

New Beginnings (February 2025)

Central Florida Overeaters Anonymous Intergroup

Sharing experience, strength, and hope with those

Who suffer from compulsive eating and compulsive food behaviors

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

Calendar Events: OA Phone Marathons: Meetings 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

Sun., Feb., 9th, 2025, Superbowl, "Super Recovery Requires Using God as Your Coach."

Fri. Feb., 14th, 2025, Valentines Day, "The Heart of Recovery is Found in the 12 Steps."

Fri., Feb. 28th, 2025, Ramadan Begins, "How Do I Find the Courage to Change?"

Sat., February 8th, 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>

Virtual:

Mon., February 3rd, 2025, 12- Steps of OA Workshop, Speaking, Journaling, Sharing, sponsored by: Miami Dade & the Keys Intergroup, Time: Mon., 6:30 P.M.-Mon., 7:30 P.M., Zoom ID: 864 1518 6652 PW: 305305, Repeating Event. See Pg. 27 for more info.

Sat., Feb. 22, 2025, Spiritual Practices Workshop, "The Power Within Spiritual Strength for Lasting Recovery," sponsored by: San Diego County Intergroup, Time: Sat., 1:00P.M.-Sat., 3:00P.M. Zoom ID: 837 1918 2954, PW: 909312, Offering \$5.00. See Page 27 for more details.

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 8 and 9 for more information.

March 14-16, 2025 SOAR 8 Recovery Convention and Business Assembly, Baton Rouge, LA70816-See page 3,22, 14, and 15 for more information.

See page 27 for more information on more marathons.



Step 2: Hope

Came to believe that a power greater than ourselves could restore us to sanity.

Tradition Two: Trust

For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Both Taken from the 12 & 12

Concept Two:

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.

Index

Page 1-Calendar, Steps, Tradition and Concept.

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Page 18-22=Articles, meeting contributions, and office info.

Page 23-30=Articles, conference info., workshops info., contest info. and business pg.

Second Step Prayer God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. -Big Book, page 59

Remember the Courage it Takes to Come to a Meeting

This disease is cunning, baffling and powerful in all its forms as we live our recovery physically, spiritually and emotionally. We are confronted daily at home, out in the community with challenges to our abstinence and our recovery. We often see and hear this pain in our meetings and our fellowship from new members and members in relapse. The 12th step within asks of me, of us all, to reach out so we can pass on our active support to those who still suffer in the rooms. Offer your smile, your welcoming hugs if they are wanted and understanding shares with the hope that your outreach will offer assistance to those who seek recovery. You will receive as much benefit as they will from your effort and understanding. Because of program and service in this committee, I can be present in the OA Fellowship to the member seeking recovery from relapse. When the still suffering member enters the room, remember the courage it takes to get there! Keep your eyes and heart open to their pain and confusion because we can relate to the challenges they face. We can listen and urge them to attend meetings, work the Steps with a sponsor, make the call or send the texts. We can return those calls and send those texts ourselves. I can be active in my recovery, work the steps, cultivate and enhance my spiritual program and use the tools. My service supports and strengthens my recovery. Because of program, I can act on life instead of reacting to life's challenges. However you do it, relapse doesn't have to be a burden never shared. By sharing our journey of hope and our experiences we can make a difference! Together we get better. **Marinda S**



SURRENDER



"It was here that we surrendered—admitted we were totally defeated and powerless over food, that we were not now nor ever could be like normal eaters. That was the beginning of freedom." (For Today, 12/17) For me, accepting my utter powerlessness over food and my body—and my distorted perceptions about and reactions to both—was the beginning of freedom. Today, I am free...and... when life happens, the disease still whispers lies about my food and body. I am grateful that I have a solution today. I don't have to accept the lies; I just have to accept my powerlessness. I am an addict and food and body obsession are my drugs of choice. The obsession is lifted one day at a time as I do the work and stay in conscious contact with God and in connection with other people who "get it." Knowing that I am not alone and that "this too shall pass" allow me to find grace, love, and deep serenity and live life on Life's terms - just for today. — Anonymous



OA REFLECTS NO DIET

OA is known for being a food program not a diet program. What does this mean? Why is the mentality of following a proper diet considered a wrong philosophy when it comes to a 12-Step program? There are OA Members who follow a “white-free” diet (no sugar, no salt, no gluten). We also have members who follow a calorie diet much like Weight Watchers as well as using a portion control diet (measuring their food). But why is it then that Overeaters Anonymous is not a diet program? For the most part, the entire anarchy morality of your free to eat whatever you desire to eat when it comes to developing a food plan sets the OA program apart. This eliminates the idea of some type of self-discipline restrictions (something an average addict embraces).

Nevertheless, there is a reality of developing a manner of self-control when it comes to food as far as being an OA member. Many OA members follow a 3 meal-a-day no snacks food plan. And other follows the same idea, yet honors having just one snack. Some develop a plan of 6 meals of proper portions at a specific time a day and no in-between eating. But that’s the point, OA Members follow a food plan not a diet. So, what is the difference between these two concepts? I know for me when I accepted the point that what my current weight may reflect on the scale is none of my business as long as I’m honestly following a realistic genuine food plan; I found my utopia in OA. I finally arrived at a clear and conceit idea of abstinence.

The bottom line is a food addict has compulsive, unhealthy and negative behaviors & habits when it comes to food. It is this concept which we as OA Members are using the 12-Step program to overcome. Our lifestyle in recovery reveals an emotional healthy and maturity within a virtues image. In other words, an OA Member is no longer in slavery to an active addiction. The conscience awareness of this is obvious (Thus: Step One) This reality is illustrated in an OA member’s physical outlook, mentality, emotional growth and spiritual wellness. It affects all four psychic areas. A diet simply focuses on the physical health. When one obtains a pathway of recovery it brings a structure of freedom and inner peace. This is also obvious to witness in the abstinence OA Member and is not mistaken to not be observed by people within their environment. Having this clear vision in OA 12-Step Program gives the member the wisdom to share their experience strength and hope to the next needed suffering addict. =By Tony

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



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available at
www.oacfi.org

Note: All pictures
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sourced from Pixabay.

Tools- a Step at a Time.



Is there an OA tool that you really do not like to use? Try using it today!

Hate to make phone calls? Make 1 call today. You may be saving someone's life with that call.

Hate to read the literature? Read 1 page today. Just 1 page. Do it again tomorrow.

Don't like writing? Write just 1 sentence today. Just one sentence on gratitude for what your recovery gives you. See where the pen takes you.

Do not know what Service you can offer? Try taking the back page of this newsletter and posting it on a community info board at the library or at the supermarket.

What about a food plan? If you are not already abstinent try it for the rest of today. Just today.

Be willing to be abstinent and follow a plan for the rest of today and take tomorrow when it comes. Make today your day. -Anonymous

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 have I gotten past the slipping and sliding?

C. Why do we need 12th step within and the PIPO Committee?

D. Why do we need the Next Generation Position?

E. What do I do for Self-Care?

3. I will take any articles months in advance.

4. Anything on the Tools.

(Send articles to Carlene @ tooncesc@yahoo.com)

The Treasures of Service



Howdy, Sisters and Brothers! It has been said that, "God given talents are rendered useless if not put to good use." A grateful returning newcomer, I find doing service as the Bradenton Treasurer and Intergroup-Representative to be both enriching and meaningful. Armed with a new found purpose, I also discover that Overeaters Anonymous is a great platform which enables me to practice skills that have been laid to rest for many years. Amazingly, for the first time in a long while, I feel alive doing something useful which also promotes my personal journey towards refinement and wellbeing. A wholesome sense of purpose and identity is being restored within me. The awareness of what has been lost is now slowly being regained, especially the feeling of accomplishment which is truly derived from doing something good for others. Hence, let it suffice to say that here in these rooms the true treasures lie! Here is where the opportunity to regain something missing, is suddenly found! Here the lonely is no longer lonely! Seek, and you will certainly find! My friends, let us remember that God will do for us that we cannot do for ourselves, but let us also remember that there are things we CAN do, and that is SERVICE! Got Service? **Angela F**

Desire for Abstinence Prayer – by Patrice

(inspired by OA 12 & 12) Higher Power, through trust in You, the promises of the program begin to come true. No longer must I worry or feel anxiety about compulsive overeating. Thank You for taking away my desire for excessive foods and increasing my willingness to say "No" to my cravings. Thank You for lifting the compulsion to overeat. Please increase my desire to be abstinent and to pursue interests that are healthy and fulfilling. Please decrease my desire and defective thinking to compulsively overeat, abuse myself and feel cursed by this disease. Thy will, not my will be done!

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Quieting My Mind and Spirit

Lord living in the spirit of my mind

Ever keeping me from being blind

To what you have in store for me.

Giving all I need to set me free.

I owe everything to thee.

Ï Please quiet me of random thoughts

Things that you have never brought

Hoping things that could be wrought

Now in the silence of my mind.

Knowing that quiet is so very kind.

In this silence oh so entwined.

All the peace that I do find.

Ï Now that you have silenced all the roar

You have allowed that opened door

Allowing me to walk right through

Together all the good that we can do

By Burt T



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 Newsletter@oacfi.org. You can read monthly editions of the New Beginnings on line at www.oacfi.org.

SERVICE

The difference between OA and the diet programs that I have tried in my life is that OA took me out of myself. I learned that what I had to share with others was important, and that I was worth something other than what perfection of the body could bring (I never had a perfect body and still don't). It gave me a sense of being good enough which I never got anywhere else. WSO's focus for last year was on the Principles of the Program, and the focus for this year is on working ALL of the steps. Each of the Steps focuses me on a task that teaches me one the Principles of the Program and learning to live by practicing those principles has changed my life. Some people work Steps 1-3 and having found physical recovery; pass the message to compulsive overeaters that OA is different and that it works (Step 12). I have found that unless I change the person that I am, I will eat again. Some people work through Steps 4-9, begin to feel the fulfillment of the Promises, and pass that message to others struggling with compulsive food issues. I have found that it is only through continued practice of Steps 10, 11, & 12 that I can continue to move forward and keep what I have found. I have been told and I have learned that if I am not moving forward, I am slipping backwards-nothing in this life stands still! Steps 10, 11, & 12 are my insurance. In Step 10 I continue to take my personal inventory, and when I am wrong promptly admit it. (the concepts of Steps 4-9, as needed) In Step 11 I put effort into maintaining my personal relationship with my Higher Power, and In Step 12 I practice the principles of the Steps, Traditions, and Concepts of the program and try to spread the message of recovery through Service to the program and living with personal integrity as expressed in my behavior. At WSO I heard something like this: The Fellowship supports me. The steps and the traditions change me. Because the person I was when I came in will eat again. That is the only thing that stands between my disease (addiction) and recovery. FYI: Principles of The Program: Honesty, Hope, Action, Courage, Integrity, Willingness, Humility, Love, Self-Discipline, Perseverance, Spiritual Awareness, Service, Unity, Concern, Trust, Open-mindedness, Responsibility, Acceptance, Equality, Fellowship, Consciousness, Consideration, Representation,

Balance, Delegation, Clarity,

Dialogue, Compassion &

Respect. -Paula



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What I heard at meetings-By Carlene



1. **OA has nothing to do with religion; It is a spiritual program.**
2. My recovery has to be good enough to do service.
3. Don't be afraid of service.
4. Find out what does not work and don't do that.
5. You may leave this program but this disease does not leave you.
6. Some people do not want to come back to this program after they left, bec. they are ashamed.
7. The truth shall set you free but you may be pissed off a lot when you find out.
8. Don't try harder but surrender more.
9. When I talk nice to myself my recovery is greater.
10. Fear was my operating system.
11. I don't try to change people any more.
12. I am engaging in the steps.
13. The more service you do the better it is to step out of yourself.
14. Sponsoring helps me as much as it helps you.
15. Powerless is being stuck.
16. I was doing half measures.
17. If I wanted something different, I had to do something different.

I thank God for
protecting me from
what I thought I wanted
and for blessing me with
what I didn't know I
needed. By Cathy

Tradition 2 Finds Justice

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Are you getting fatter and fatter? Do you read diet books, follow nutritional resources, come to OA meetings and still continue to gain weight? Or, if you have lost the pounds, are you having trouble maintaining a healthy body weight? This problem appears to be true for me. I walked into the OA program in November 2009. I've lost weight and I've gained weight, but I never seem to be successful at maintaining a healthy weight for very long. That very thought or attitude may be the source of my problem. Do I allow myself to feel the grace I have freely received? Do I accept the continuing process of growth, or am I focused solely on the numbers on the scale? What determines whether I am doing OA right or wrong? Tradition Two states the only authority I have to answer to in the OA program "is a loving God as He may express Himself in our group conscience." This loving God does not tell me I'm fired because I did not attain perfect abstinence in a specific time period. He continues to keep the doors of OA open to me, ever reaching out His powerful, loving hands to me wherever I may be spiritually, mentally, emotionally or physically. The grace does not stop if I'm still fighting the battle after coming to OA for six months, two years, five years, or even ten years. Unconditional love allows me to come back even though my head and heart may feel shame and guilt. This is the purpose of Tradition Two for every member of Overeaters Anonymous. There is great grace and mercy in accepting the steps and traditions of OA. May we allow them to work in our lives exactly how they were written. —Tony B.

Group Conscience

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."—Tradition Two Be slow to anger and quick to seek understanding, and listen before speaking; these proverbs can certainly give us direction in confusing situations. We would be wise to follow the way shown by many who have gone before us. Recovery is the road less traveled, but many pathways perceive its single door. We don't need to be the sole architects of our abstinence. If we have the humility to listen to the experience, strength, and hope of successful recovering members, we can find a Higher Power. The Second Tradition gives voice to a Higher Power we can understand, no matter what our background or early training may be. This is a spiritual program, not a religious program. We don't have to agree on our individual concepts of HP. However, we can still keep an open mind and listen to others who have found abstinence. This collective conscience provides a foundation for us to grow. —Tony B

THERE IS LIFE AFTER CATATONIA

When we are constantly put down mentally, physically, and spiritually by the ones who are supposed to love us, it is difficult to rise up out of the ashes like the phoenix.

For years inner effervescence was sorely lacking. The 'pity me' party went on and on. I told my story of woes over and over again, expanding on the context with each relation. Pity me! Pity me! My self-worth was nonexistent in my mind, heart, and soul. When you are told constantly that you are less than, you begin to believe it. I truly believed I was unintelligent, lacking any talents whatsoever. Though I functioned in daily life, I walked around like a zombie, completing responsibilities regarding my family, my home, but in my core, I believed I was a non-entity.

When a psychiatrist gave me a three-hour test and he told me, *"You have above average intelligence."* I did not believe him. I laughed and thought he was just telling me that because he knew it was something I might like to hear. I left his office, still an unbeliever. I went back to work. My boss knew where I had been and asked how it went. I scoffed and said, *"Can you believe it, he told me I had above average intelligence!"* He laughed, put his arm around my shoulder and responded, *"You could have saved your money. I could have told you that!"* Again, I disregarded his statement thinking he was a nice family man who was attempting to lift my spirits. Through the rest of the work day the doctor's result gradually went from my head to my heart and a deep joy filled my being. I kept telling myself... *"I have above average intelligence!"* After work I was picked up by my spouse, our small sons were in the backseat. My husband asked how the test went. I told him that the psychiatrist said I had above average intelligence. He sneered and asked, *"Where have you been hiding it all these years?"* Two little giggling boy's voices echoed, from the backseat, *"Yeah, Mommy, where have you been hiding all these years?"*

The lack of anything needed to create a fuller and more acceptable life does not ride on the shoulders of past abusers nor does it depend on anyone in the present. The buck stops here... on my shoulders. It is impossible for another human being to fill the voids created by my own desire to be truly loved, accepted, and affirmed. During that lethargic period of my life, I sat with my pastor for three hours. He became my mentor for over 20 years, until his death. Because of his influence I joined Al-Anon. I cried for the first six weeks or so. Like a sponge soaked up principals over personalities. I flourished in this program and was taught how to live with an abuser; how to not accept unacceptable behavior; how to stand up for myself and stop being a doormat. I learned that I was not garbage. I was a talented, beautiful human being with so much to give others. It was in that giving that I received the bounty that my Higher Power had for me. Through Al-Anon I was introduced to Overeaters Anonymous.

My first face- to- face meeting was in 1985. I did not 'get' the program at that time. I knew the principles, the steps, traditions and concepts via Al-Anon but it would take many years of revolving door attendance before I actually 'got' the program from swimming around in my head to finally saturate my inner core. When that happened, the miracles began. Al-Anon taught me how to live with the addicts in my life, OA taught me how to live with myself, how to love myself, how to turn my life in a new direction toward the physical, mental and emotional journey of recovery, one day at a time.

I have a lengthy abstinence from trigger foods that caused me, in the past, to overeat. Though I'm still under construction, inadequate food behaviors are not in the forefront for today. My food plan is structured on a weekly basis, charted as are my meal times. I weigh and measure three meals a day with a healthy bedtime snack. I make the time during each day for morning and evening prayer/meditation/approved program reading, and journaling.

I am no longer a non-entity. I am a vital, fully alive, and fully empowered member of OA. My sponsor taught me so much. I'll be ever grateful for her time and talents. Along with her, my Higher Power, my brothers and sisters in OA, and my own efforts, I'm home, I'm safe, I'm loved, I'm in recovery. I no longer seek human approval, pats on the back or compliments. The only one I have to please is my Higher Power. I work daily to become the best version of myself. Today I am not afraid to lead a meeting, to call another OA member, to go to face to face of zoom meetings. Today I'm not afraid to work the program because it works if we work it and I'm living proof. -Avalon M

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

Digital Newsletter available at www.oacfi.org

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

Thoughts to Digest

- **Expectations are premeditated resentments.**
- **I didn't experiment with food. I was in advanced research and development.**
- **I didn't get abstinent to be miserable.**
- **If you want recovery, do the work.**
- **Pick a sponsor who is well sponsored.**
- **The only wrong way to do it is to not do it at all.**
- **Today, I have more solutions than problems.**
- **"No," is a complete sentence.**
- **Get out of the driver's seat. Let God steer.**



Our Loving Higher Power



"Why are you so skinny?"

"If you continue to eat like that, you're gonna get fat!"

"Fat boy playing in the park... do you think I'm funny?"

(To the tune of "Fatboy" by Jewel)

We hear words echoing in our heads, tapes continuing to play messages which feed our addiction more lies. Often, we don't even know when the tape recorder started. Was it while we were young, playing in the school yard and kids teased us? Was it after high school when we were freshmen in college? Did it happen after a bad relationship or breakup, when food gave us comfort and we rationalized that it was not as bad as alcohol or drugs? For us to find peace of mind, these damaging messages must be stopped. It is through accountability to others in recovery that we become abstinent. This is where Step Two presents the hope of a solution. Step Two states, "We came to believe that a Power greater than ourselves could restore us to sanity." Yes, we can make the connection that our natural thinking is disordered. We can relate to the insanity, yet how can we stop the crazy cycle? Then we see that Step Two makes the answer very clear. Our Higher Power restores us to sanity. It's obvious that we need the help and it's also humbling to know we aren't able to help ourselves. However, a loving, greater, more powerful and wiser source can help us to gain a healthy lifestyle. It brings comfort and peace to know that we are not alone on the pathway towards abstinence. Thank you, Higher Power, for being just who you are, a loving Higher Power! —Tony B.



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!

O.A. MEETING in LADY LAKE!



In Person and Zoom!

Meeting ID: 850 9315 5902 Passcode: freedom

Weekly topics are 1. Step of the month, 2. Big Book, 3. Tradition of the month, 4. OA literature, 5. Speaker.

Lady Lake Public Library, 225 W. Guava St., Lady Lake, FL
• mtg in the back-left of the adult library •

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

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CENTRAL FLORIDA INTERGROUP

Meeting List

Updated 01-06-2024

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10.00 am	zoom	89653	For Today Zoom meeting back up running Meeting ID: 83253821331 Password: 462078	Vicki S.	517-256-0373
10:00 am	V	50209	Pimlico Rec. Ctr. Face to Face 530 Belvedere Blvd. The Villages, FL 32162	Gloria	352-345-5638
Noon	SS	80082 2	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	80044 2	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	80082 2	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

6:30 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 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					
					Pg. 11

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					

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

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

Digital Newsletter available
at www.oacfi.org

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

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My Unhappy Valentine- Anonymous

Valentine's Day has me thinking about how I sometimes compare my life with others. Usually this is unhealthy for me. A practice learned in childhood. "See how so and-so colored inside the lines?" "Wow, look at how he scored the goal - good job!" "How many cards did you get?" I think it's natural to learn to evaluate the quality of things in order to learn what things are and what they are not. I took this to extremes.

Somewhere along the way my analytical mind was hijacked by the emotional part of my mind, leading me too often irrational thoughts and behaviors. "That person is more attractive - ergo - they must be "better" than me. Ergo I am worthless." "I can't kick the ball skillfully - ergo - I am a loser who can never learn to kick the ball" I practiced this self-defeating mental behavior long enough and diligently enough that I became quite skillful at it. I was committing a kind of psychic violence against myself by this practice. It all went on inside my head. I didn't tell anyone about it. So, no one really knew. I now know this pattern of self-hatred and self-defeat was something I had learned to feed until it learned how to feed itself. It became my "Tormentor". The Tormentor has been a companion of mine for most of my life; I just didn't know it until 3 years ago or so. I ate to numb the pain from such internalized anger.

The Tormentor's way of thinking and judging helped me make sense of the world in a twisted way. "Why else would I be put down and hurt by my father unless I deserved it by being such a loser?" "Why else would (so many) strangers make disparaging comments about my body, unless I deserved it?" "Why else would I be so chronically lonely, unless I was a bad person?" Why else would I spend every Valentine's Day suffocating myself in a box of chocolate? There was a desperate need for life to make some sort of sense for me. Self-loathing helped explain why I was lonely and unlovable. Everyone else was talented, smart, happy and beautiful. I was the opposite. I lived my life so as to be invisible as I could be. It hurt less that way. This is difficult when you are very large. It's also difficult when you are being tormented literally at home. Food helped quiet the Tormentor for a time, even as it was killing me physically. ... Compliments sometimes felt good for a minute. Other times they simply bounced off in my denial. I learned to be overcritical of myself as a sort of preemptive defense. I have received a good share of compliments in my time. I don't remember very many of those. I tend to remember the put downs. Or rather, the Tormentor kept playing them over and over again so I would remember. Whatever fit into his negative-self paradigm, those were what my mind clung to, as if precious gems. It was a sad, sad way to live. I don't recommend it to anyone. Coming to OA was no different at first. Compliments bounced off me. I was taught to say "thank you" and not obsess about the intent of my thoughts or worth. As I achieved some physical recovery, I felt less oppressed by my body. I was stared at less. Insulted less. People share their own Tormentor stories. I began to see the Tormentor more clearly for the first time in my life. Life felt "safer" in the OA rooms if that makes any sense. Eventually I reached some sort of saturation point. The good intentions of members coupled with my own positive actions became real things to me. Consistent. I came to believe that I had something to contribute. I was not a catalog model. I was not a brilliant writer or theorist. I was a good listener. I had the ability to communicate safety and compassion to others. I enjoyed writing goofy skits for OA and some of those were funny. I could share my experience in a unique, sometimes authentic way. I learned how to stop feeding the Tormentor.

The Tormentor still lives with me. Every once in a while, when I'm sick and/or tired, lonely and/or very sad he feels up to running around the house of my mind, moaning and shrieking in that way he loves so well. Then I have to reach out to others for help. I can't stop him by myself when he reaches that point. But when I take care of myself physically and mentally, when I remember to deny him "food", the Tormentor is usually pretty quiet. He puts in an unkind or fearful word here or there, like a bitter relative, but then goes back to knitting or washing potatoes. **Anonymous**



Self- Love

For me, self-love has been a difficult concept to understand. I get the part about putting on your oxygen mask first on a plane in order to help a child or elderly person do the same. But that leads me back to the teachings of my childhood which stressed I needed to take care of myself primarily so that I could be there for others. It took me many years of twelve step work and therapy to understand that self-love means much more than that. Because I am a worthy human being, I am entitled to self-love and happiness. Even the Constitution recognizes that I have the inalienable right to the pursuit of happiness. If I am burdened with an addiction like compulsive overeating, my concentration shifts from self-love to gratification of one of my basic needs: food. Food certainly is necessary to sustain life and actually can and does give pleasure, especially when I can share it with a friend or person I love. But if I use it to over-stuff myself in order not to face my problems and to deaden my feelings, then food, like other addictions, ceases to be self-love. Instead, it becomes self-destruction. To carry it even further, if I love myself with a sense of true humility and worth, it becomes easier to love others. It's that old saying "I'm okay; you're okay." But it works for me. Self-love as practiced as a twelve-stepper also means I am willing to take a good look at myself and my inflated ego. It means I am willing to clean up my past so that I can have a good "today." It means being humble enough to ask for forgiveness, and more importantly, to forgive. I paraphrase another old axiom: The forgiver gains much more than the forgiven, and it actually doesn't matter if those we forgive acknowledge it. To sum up, self-love goes around and around. I love myself because I am a Child of God and when I feel love, it's easy to give it. -

By Lydia L.

MY PROBLEM IS IN MY MIND & SPIRIT, NOT JUST IN MY BODY

There is not a deep curve within humanity history whereby the mind and mental illness was strongly separated from spirit and physical health. Psychology as we see it in the present only has birth in the 1800's. For the most part all mental and spiritual wellness was connected and considered as one. I'm not sure if this reality is actually a good thing. Don't get me wrong, I'm all for modern growth, evolution of the mind & spirit, and a generation awareness of a holistic and medical approach on life. Nevertheless, in the area of addiction this moral comes with a shadow of gray.

Spirituality is a mature awareness of our consciousness. The 12-Step program as we know it today focuses on this concept. When we realize that our weight on our body is not just a physical problem the seed of recovery begins. Our decision based around food reflects within our lifestyle rather subconsciously or purposely. Food gives me emotional comfort. My Associate Degree and original college trade is in Culinary Arts. Food (as I often compare to money) in itself is not a bad thing. We actually need it for energy and as humans we need it for nutrition, plus survival. Learning how to form a passion for cuisine is actually a social healthy affair. When our attitude about health or our behavior towards happiness develops a negative lifestyle then the balance of spirit and mentality and body is broken. My love for food should not reflect an overbearing obsession about eating.

The key to my faith was to learn how to listen to my body. Step Two speaks of my Higher Power ability to bring back order to an addict's unbalanced and chaotic lifestyle. This is a clear window to a sound view soberly; thus, a healthy way of thinking which leads to a healthy way of behaving which then leads to a healthier lifestyle. The thinking is the tool use to fix the physical problem in the body. Much as you would use a thermometer as a tool to measure the temperature of a room, or a human being, or is it a matter of the thermometer not actually causing or creating the temperature? My problem is in my mind which cannot measure food properly and my spirit is intertwined with all of that which reflects a distortion within my body. It not just an exercise or diet thing. -

Tony



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:

- Registration: \$50 (Before 2/10/2025) \$ _____
 - Late Registration: \$65 (After 2/10/2025) \$ _____
 - Saturday Only Registration: \$45 \$ _____
 - Virtual Assembly Registration: \$45 \$ _____
 - Saturday Lunch: \$39 \$ _____
 - Saturday Dinner Banquet: \$56 \$ _____
 - 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

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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>

Digital Newsletter available at www.oacfi.org

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

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

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



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
- Humour/Creator

It's That Time of the Year Again?

"By late 1937, the number of members having substantial sobriety time behind them was sufficient to convince the membership that a new light had entered the dark world of the alcoholic." Alcoholics Anonymous, 4th Edition; Foreword to the Second Edition, pg. xvii

It's that time of year again when all the diet companies are hawking their products on TV commercials. It is still a dark world out there for those of us afflicted with eating disorders: compulsive eaters, overeaters, anorexics, bulimics, and food addicts, as well as other compulsive behaviors like excessive exercising. Perhaps normal people can make a New Year's resolution, join one of those places, take their weight off and eat normally. Not so with us; we can no longer eat with impunity.

Today a substantial number of individuals with long-term recovery present convincing proof to the world that OA is a light of hope for those struggling with eating disorders. You don't see as many commercials for recovery from alcoholism as you do for our disease. The weight loss industry has made some good money off our vulnerable selves.

OA doesn't have its hand out like that. We are self-supporting through our own contributions, and we don't endorse particular food plans. While our definition of abstinence is clear (the action of abstaining from compulsive eating and compulsive food behaviors, while working toward or maintaining a healthy body weight), we may all have certain foods that are triggers for our disease and therefore we must abstain from them. OA works. I don't judge how long it takes for anyone's own personal light to shine in the lonely world of compulsive eating, because our disease is not so black and white as that of the alcoholic. They put the 'plug in the jug' and that's that, while we have to tempt the disease every day when nourishing our bodies. Speaking for myself, letting go of certain foods has certainly helped with the phenomenon of craving. If I don't take a bite of pizza, I won't eat the whole pie. Or two. Or three. I've done that, and I would venture to say there are others in our meetings who can totally relate to that. If I don't eat a cookie, I can't eat the whole bag. Or two. Or three. I recognize that, prior to recovery, I was somebody who was not able to stop once I began to indulge in certain foods. Today, by the grace of this program, I'm somebody who now finds comfort in weighing my food. That's what works for me. How you accomplish your abstinence, weight loss, weight gain, or other form of recovery may look totally different. The plug in your jug may not be the same as mine. But where the light comes on is our solution. Yeah, yeah, getting a food plan is part of it, but unless I have a psychic change, it's inevitable that I'll reach for that fork again. That change comes from the one thing that separates us from the commercial diets the life-changing Steps, Traditions and using the Tools of Recovery.

I started my last diet in January of 1993, after a heart specialist warned me that if I didn't lose one hundred pounds, I might not see my fiftieth birthday. I was 43 at the time. It scared me enough to head back to the 'pay and weigh' club. I had lost weight with them before, but never hit their goal weight for somebody my height. I paid a hefty sum, a year's worth of dues, hoping that the financial investment would be the incentive I needed. I'm sure that the doctor's dire warning would have been enough for a 'normal eater' to change their ways, but I am not normal when it comes to food.

I left that meeting, and binged. I remember thinking that if I was going to die in seven years, I may as well die happy. I didn't go back. It was the darkest moment in my world. I no longer had sufficient self-will to do anything about my morbid obesity.

I'm no different from an anorexic or bulimic either. I had a sponsee whose weight dropped to 70 pounds, but still went out and pounded the pavement, running. She's in recovery today, and at a healthy body weight. Doctors were of no help to her either. It took the psychic change of taking the Steps to help her. No matter how the disease manifests itself, the solution for us all is the same. Take care of our body however abstinence dictates for us, but together, let's take the Steps.

Thank God I've learned to follow directions. I know that the best healing for me comes from doing exactly what I've been told to do, just like I've done in OA for the last 23 years. I'm not sure what life holds for me now, but I know that my true healing from compulsive overeating is solid; as long as I don't pick up that first bite, continue doing the work of recovery and trusting that God has me. —Love, **Gerri H.** Pick up the phone instead of the fork!

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

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:

Facebook and Instagram Links

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

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

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

Find the following at OAMEN.ORG Men's Face-to-Face meeting schedule Men's phone and online meeting information OA Men email discussion groups OA Men phone outreach list.

Is Food a Problem for you? Are you 18 to 30 years of Age? A young Adult? 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>

Digital Newsletter available at www.oacfi.org

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

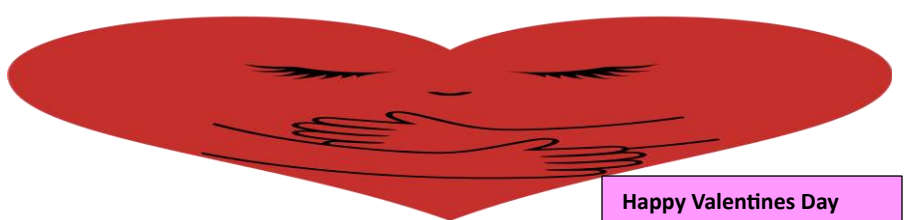


TIKTOK: OACFI'S TikTok site is back! It has just been restarted. The handle is @oa_cfi. Two to three videos will be posted weekly, and it will link to our website. Right-click on the image or link below and choose "open hyperlink" to see one of OACFI's TikTok videos. From there you can follow our account or go to the account by clicking on

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

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

"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.



Happy Valentines Day

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

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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:

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Contributions currently come directly to OACFI from group treasurers as well as individuals. Means of payment may be personal checks, money orders, PayPal or Zelle. Payments must include the group number or appropriate information in the memo section to help us accurately track donations and credit each meeting's contribution. You may use more than one group number—just indicate the distribution in the memo section. **7th Traditions - Mail checks & money orders to:**

Central Florida Intergroup

PO Box 180293, Casselberry FL 32718

HOW TO USE PAYPAL

Follow these steps:

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

Digital Newsletter available at www.oacfi.org

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 ocfitreasurer@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>

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

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/newletter>

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: Kathy M.

Vice-Chair: -Open

Treasurer: Joan K. & Susan H.

Secretary: Alicia C.

Parliamentarian: JoAnne B.

Literature: Carolyn Y.

Co-Webmaster: Carrie C.

New Beginnings Co-Editor: Carlene D. Open May 2025

Co-Editor: Teri B

PIPO: Claudia B.

Facebook/Instagram: Tiffany H.

TikTok: Tiffany H.

WSO Delegate: Kathy M #2

WSO Delegate: Debby H. #1

12th Step Within: Christie 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.

Upcoming Intergroup Meetings:

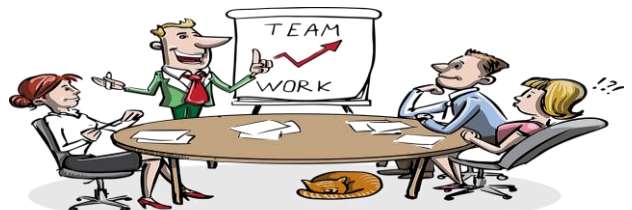
10 AM Saturday, February 8th, 2025

10 AM Saturday, March 12th, 2025

Zoom info. for intergroup Meetings: Join Zoom Meeting

(NO password_required) one tap mobile +

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



Treasurers Report (December, 2024)

Number	Day	Group	Contribution
57479	Sun.	The Meeting Place	\$ 68.00
48951	Sun	7 th Day Adventist Church	
57783	Sun	Downtown Kissimmee	
800822	M-S	Central Christian Church noon	\$120.00
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	\$9.00
57739	Mon	Maitland 6:00 PM	
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	\$26.00
800729	Mon	OA Monday Big Book Meeting	
89653	Mon	For today	
800822	Tues	Central Christian Church	
800293	Tues	Many Faces One Solution	
56481	Tues	Port Orange	
52613	Tues	North Pool Celebration, Kissimmee	
57273	Tues	The Meeting Place Ocala	
39211	Tues	New Covenant Baptist Church, Deland	\$105.00
53032	Tues	YMCA, Lecanto	
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park, 7 PM	\$28.00
57955	Thurs	Christian Family Worship Center	
18502	Thurs	Church of the Messiah, Winter Garden	
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	\$45.00
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	\$75.00
800822	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park	
48952	Sat	Port Orange, Presbyterian	
46887	Sat	Ascension Church	\$52.00
800378	Sat	Zoom Port orange	\$40.00
		Central Fl Intergroup	
		Big Book Study 6-8	
		Individual Contributions (Check)	
		Individual Contributions (PayPal or Zelle)	\$900.00
		Literature	
		Step Workshop or unknown group	
		Unknown group	

Total Group Contributions \$ 1468.00

A Real Need for PIPQ (Public Information Professional Outreach)

I'm a real nobody, from a little town in Pennsylvania. I never left the state, except to go over to New Jersey when gas was cheaper over there. My mom's people lived in Maryland so once a year or so, we drove down to see them too. I moved to Florida in my late twenties and even here led a rather sheltered life until I found OA. Since the late 90s, I've been all across the United States, to Canada, Central and South America and even across the pond to the United Kingdom, all in the name of service. I am a much more well-rounded person for having the disease of compulsive eating, and then finding recovery. People are using food as a drug in greater numbers than ever before. Obesity among school kids is alarming. So why aren't people finding us? Television this time of the year is laced with commercials for all kinds of commercial diet programs and products. You don't see anything about OA. We can hold public awareness events at libraries and other gathering places, and that's in harmony with the tradition of anonymity. We are anonymous, not secret. And if the press shows up while you're there, just don't use your last name or show your face on camera. That's all you need to do! OA has helped me get my life back and I so want to give back by carrying the message. However, my opportunity to get out there past my local area is diminishing. **People need to know we are out there for people like me.** Pick up the torch and show others the way to find abstinence. Let's spread the word to help our fellow OAers and for people who are still looking for the answer. **Many out there still do not know OA is out there.** —Love, Gerri H.



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

Digital Newsletter available at
www.oacfi.org

ACCEPTING WHAT IS!

"God, grant me the serenity to ACCEPT the things I cannot change (people, places, things), the courage to change the things I can (myself) and the wisdom to know the difference." - The origin of this prayer is commonly attributed to Reinhold Niebuhr, an American theologian who composed it in the early 1940's.

Why do addicts abuse substances and outlets that harmfully affect their bodies, minds and spirit? Whether it be food, alcohol, drugs, sex, gambling, etc., why the overindulgence? Why the obsessive mania that surrounds all compulsions? For many of us it is because 'pain' needs to be avoided at all cost. Our minds fool us into believing that this, that, or the other thing, can relieve the agony. We become enslaved via delusion. They are forms of insanity. Their benefits are futile. They eventually lead us to deprivation, desperation, and despair... a dark pit of no return unless we admit our powerlessness and reach out for the helping hand of an Anonymous program.

Until we learn to accept TRUTH as it is in our lives, we will continue to hide behind the monkey on our back, frightened to face reality and the ACCEPTANCE of what actuality is. Are we cowards? Yes, when we rely on detrimental, ruinous and noxious patterns, repeatedly. We become strong and mighty and turn from victim to victor when we finally are willing to face the real world around us, regardless of the seemingly unbearable and insufferable. Alone in our insane quest for less torment through damaging preoccupations we are hopeless and helpless. Together in an Anonymous group we RULE as we have a Higher Power to pick up the slack and to help us become more comfortable in our environment and grants us the ability to reach out to others and to wait for the miracle. -Avalon M



A Long-term Benefit of This Program

It is not enjoyable to constantly be eating. My goal was oblivion, and to hell with everything else. My job merited the least amount of effort. Can you imagine how productive I would have been, were I not mired in self, with is a constant while in addiction? Can you imagine how deeply I could have loved others, or contributed to society?

I can now, because after so many years of living an abstinent and sober life, I'm no longer in the bondage of food. The awareness that surfaced through my personal inventory have opened my eyes to all that I can be. I have set aside both mediocrity and perfectionism to strive for excellence instead. I really like who I am today, and have discovered my better qualities from this personal inventory. Gerri

**IT'S NOT YOUR FAULT, ITS YOUR PHALT= PAIN
HUNGRY ANGRY LONELY TIRED**

***BE VIGILANT! ***



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>

“What If?”

Backed up with action, “what if...” might just be the two most powerful words in the language. For nearly forty years, while I was in my disease, my “what if” questions were not backed up with much action. They were simple, almost dreamlike: What if I lost XX pounds by this day? What if I fit into size X? What if I was thin(ner)? Before OA, in my mind, the answer to each of these “what if” questions were the same. I was sure my life would be near perfect if I lost XX pounds, fit into size X, and was thin(ner). Now, nearly 20 years in program, my “what if” questions are backed up with action (most days). My “what if” questions are less dream-like and more the adult aspirations of someone willing to do some work. And, the questions are different; they’ve gotten much bigger like: What if I am not the only person who knows what is best for me? What if I surrendered to what that is? What if I accepted people for who they are and myself for who I am? What if I practiced the principles of OA in all my affairs? What if I turned my will and life over to the care of God as I understand God? Somehow, reframing my “what if” questions and backing them up with actions like: doing 12 steps and using OA’s tools – things I never thought I would do - have radically changed my life. **Anonymous**

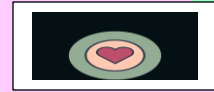


Distinguishing What I no Longer Need from What Is Important

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**



“Humility... places us neither above nor below other people on some imagined ladder of worth. It places us... on an equal footing with our fellow beings and in harmony with our Higher Power. - *The Twelve Steps and Twelve Traditions of Overeaters Anonymous - 2nd ed., p.52.*

C. S. Lewis stated, “Humility is not thinking less of yourself, it is thinking of yourself less”

Voices of Recovery - Sunday, November 17, 2024 says, “Humility is harmony with my Higher Power and acceptance of who I am at this moment.

When my self-image is low and I’m feeling depressed or “less than,” I separate myself from my Higher Power. In the same way, when my self-image is grandiose, prideful or “better than,” I place distance between my Higher Power and myself.

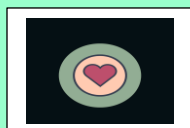
My Higher Power exists in the vast, colorful space between the black-and-white extremes of depression and pride. In the middle, with my Higher Power, I am free to be the authentic me and feel “a part of.”

Recently I had a 4 ½ day hospital stay via the Emergency Room. When I did my fourth step, pride was not one of the character defects I listed. I have a strong feeling that I need to take another Twelve Steps with my sponsor. I’ve learned over the years that stubborn pride can be destructive. It can manifest as: a refusal to ask for help when needed among many other harmful attributes.

As a youth I was subject to a domineering personality. I was never able to stand up for myself or relate my side of the story. No matter right or wrong, I was always judged negatively. From the frying pan into the fire, I married and had two sons. Though again domineered, I was forced by circumstances to accept the role of director - managing our children, our home and our lifestyle. Thus, I became the ultimate controller picking up the traits of those who once controlled my every word and deed. The behaviors I learned to hate. It became almost impossible for me to accept the help of others. I was always the ‘fixer’. People depended on me. I was the strong person of all trades, being mechanically inclined. I did not go to people; they came to me. Some part of my subconscious took great pride in that fact.

I digress... While in the hospital, I was very ill and had orders not to get out of my hospital bed without assistance. I was to press the nurses’ call button, no matter what. I don’t take orders all that well. Did I mention I was stubborn...I’ve been called ‘pig headed’... an apt label. There was a port -a-potty beside my bed... extremely uncomfortable. Around the third day of hospitalization and after two blood transfusions, I felt much better. I needed to go to the bathroom. I did not want to use the convenience next to my bed. I wanted to go into the bathroom attached to my private room. It was in the wee hours of the morning; all the nurses were active elsewhere. I knew I could get up by myself, handle my IV pole and not bother the overworked and underpaid staff. I swung my legs over the edge of the bed. A LOUD alarm went off, scaring me greatly. Nurses came running into the room. Needless to say, my covert operation failed miserably.

That hospital stay was a humbling experience, to say the least. Yesterday I used an electric cart in our local grocery store. I could get close to the banana display, but not quite close enough to reach for a bunch. A lady came from behind me and asked, “Do you need help, dear?” Ever so grateful I asked if she could reach a bunch of bananas for me. She did with a lovely smile. Her actions warmed my stubborn/prideful heart. I thanked my Higher Power profusely as I did the nice lady. I’m learning, one day at a time. I have not reached full harmony with my Higher Power but little by little with His constant help, I’m lowering my defenses and allowing others to help me in many special ways.



THE FIVE 'Ps' OF THE PROGRAM

“Over the years that each of us have spent or will spend on our individual recoveries, we develop certain ideas and philosophies that help us walk the magnificent journey of physical, emotional, and spiritual discovery. One of mine is the belief in the five “Ps” of Program: practice, prayer, perseverance, patience and progress.” - Voices of Recovery - December 7 - Page 342.

For me, **PRAYER** comes first and last in my daily schedule. I *make* time in the morning and evening for 'quiet time' - this includes contact with my Higher Power, listening to 'Just for Today' on You Tube - <https://www.youtube.com/watch?v=FvW2PKGcxUw> , reading OA approved literature, and journaling. In the evenings I take a personal inventory asking my Higher Power if I could have done better and where I could improve. I pray. If I'm quite enough and truly listen, I hear answers to my queries. (Unspoken - but a direct conduit to my heart of hearts.)

PERSEVERANCE dominates when my stinking thinking rears its ugly head... when the old broken record chants, "I can't do it... I can't do it!" We all have down days... the important issue for me is to pull myself out of the dull drums as soon as possible. I do this by reminding myself that all I have is this moment in time and I can choose to turn the tide from waves of selfishness to breakers of gratefulness.

Do I wish to continue to be the sole guest at my pity party? Or do I reach out to one of my brothers or sisters in OA? Do I log online and join an OA meeting, if there is not a face-to-face meeting handy? Do I reach out to someone else who may need to hear from someone/anyone? Do I perhaps stop and pray and ask my Higher Power to guide me as to what I should do, if I'm totally confused and in a bad way?

All of these options are open to me. It is up to me to decide if I wish to stay conflicted or to turn it around and make it a positive moment in time. Overeating/Undereating is a permanent and progressive disease. Do I allow myself to waste away in this disease or do I do what I know will work for me and persevere ONE MOMENT AT A TIME and work the program the way I KNOW it works for me? The choice is entirely up to me. I choose perseverance!

PRACTICE: There lies the rub... do I practice what I preach as a sponsor or when I write my OA articles. As I mentioned in 'Perseverance' I am not perfect! I am still under construction, but like a high rise or seemingly never-ending highway project, like the Big Dig in Boston, eventually all the elements go together and complete the original plan. Some however, like the tragic apartment building that collapsed in Surfside, Florida (Champlain Towers South) self-destructed, because of faulty construction.

Our OA program is constructed with nine tools. (OA approved literature, Plan of Eating, Sponsorship, Meetings, Telephone calls amongst members, Journaling (writing about thoughts and feelings [step work]), Anonymity, Service, and Prayer/Meditation. If I do not use all of these tools in my daily program on a persistent basis, I too will self-destruct and my program will crumble. When I find myself faltering or wondering where I went wrong, I discover nine times out of ten that I've been lax in one or more of the above. To build a house one needs all the building materials, electrical/plumbing supplies otherwise, miss a few nails in all the wrong places and, like a house built on or with sand it will eventually cave in. If I want to stay in balance and on solid ground physically, mentally, emotionally and spiritually I need to use ALL the tools every single day. This way, I truly practice my program.

PATIENCE: I need to be brutally honest in this article and admit 'patience' is NOT one of my virtues. I am working on this defect, one day at a time, with the help of my Higher Power. The one I'm most impatient with is myself. My spouse is frequently telling me that I'm too hard on myself. I am. The old 'I'm worthless!' - "I'm different from everyone else!" - "Is there something wrong with me?" form of stinking thinking, still mars my serenity at times. It is difficult to move away from this mindset, no matter how many years pass, when you have been told all of the above by those who were supposed to love you. Although OA has brought me so far forward from this kind of thinking, it still feels like a curse especially, when I'm having a bad day. Most of the time, when I need patience, especially with myself, I say the Serenity prayer, sometimes over and over again like a mantra, until my mind comes back to the truth of knowing how special I am, now that I have the OA program, now that my spiritual, physical and mental capacities are more in balance and steadfast than they ever were. I need to remind myself that my Higher Power knows me inside and out, and still loves me. Loving myself, regardless of my size and station in life has improved considerably. Hopefully with patience, persistence, practice and prayer I will be whole to await the miracle.

PROGRESS: *“Our way of life, based on the twelve steps and twelve traditions, has brought us physical, emotional and spiritual healing, that we don't hesitate to call miraculous. What works for us will work for you. Too.” - The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

I joined OA in 1985 - I was apparently not 'ready'. I went to meeting after meeting but my sick mind only saw and heard negatives. I quit, went back, quit, and returned. Several years passed. In that interval I've tried every diet program out there... I mean ALL of them. Thousands of dollars later I was grossly obese and at the end of my rope emotionally. The doctor told me a week before I made the best decision of my life, "Avalon, you can have a heart attack." **Avalon M.**

Continued next page.

THE FIVE 'Ps' OF THE PROGRAM (Continued)

On November 14, 2022 I rejoined OA via a Zoom meeting. I had never been on Zoom before. The people in that room accepted me warmly. The same basic people attend a Monday and Friday morning OA meeting and I've been attending both ever since.

I found a sponsor. I never had one before. She taught me so much! The steps to me were simply a jumble of words, until my Sponsor awakened me to how important they were, if I wanted to turn my life around. She taught me that the steps had promises. Today I am grateful that every one of those promises have come to fruition in mine and my family's life. We went through the steps together. Amazing! I learned that the twelve traditions were just as important as the steps as are the twelve concepts. They all came together inside the pages of the Big Book to encompass a pathway to physical, mental and spiritual recovery.

Have I reached the end yet? No! But one day at a time, one moment at a time I will be fortunate enough to see the miracle that will come if I work my program properly, using the five "Ps".

Avalon M

OVEREATERS ANONYMOUS® CENTRAL FLORIDA INTERGROUP

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!)



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](#).
Click on the image above to download the [Convention Wisdom Flyer](#) to spread the word!

OVEREATERS ANONYMOUS
SOUTHEASTERN REGION 8 INTERGROUP

OVEREATERS ANONYMOUS
SOUTHEASTERN REGION 8 INTERGROUP

You are invited to Southeastern Overeaters Anonymous Region 8 Recovery Convention
Traveling the River Road to Freedom:
Freedom from Compulsive Overeating & the Bondage of Self
March 14-16 2025

"Let the Good Times Roll"

Does your Program need a boost?
Experience something new!!!
INTERACTIVE WORKSHOPS!!!
MAKE MUSIC, **sing, dance, reflect, share,**
draw, pray, meditate, laugh, role play!

Enjoy fellowship as you share abstinent meals with other recovering compulsive overeaters!
Hear great speakers!
All while growing to recovery!

Attend a Mardi Gras Ball
Complete with a second line, throws, picture taking area!!!
Wear your masks, feathers, all that sparkles!!

Overeaters.com Filecatalyst.com an.acfl@aol.com

Can you find my dog? Her name is Katie. The first person to find my dog will be rewarded with a **prize of literature**. Please email me at Newsletter@oacfi.org. Tell me what page you found it on and I will email you to let you know you were the winner. I will contact you via the email that you have provided in the first email. Once I contact you the second time to let you know you have won, I will then need your full name and address so that I may mail you your literature. Good luck and good hunting! -Carlene

February 22, 2025, Spiritual Practices Workshop,

Title: **The Power Within: Spiritual Strength, for Lasting Recovery**

Sponsored by: San Diego County Intergroup.

Time: Saturday 1:00P.M.-Saturday 3:00P.M.

Requested contribution: \$5.00.

Details

Join us for a transformative workshop to deepen your recovery through spirituality. Explore your Higher Power, strengthen connections, and cultivate meaningful spiritual practices.

Zoom ID: 837 1918 2954

Passcode: 909312



Congratulations to the First Winner of the January Newsletter Contest!

Let's see who will win this month's prize? Keep on reading and the first one to find the picture will be the winner of literature.

Look on page 27 for clues.

Good luck! Carlene

See article above on this

Page.



Virtual Workshop: February 3rd, 2025,

Pg. 27

12-Steps of OA Workshop,

Repeating event,

Speakers, Journaling, Sharing.

Sponsored by: Miami Dade & the Keys Intergroup

Time: Mon., 6:30 P.M.-Mon., 7:30 P.M.

Zoom ID: 864 1518 6652

PW: 305305 Continues again on March 3rd 2025 @ 6:30 P.M.

Reoccurring workshop: See more details in upcoming Issues.

Details

We will have a different speaker each month for each step.

Speaker will share their recovery strength and hope as it pertains to the step we are working.

Study Group Schedule:

Speaker – 20 min

Journal Session – 10 min

Share Circle – 20 min

The graphic features a dark blue background with a path leading through a forest towards a small building. Text on the left reads "Thoroughly Follow Our Path...". Text on the right reads "A Step-Per-Month Virtual Study Group". At the bottom, it says "6:30 PM-7:30 PM Eastern Time" and "The first Friday of every month". A logo for "OVEREATERS ANONYMOUS" is in the top right corner.

Thoroughly Follow Our Path...

A Step-Per-Month Virtual Study Group

6:30 PM-7:30 PM Eastern Time

Speaker - 20 min
Journal Session - 10 min
Share Circle - 20 min

The first Friday of every month

OVEREATERS ANONYMOUS
Miami Dade and the Keys Intergroup

"New Beginnings" is the monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of individual OA members and is not to be attributed to Overeaters Anonymous as a whole, nor does publication of any article imply endorsement by Overeaters Anonymous or by the Central Florida Intergroup. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the Overeaters Anonymous fellowship are encouraged. Articles submitted will not be returned and are subject to editing for clarity, brevity and anonymity.

Taking the Steps, One, Two and Three

Hey, good news everybody; we don't have to figure it out. We don't need to understand the process of our eating disorder. We don't need to justify a diet, exercise or medical condition. Although all these aspects may be involved with our food plan. 'The only requirement for membership of OA is a desire to stop using.' Therefore, the lifestyle comes with the program, not the other way around which is the behavior forms a lifestyle.

We do not need to justify why we were wrong, or find condemnation in order to make it right. The truth is, the right and wrong lies within the grace of our Higher Power.

When 'we made a decision to turn our will and our lives over to the care of God as we understood Him', all the aspect of the rest of the plan fell into place. And isn't this good? My gosh, we were so beaten and sick entering into this relationship of recovery. We could not find the strength any more to fight the means of abstinence. It needs to flow naturally along with surrender towards a journey of serenity.

We need to finally reach a state of peace. We could not figure it out and produce it on our own. Thank our Higher Power for The Traditions, Steps and His mercy. -Tony



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 Newsletter@oacfi.org. 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

Articles Requested for Further Newsletters

We need your experience, strength and hope! Please write an article to appear in New Beginnings during 2025. We are seeking articles describing how one or more of the tools of recovery has helped in your own recovery. Is sponsorship your strength? Do you find your greatest hope in outreach calls? Has adherence to a food plan helped you find greater serenity in your daily life? How do you overcome temptation? What are your steps to recovery? What has worked for you? Your experience will give hope to other compulsive overeaters. Please email your article to: Newsletter@oacfi.org. Thanks, Carlene



I PUT MY HAND IN YOURS I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams!



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.



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

HAVE YOUR FELT ALONE IN A CROWD?

“Eating disorders are habits of loneliness and isolation. To get well we need help and that help is always available. Those of us who belong to a Twelve -Step support group have a list of phone numbers. We know we can call people who will be there for us. We go to meetings and share. We find that other people have similar problems, and we stop feeling lonely and isolated. Some of us are in therapy, others have strong family support systems, some of us have friends and colleagues we can talk to when the going gets rough.” - Inner Harvest - January 5th meditation.

All the above is true and describes wonderful avenues to entertain when loneliness and inner isolation overwhelm. Perhaps we are truly alone in the world? However, a *whisper* ‘screams in desolation’... these are all good things to contemplate but why can’t I reach out for them? Why am I stagnating? Why have I relapsed? What is wrong with me? Why do I feel alone in a crowded room? Why am I different from everyone else? How do I decide what to do with the time I spend bingeing, starving, and being obsessive about food and how can I stop participating in insane food behaviors? Where do I go from here?

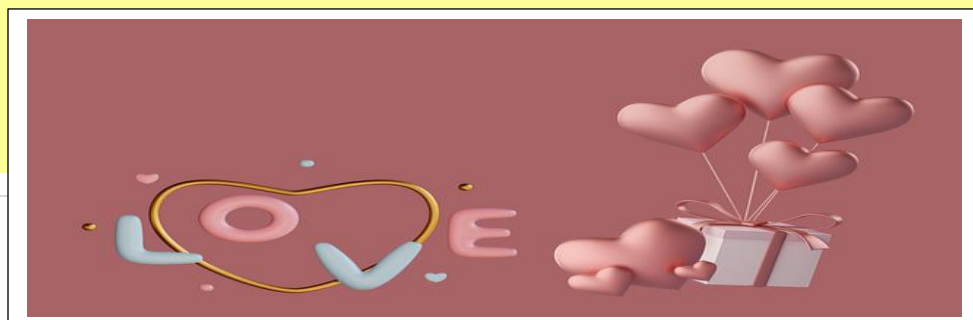
All of these questions and absolute despair was part of my life until I found Overeaters Anonymous. I was so busy focusing on the negatives and stinking thinking about me, me, poor me there was no room for seeking solutions. What would we think about a person standing in a deluge, getting soaking wet and freezing in the icy weather when there is a library’s picture window in front of that person showing people snug in a warm room, sitting in comfy chairs reading?

I was that person standing in the nasty weather. I had the choice to go inside where there was warmth and ask for help. For years on end, I refused that help until one day someone told me about Overeaters Anonymous. I did walk into its doors and found warmth and welcome from brothers and sisters in that first meeting. They covered my diseased mind with an umbrella of inclusion and my tarnished spirit with their willingness to accept the things they could not change, courage to change the things they could and their Higher Power’s gift of wisdom to know the difference. I discovered, that perhaps I was physically alone, with no family or friends, I **was not truly alone** in the Helter skelter of life... though my brothers and sisters in OA have stories that differ from mine... they had experienced similar feelings and asked the same questions, until they finally ‘Let Go and Let God’. They surrendered their control to their Higher Power. Until I too began to focus on, WE, I was alone in a vast desert with only sand, clogging all my orifices, as my companion. Walking into my first meeting was like discovering an oasis after years of near death in a wasteland.

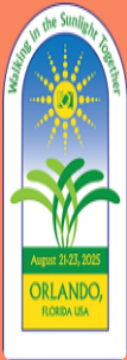
Where do I go from here? Abstinence - one day at a time. When, through the Steps, Traditions, Concepts, Tools we get our core (body, mine, spirit) in order, we become aware of those foods that trigger us to overeat, those foods that addict and compel. Once identified, completely omitting them from our daily food plan is essential for our overall well-being. We make a daily food plan (of those foods that are healthy) and leave it up to our Higher Power to make certain we only eat three meals a day, measure our foods, schedule when we eat, make time for morning and evening quiet time.

No one has the same food plan or daily schedule. It is however up to us to uplift, guide and support others who may be having trouble getting started or relapsing. Helping them helps us! We first, however, have to get our own program in order and that is only possible by surrendering to HE, forgetting ME and focusing on WE. Everything else will eventually fall into place. If we allow Him to, our Higher Power will go before us and do for us that we cannot do for ourselves. All we have to do is step out of His way.

Avalon M.



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SAVE THE DATE! 2025 WORLD SERVICE CONVENTION

August 21-23, 2025 • Orlando, Florida USA

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World Service Office News Bulletin January 2025

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Are You Living Abstinently? Share Your Recovery Insights with the Fellowship! Respond by March 3



The OA Board of Trustees is seeking stories from OA members who are living abstinently and have tips, tools, slogans, affirmations, insights, turning points, or resources to share with our Fellowship.

If you are living abstinently, you can help! Download the [Living Abstinently Call for Stories flyer](#) and use the link on the flyer to send in your story by March 3.

Submissions are welcome in all languages!

[Download the flyer](#)

Intergroups and Service Boards: Our February 1 Meet the Maker Session Will Help You Complete the Agenda Questionnaire by March 5

**World Service Business Conference 2025
Registration Is Open!
New e-Documents Posted in Mobile/Translatable Format**

We are getting ready for a virtual and inclusive World Service Business Conference! Intergroups and service boards can do their part by responding to the Agenda Questionnaire no later than **March 5**. A new Meet the Maker session on February 1 will enable you to speak directly with the makers of New Business Motions and Bylaw Amendments to better understand all proposed agenda items.

Delegate registration is open! Delegates and alternates should go to the [WSBC web page](#) and register by **March 14**.

The Second Conference e-Documents have been posted to the WSBC web page. Documents newly posted include the Agenda Questionnaire, instructions, and summary; proposed Bylaw Amendments and New Business Motions; Delegate Information; and information about the new Meet the Maker session for service bodies.

Some documents are now in a mobile-friendly and translatable format. OA members whose browsers are set to non-English languages will automatically see these documents in their language.

[Go the World Service Business Conference Page](#)

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- 12th Step Within Day Translation
- Other

Contribution

During the pandemic, OA paused contributions to the Professional Exhibits Fund because events for referring professionals were cancelled or postponed. Now these events are back, and OA needs immediate contributions to the fund to continue helping service bodies reach out to professionals in 2025.

To make a designated contribution to the Professional Exhibits Fund, mark it on the [mail-in contribution form](#), select it in the Designation drop-down menu at oa.org/contribute, or select it in the "I want to support" drop-down menu in your account at oacontribute.blackbaudportal.com.

[Go to oa.org/contribute](#)