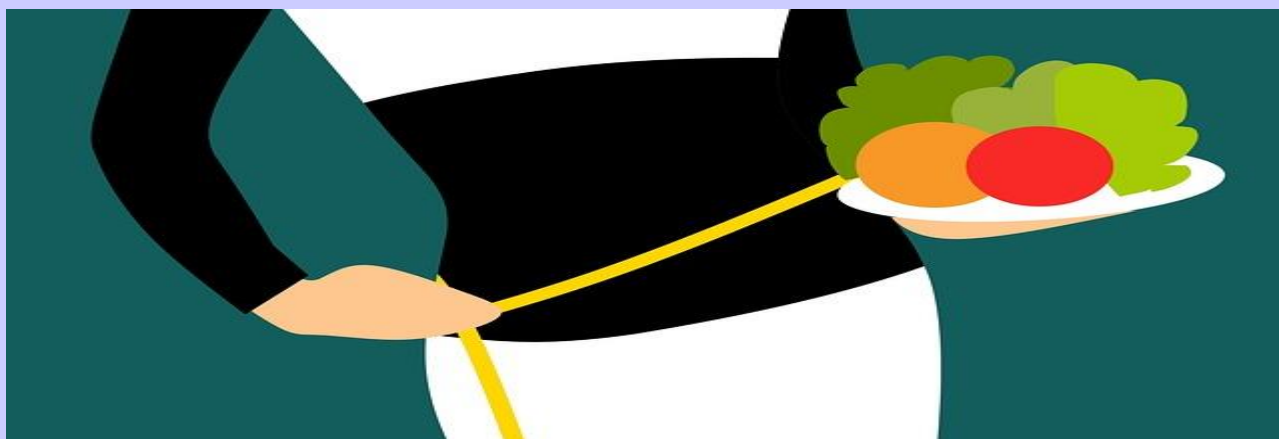
4:00 pm	L V	57783	****NEW MEETING**** Downtown Kissimmee – Hybrid meeting – Face to Face 28 Broadway Ave. 2 nd Floor (stairs) Kissimmee, FL 32829 Zoom: https://zoom.us/j/83055460946 Password: sosbigbook	Lisa K	321-276-2595
5:00 pm	V	48951	7 th Day Adventist Church Zoom only Zoom: 844 7739 8454 Password: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

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

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sourced from Pixabay.

Stomach



I have a strange relationship with my stomach. I think I always have. Scampering around as a kid barefoot and tan, I ate because it was time to eat. I knew because they put the food down in front of me. I remember being happy when I would eat standing up at the table and dancing. I guess my stomach and I danced at the party together then. Being eleven isn't easy. It's especially difficult when you have no boobs and a round plump stomach. I jokingly say now that I looked like a potato. My parents divorce didn't help. Eating guarded and relieved my grieving and isolation. Eventually my boobs grew and the rest of my body transformed into a woman too. I was curvy, tan and beautiful and I knew it—but it didn't matter. I didn't live inside my body. I lived in my head. Since then, there have been times where I wished that I didn't have a body and I was just a big head. Here's the thing, and it's obvious, You need a stomach to connect your chest to your pelvis. It's unavoidable. We used to party together. Now we're at war. I can tell you exactly what makes my stomach hurt, but I eat it anyway. It's a fight. Will I win or will my stomach? Right now, she's losing by a mile. Every so often, I eat foods that nourish my body and not my cravings. Those days are few and far between. I know how to weigh and measure my food. I know how to call friends who have the same problem. I know how to write in my journal about how difficult this is. And, I know how to pray that God will help me eat the right things. I always think that part is ridiculous. How can God help me? On the other hand, He shows up every time I've asked. I wish that I could return to the days when food was just fuel. **Anonymous**

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

Digital Newsletter available at
www.oacfi.org



Recovery Talks Workshop

January 25th, 2025

Hosted by: Central Ontario Intergroup:

oaontario.org

Saturday: 2:00 P.M.-Saturday 3:00P.M.

Zoom ID: 9012652959

Zoom PW: hello

No Preregistration required



EVENTS OF THE DAY:
Sponsored by Region 3

Traditions and Service Workshop

HYBRID

January 25th, 2025 Time: Sat., 11:30 A.M.-Sat., 4:00 P.M.

Details

Events of the day:

- Savor Each Bite – The Art of Conscious Eating (Prepare and bring your packed lunch with you!)
- Traditions and Service – How to Use the Traditions in Daily Life and Relationships
- Step Ten – Rapid Process
- Relapse – Symptoms & Prevention
- Affirmation Circle – A Group Experience

ANONYMITY PLEAD THE FIFTH



I'm not one to become ashamed over my victory through living a 12-Step program. Nevertheless, it appears obvious that it is not an appropriate setting to use as an achievement on a resume. **My anonymity protects me when my own mouth wants to incriminate me. This principle may not appear powerful, but, in a social gathering where one's personal traits in OA meeting may not seemed welcomed; the tool of anonymity glows such as a candle. It may seem awkward at a family event, office party, or neighborhood cook out to address the issues of eating and fellowship like a temptation. The true meaning of one's compulsive eating nurturing another OA member gives strength in numbers. Through the bond of several members' weakness, a human force of recovery stands; understanding the importance of anonymity within a social gathering shows respect towards us and each other. Although, I may regret the fact that I cannot list my time of abstinence as a personal achievement on my resume, I respect the confidence and support which it reflects to my fellow member. Anonymity is actually a reflective tool which gives the picture of recovery a positive light within a community. It shares the embrace as of a congregation. It gives a safe place for confession. One may feel comfort on an altar, likewise, on a social level, the same quality is revealed in an OA meeting. In the private comfort of anonymity, one may find roots to trust, and therefore strength to grow. -Tony B.**

NEW BEGINNINGS The monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of OA members and is not to be attributed to OA as a whole, nor does publication of any article imply endorsement either by OA, or the Central Florida Intergroup. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the OA fellowship are encouraged. Please email your articles and suggestions to tooncesc@yahoo.com. PLEASE, when emailing anything to this email address, type OA NEWSLETTER in the subject heading. You can read monthly editions of New Beginnings on line at www.oacfi.org

Thanks, Carlene

Digital Newsletter available at
www.oacfi.org





Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

- | | |
|---|---|
| 1. What were your <u>early</u> days of abstinence like? What else changed besides the food? | If so, how is your abstinence different now compared to when you first started in OA? |
| 2. When you let go of the food, what did that make room for in your life? | 7. How have you maintained your abstinence around those who don't understand your commitment? |
| 3. How do you get through difficult times without turning to food? | 8. Has your cultural/racial/religious background had an impact on your abstinence? |
| 4. How do you encourage and support others who are new or struggling with abstinence? | 9. If you have experienced relapse, what helped you regain your abstinence? |
| 5. How has OA service supported your abstinence? | 10. I'm grateful for my abstinence because... |
| 6. Has your abstinence changed over time? | |

*To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by **January 1, 2025**.*

IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!

SELF DECEPTION

"If I'm smart, I won't fool myself!" - Inner Harvest Daily Meditation - December 13, 2024

An overpowering need to be loved unconditionally, accepted for who I was, drove me to be all things to all people. A talented people pleaser. Though I never told a lie while I was in a particular character/personality, I was brutally dishonest to those I was attempting to please, but most of all to myself.

If there were Oscars for 'regular people' playacting I would have won multiple Oscars. In 'acting as if' (for others) I lost my true self in the process. I became a nonentity, the only spark, in those days, that kept me from suicide were our two sons. The sense of responsibility I had toward them kept me functioning on a basic level.

Until OA opened my senses and shocked me out of denial, I was a lost soul in the midst of a crowd. POW!! Talk about your rude awakenings. I no longer looked in a mirror and denied I was obese. I got answers when I asked my Higher Power to reveal possibly hidden character flaws and defects. With His help, one day at a time I turned my life around significantly.

Today, I lead different OA meetings. I am a sponsor and was a PIPO for our Region's Intergroup Board.

TODAY: I am honest with myself and others. I face my disease and I'm willing to make the necessary changes. I am honest about how I think and feel. Honesty sometimes 'hurts' but my Higher Power smooths out the prickier burrs to help me find serenity of body, mind, and soul. Today, I look in the mirror and smile in gratitude.

-Avalon M



LUNCH BUFFET

Options: Gumbo, Rice, Baked Chicken,
Tilapia, Veggie Red Beans, Red Potatoes,
Green Beans, Fresh Fruit, Salad bar,
Regular & Decaf Coffee, Iced Tea Service

\$39

DINNER BUFFET

Prime Rib, Chicken Supreme, Veggie
White Beans, Baked Potato, Rice Pilaf,
Sauteed Squash & Zucchini, Fresh Fruit,
Rolls, Regular & Decaf Coffee, Iced Tea
Service

\$56

FEES DUE:

- | | |
|--|-----------------|
| <input type="checkbox"/> Registration: \$50 (Before 2/10/2025) | \$ _____ |
| <input type="checkbox"/> Late Registration: \$65 (After 2/10/2025) | \$ _____ |
| <input type="checkbox"/> Saturday Only Registration: \$45 | \$ _____ |
| <input type="checkbox"/> Virtual Assembly Registration: \$45 | \$ _____ |
| <input type="checkbox"/> Saturday Lunch: \$39 | \$ _____ |
| <input type="checkbox"/> Saturday Dinner Banquet: \$56 | \$ _____ |
| <input type="checkbox"/> Scholarship donation | \$ _____ |
| TOTAL | \$ _____ |

I WILL PAY BY:

- Check (Mail to BRIG - See HOW TO PAY))
- VENMO (Use code - See HOW TO PAY))
- I will write a separate check or VENMO for donations

All meal orders due by 3/5/2025

**Please consider ordering BOTH meals.
This will allow the Intergroup to recoup the
cost of the Assembly and continue
carrying the message. THANKS!**

RECOVERY CONVENTION INFO:

Track 1: The Steps lead to the Principles, that lead to
the Freedoms, which create the state of mind in which
we no longer want to eat compulsively!

Track 2: The Tradition's Spiritual Principles can be
applied to all relationships, leading to the Road to
Freedom from the bondage of self!

Riverboarder.com

COMMITTEE CO-CHAIRS:

KATRINA S.

Kssoar8@gmail.com

JULIA S.

serenityseekerjcs@gmail.com

For more info contact

VICE CHAIR:

PAT F.

mimsy313@gmail.com

Cancellation Policy:

*Refund requests must be
received by 2/15/2025*

Business Assembly Documents

*Are available on Region 8's
webpage 30 days prior.*



By permission of Central Jersey Intergroup

**"We are going to know a new freedom & a
new happiness" -AA Big Book p.83**

Carborderclparts.com



CENTRAL OFFICE OF LOUISIANA
BATON ROUGE INTERGROUP

Traveling the River Road to Freedom:

*from Compulsive Eating &
the Bondage of self*

SOAR8 RECOVERY CONVENTION AND BUSINESS ASSEMBLY

March 14-16, 2025



<https://www.vectorstock.com/royalty-free-vector/road>

**Need to Order Literature? You can go directly to the
OA Website: <http://bookstore.or.org/>**

**Digital Newsletter
available at
www.oacfi.org**

HOTEL LOCATION

Holiday Inn Baton Rouge South
9990 Airline Hwy.
Baton Rouge, LA 70816
225.924.7021
Check in 3 PM / Check out Noon

HOTEL RATES

For group rates use code: **BRI**

Standard Double Room \$134.95 per night
Sleeps 4, Includes hot breakfast for 2

Additional breakfast tickets available for
\$10.95 each

Rooms have fridge, microwave and
free in-room Internet

Free Parking

AIRPORT INFORMATION

Louis Armstrong New Orleans
International Airport
MSY – 65 miles

Baton Rouge Metropolitan Airport
BTR – 10 miles

No airport shuttle is available



HOW TO REGISTER

TO REGISTER ELECTRONICALLY:
Use the link or QR code below for
Google Forms in English, Spanish or
Portuguese.

Utilice el enlace o código QR a
continuación para español
Use o link ou código QR abaixo para
português

<https://forms.gle/cq2NomwFcaRP6Yok6>



OR, TO REGISTER BY MAIL:
Fill out form to the right (front and back).
Detach the filled-out form & send to:

BRIG
P.O. Box 14815
Baton Rouge, LA
70898

HOW TO PAY

TO PAY BY CHECK:
Pay to: **BATON ROUGE INTERGROUP**
For: R8 2025 #1
Mail to: BRIG (address above)

TO PAY WITH VENMO: @BRIGBIZ-OA
Use the QR Code below.
What is it for: **YOUR NAME & R8 2025#1**



ONSITE REGISTRATION OPENS AT 3PM FRIDAY

REGISTRATION FORM

Name _____
Name for badge _____
Intergroup _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____

I WILL ATTEND THE:

Recovery Convention

Business Assembly

BUSINESS ASSEMBLY ATTENDEE:

Board Member

Funded Committee Chair

Trustee

Region 8 Rep (1st Time / Green Dot)

Region 8 Rep (Returning)

Region 8 Rep (Virtual)

Business Assembly Visitor (Virtual)

Business Assembly Visitor (On Site)

SPECIAL REQUESTS:

I need a roommate: male or female (circle one)

I need interpretation: Spanish or Portuguese (circle one)

I WILL GIVE SERVICE:

Speaker (90 days of abstinence)

Mentor a 1st Timer / Green Dot

Interpreter: Spanish or Portuguese (circle one)

Anywhere – as needed

Hospitality / Boutique

Hugger/Greeter

Page / Runner (in Business Assembly)

Registration / Literature Table

Sell Tickets for Drawing

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

2025 World Service Convention
Theme

“Walking in the Sunlight Together”

Dates: August 21-23, 2025

Location: Renaissance Orlando at SeaWorld®

6677 Sea Harbor Drive, Orlando, FL 32821 USA

Phone: 407-351-5555, *Reservations will open in April 2025.*

Join our email list! Write conventioninfo@oa.org.

Download the details from the [Event Calendar listing](#).

OACFI World Service Convention Volunteer Planning Committee

Overeaters Anonymous Central FL Intergroup (OACFI) is working on gathering volunteers for an OACFI World Service Convention Volunteer Planning Committee; committee members will coordinate all the volunteer positions necessary to make the OA World Service Convention in Orlando in August 2025 a memorable experience and perhaps even a transformative one.

Volunteers are necessary to plan, train, and empower all those who desire to give service by volunteering during this World Service event. (Volunteers will need to pay to attend this event, however, there is room to volunteer even if attendance is not possible.)

We will be meeting the week after each OA World Service planning session, so that the latest information from the OA World Service about the convention can be passed on.

The OACFI World Service Convention Volunteer Planning Committee will start meeting via the Zoom platform in mid-January. Our meetings will be either on Monday or Wednesday evenings, 7:15-8:15 pm ET. If you are able to give service in this way, please contact Debby H. hugs333@att.net

(More information about volunteering for specific functions at the convention itself will appear at a later date. Many hands will be needed!)

