

New Beginnings (May 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 every hour from 8 a.m. to 12PM midnight EST -See below. # 712- 432-5200, PIN-4285115. Held by OA Virtual Intergroup. Contact for more information at: 2020oamarathons@gmail.com

Mon., May 5, 2025, Cinco de Mayo, "How Do You Practice Diversity in OA?"

Sun., May 11, 2025, Mother's Day, "Living Life on Life's Terms. How Do I practice this?"

Mon., May 26, 2025, Memorial Day, "Valuing My Own Voice and Others'-Live and Let Live."

Sat., May 10th, 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>

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 pg. 10,14 for more info.

Registration and lodging for the World Service Convention in Orlando is now open. I hope to see many of you there. <https://oa.org/world-service-convention/>

Virtual:

May 2, 2025, Virtual Monthly 12-Step Workshop, Sponsored by Miami Dade and the Keys Intergroup, Friday 6:30 P.M.- Friday 7:30 P.M. Continuing workshop, ID: 864 1518 6652 PW: 305305.

Sat., May 3rd-Sun., May 4th, 2025, Face Your Stuff instead of Stuffing Your Face, Young People's Retreat, Time: Sat., 4 to 10 P.M. EST-Sun., 10 A.M.-4 P.M. See Pg 24 for more info.

May 3,2025, 12-Step Workshop, See Pg 22 for more info.

May 11,2025, Sponsor-Sponsee Support Group Workshops, See Pg. 22 for more info.

May 18,2025, OA literature Workshop, See Pg. 23 for more info.



Step Five: Integrity

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five: Purpose

Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers.

Concept Five: Individuals have the right to appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
(From: Twelve Steps and Twelve Traditions)

Index

Page 1-Calendar, Step 5, Tradition, and Concept 5.

Page 2-4=Articles and info.

Page 5-9= Meeting list.

Page 10-21=Articles and business info.

Page 22-27=Workshops, articles, contributions and contest info.



ATTENTION GROUP REPS & SECRETARIES:

If there is a change to your meeting—cancellation, change in time or location, a new meeting, etc.—there are two things you need to do, please:

1. Go to: oa.org. Click on the three bars on the upper-righthand area of the page. Click on “meetings” and select the option that applies. If you need help, you can also call OA at 505-891-2664 or click on the “contact us” tab at the bottom of the home page. For a new group, you will need to obtain a group number from oa.org, if you don’t already have one, before contacting Intergroup (Step 2).
2. Contact the OACFI Intergroup. Send a DETAILED email with all relevant information to Phyllis D. at phyllis407@aol.com or call her at 386-717-9721. Phyllis will update the meeting list and send it to the webmasters; the webmasters will upload the information. She will also let the OACFI Treasurer and Newsletter Editor know about the meeting change. **THANK YOU!**

Knowing Better

“Surely this was the answer— self-knowledge.” — Alcoholics Anonymous, fourth edition, Bill's Story, pg. 7

I always get what I need. This has always been the case, yet it took entering recovery, surrendering my food and working the steps for me to be able to recognize, believe and trust in this truth. After a slow start to my morning— taking recovery actions despite not feeling motivated—I got what I needed on a telephone meeting. A woman who identified herself as returning to OA said that she knows better. What came to my mind was language from the Big Book about self-knowledge. Even after eleven years in OA, self-knowledge is not my solution. I need a spiritual program of action. Knowing what I know might get me more knowledge; but doing what I know to do will get me more recovery. I've heard it said that when I know better I do better. My recovery is in the doing! Thanks for letting me share. —**Atiya M.**

God and Gratitude

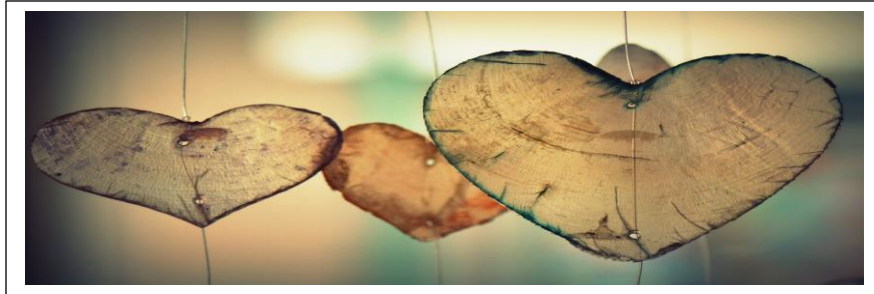
Good morning God. It is that time again when I reach out to you and express my gratitude for the gift of life, for the overwhelming desire to move forward in recovery, for your patience with me because I am such a slow learner, for everything that will come in my path today, for the fact that you woke me up today, for the gift of willingness today, and the list goes on and on. I am so blessed. Today's reading is on spiritual growth. As it says...prayer is not logical and yet it works. Where rational intelligence fails, I place my faith in a source of help that is beyond my understanding and know that I will receive what I need. I can see I'm slowly beginning to have more faith in you God. My willingness today is not from me.... Oh No!! I'd rather just sit and let the day pass me by... but with all the people; you have put in my life, I'm beginning to see small changes. Getting out of myself is a Biggy for me. The absorption of self becomes toxic for me. My own little world, hurting myself with the food, and being remorseful after, my thoughts are always me, me, me, that I don't focus on what is good all around me. Recovery has so many resources that I can use so I can move forward. Just for today, that is all I have, and at the end of the day I can reflect back and say "ah, it's been a good day, thank you God." -**From Rosemarie**

WHAT IS THE PAY OFF?



Surrender. Take action. They seem contradictory and yet I have to do both. Everyday. Surrender means I surrender the results to God. I take the actions that have been recommended and I surrender the outcome. I pay attention to the things that are in my power to do: eating on my food plan; going to meetings; working the steps; exercising; working with my sponsor; and many other things; and I let go of—I surrender— my weight to God. This is so difficult for me. I want my actions to “pay off” and pay off to me has always meant weight loss from a diet. I’ve learned in the program that it’s not up to me what the payoff is. And good thing, too. I’ve experienced a great deal of pay off in this program—far greater than what I would have settled for—what I always settled for—when weight loss was my only measure. I’ve experienced moments of serenity, the ability to laugh with abandon. I’m aware of the parts of my personality and character that get me in trouble and on most days, I can steer clear. I’m not up in everyone else’s business; I’ve learned to focus more on my own business. I am not carrying decades of resentment and remorse because the steps, which require me to take action, give me a way to acknowledge and work through them. Today I don’t blame others for things I caused. All of these pay offs and many more are coming, one day at a time, because I am surrendering AND taking action. Weight loss, which I’ve experienced, once the only basis for measuring success, still matters to me; but there are many other ways today that I see progress. Surrender. Take action. Everyday. Have a great day. **Anonymous**

The Answer Is Love



Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step Five Step Five is where we begin to learn how to love ourselves. Most of us know something is wrong in the way we are living but we have no idea how to address it. When we allowed ourselves to get vulnerable with another human being in Step Five, we opened a door that created greater understanding of our personality and character—the good and the not-so-good. In Step Five, pain, guilt, anger, fear, doubt and pride—all emotions which had been feeding our addiction, are now exposed and brought to the surface where we can examine and learn from them. Many of us have tried to feed the hole in our souls with food rather than face the truth. In Step Five we look at things head-on. We learn about our weak and our strong qualities and we can begin building stronger relationships which can support our hearts. This is an important step in becoming emotionally healthy. A lack of deep connections with others and God were the last things I thought were contributing to my problem with food but in Step Five I learned I needed good spiritual food. By looking honestly at what comes up in Step Five, we can walk through this with the help of our sponsor or other trusted companion and we can emerge knowing more about ourselves and even loving ourselves. In so doing, we become able to have deeper, more meaningful connections with others and God and we no longer have to rely on food to feed our souls. —

Tony B.

Our Target

Tradition 5



Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers. —Tradition Five Have you ever gotten into a conversation with someone and from the beginning of the talk to the end you felt the purpose or focus of the conversation had changed numerous times; in fact, it was miles away from the subject initially raised? Personally, this frustrates me. I know it's human nature and it happens. I also know that it gives me the opportunity to practice patience. In these moments, I get the chance to listen with an open mind and heart and to show empathy towards another person. In the 5th Tradition, we are told that OA has but one primary purpose—to carry the message of recovery through the 12 Steps to the compulsive eater who still suffers. To do this, we often first have to be patient and listen to what is in another's mind and heart. Without judgment. Without waiting not-so-patiently for our turn to talk. We have to really hear what another is saying. Only then can we make the space safe for people to share what's inside them. At the same time, Tradition Five gives us a compass point for Overeaters Anonymous. It keeps us focused on our purpose. It helps us to stay on track so when someone veers off course, we can gently and lovingly get back on track and focus on the solution. That's where recovery is found. —**Tony B**

Digital
Newsletter
available at
www.oacfi.org

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

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

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

OVEREATERS ANONYMOUS®

CENTRAL FLORIDA INTERGROUP

**MEETING
 LIST** Updated
 4/15/25

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10.00am	zoom	89653	For Today Zoom meeting Meeting ID: 83253821331 Password: peace	Vicki S.	517-256-0373
10:00am	V	50209	Pimlico Rec. Ctr. Face to Face 530 Belvedere Blvd. The Villages, FL 32162	Gloria	352-345-5638
11am	V	51162	Cocoa Beach Public Library Face to Face <u>550 N Brevard Ave</u> <u>Von Thron Conference Rm</u> <u>Cocoa Beach, FL 32931</u>	Cat	315-876-2035
Noon	SS	800822	Central Christian Church Zoom only Zoom phone in 312-626-6799 pw452471# Zoom: meeting ID 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S.	678-429-1286
1pm	V open	57446	Rockledge Presbyterian Church Face to Face 921 Rockledge Drive Rockledge, FL 32956	Lynn D.	216-798-2520
6:00pm	L	57739	Asbury Methodist Church 220 Horatio Ave. Maitland, FL 32751 (Face to Face)	Alyson T.	407-718-2127
7:00pm	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
7:00pm	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
7.00Pm	V	800442 open	Grace Zoom meeting Zoom only 1-253-215-8782 Zoom 868 3781 3267 pw grace https://us02web.zoom.us/j/86837813267	mondaygrac emeeting@g mail.com	
TUESDAY					
Noon	D	800822	Central Christian Church Zoom Only Zoom call in # 1-312-626 6799 pw 452471# Zoom meeting ID 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Jacqueline	407-423-4086
5:00pm	Lit	58161	956 North Cocoa Blvd. Face to Face Cocoa Beach, FL	Pete	321-506-3033

Digital Newsletter
 available at www.oacfi.org

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

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	53479 open	Face to Face Meeting Holy Spirit Episcopal 601 S. Highland Avenue Apopka, FL 32703	Carrie C.	781-867-1071
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	55782	The Jones Room 318 Campus Street., room CCFC Celebration, FL 34747 Call contact person for directions (Face to Face) Celebration, FL 34747	Geri B	407-557-7055
WEDNESDAY					
10:00 am	BB	48700	Lady Lake UMC corner of Hwy 27/441 and McClendon St Lady Lake, FL 32159 (Face to Face)	Vicki	517-256-0373
Noon	BB	800822	Central Christian Church Zoom only Zoom call in # 1-312-626 6799 pw 452471# Zoom 844 7739 8454 pw serenity https://zoom.us/j/84477398454	Kathy S.	678-429-1286
1pm	Steps Study	51535	Dr. Martin Luther King Jr. Library Face to Face 955 University Blvd. Melbourne, FL	Elizabeth M.	978-760-2565
7pm	V	57994	First Congregational Church Face to Face 225 South Interlachen Avenue Winter Park, FL 32789	Cory M.	407-616 8000
THURSDAY					
9:30 am	BB	58414	Last House on the Block New Meeting 1339 Neely Drive Leesburg, FL 34748	Adrienne	469-939-6675
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

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

Digital Newsletter available
at www.oacfi.org

6

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

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

11am	V	57456	Cocoa Beach Public Library Face to Face 550 N Brevard Ave Von Thron Conference Rm Cocoa Beach, FL 32931	Dan	925-577-8636
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	V	89006	Thursday Evening Virtual Meeting Zoom 863 7071 7790 pw 654321 https://us02web.zoom.us/j/86370717790 Speaker on first Thursday of the month.	Jack L	352-430-5487
7:00 pm	BB	55775	Church of the Messiah Phone meeting only – no zoom Phone # 408-638-0968 Meeting ID -881 5087 0583 Passcode – 952305	Jacqueline	407-423-4086
7:30 pm	Step Study	46730	Grace United Methodist Church 65 Needle St. Room 208 Merritt Island, FL *To dial into live meeting 515-604-9755 Enter 558911#	Vickie S.	321-536-3951
FRIDAY					
9:00 am	V	54490	Zoom only Zoom 870 5439 1380 https://us02web.zoom.us/j/87054391380 **Call contact person for password please**	Gail P	352-348-1004
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

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
6:00 pm	BB	801000	Tuskawilla United Methodist Church NEW TIME! Zoom only 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	55772	St. Luke UMC Phone only Phone # 408-638-0968 Meeting ID 881-5087 0583 Passcode – 952305	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	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
9:30 am	BB open	24750	Trinity Wellsprings Church Face to Face 638 S Patrick Drive Music suite Room 301 Satellite Beach, FL 32927	David C.	240-529-2553
12:00p m	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					

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



4:00 pm	L V	57783	<p>****NEW MEETING****</p> <p>Downtown Kissimmee – Zoom meeting only 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>In the Solution Zoom only Zoom: 844 7739 8454 Password: serenity https://zoom.us/j/84477398454</p>	Cheryl	407-221-5928

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

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

Digital
Newsletter
available at
www.oacfi.org



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



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!)

Digital Newsletter available at
www.oacfi.org



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

MY PROBLEM IS MY MIND AND SPIRIT NOT JUST MY BODY



Holistic wellness is a comprehensive approach to health and wellbeing that considers an individual's physical, mental, emotional, spiritual, and social wellbeing. It recognizes that each aspect of a person's life is interconnected and impacts overall health and happiness. Therefore, the goal of holistic wellness is to create balance and harmony in ALL aspects of life, leading to a feeling of wholeness and fulfillment. rather It is a way of looking at life that emphasizes the importance of taking care of oneself in all areas rather than focusing on just one aspect. -Taken from: <https://wander-mag.com/articles/live-well/holistic-wellness/#:~:text=It%20recognizes%20that%20each%20aspect,feeling%20of%20wholeness%20and%20fulfillment.> = An online article entitled 'Wander'.

Let's be honest. When we first came into Overeaters Anonymous it was all about our body... we soon learned that OA was not a weight loss program but one that had the solution to our mental, spiritual and physical recovery, if we admitted we were powerless over our food intake and behaviors. If we applied ourselves to the complete program, and were willing to go to any lengths to obtain abstinence from outrageous consumption of foods that were harming our bodies, emotions and spirituality, we were on the way to recovery, on a day to day, moment to moment basis. Our past behaviors, when it came to food, were forms of insanity. We learned that overeating and horrendous food behaviors was a disease we (alone) could not control or heal. When we totally surrendered our addictions over to our Higher Power, we started on the road to a successful journey towards physical, mental and spiritual health.

I begin my mornings and end my evenings with 'quiet time'... time spent solely with my Higher Power... reading scripture, OA approved literature, journaling, taking a personal inventory of the day. I ask myself can I do better tomorrow, if I am gifted with another day? These routine, daily practices keep my spiritual condition alive and centered on my Higher Power and not my own insignificance. I attempt to humble myself in praise and thanksgiving while I'm awaiting the miracle. **Remember to be humble is not thinking 'less of yourself' - but - 'thinking of yourself less.!**

As for my mind...the tools keep my mind balanced. When I'm following a daily food plan, weighing and measuring out portions for my three meals, I stay abstinent. When I'm abstinent I am happy... and each one of us can be happy as we allow ourselves to be, regardless of what negativity may be swirling around us. Today marks two years since I've had processed sugar. My doctor gives me compliments each time my bloodwork comes in perfect in all areas. This sets my mind at ease, knowing that working my program properly is keeping me healthy of body, mind and spirit. OA is not only a body fixer upper... It rehabilitates the body, yes, but also our mind and spirit. When I call someone, who may have not been at a meeting for a while or I've heard was sick or having family problems and they are almost in tears because I cared enough to call, that puts my mind and heart at ease. Knowing I touched someone's life uplifts. Their joy in hearing from me boosts my spirits and tells me I did the right thing.

When I go to a face-to-face meeting and help put the literature out, set up chairs or take them down, or lead a meeting, my heart is full. I feel I gave a tiny particle back to the program that has given me so much. Through sponsorship my guidance educates my sponsees. Seeing their growth does amazing things to my mind and spirit, and further causes me to burst in thanksgiving to see them eventually become sponsors and really "get" the program.

Working the OA program daily, with willingness, commitment and giving each day over to my Higher Power takes care of my physical, mental and spiritual conditions. Have I had slips along the way, of course, I'm human. I no longer waste precious minutes that turn into days and perhaps weeks chastising myself in shame and morbidity. Whenever the slip happened, it was only in that minute section of time... I ask my Higher Power's forgiveness and get right back on the horse. When I do slip, it is ALWAYS because I did not do something in my daily routine... whether I by-pass my 'quiet time' or didn't weigh and measure, or isolated and did not use the tools, or missed meetings on purpose. **Slips don't happen out of the blue. They happen because we omitted something within our working of our program. Guaranteed! Avalon M**

Things I Heard at Meetings- By Carlene and Rosemarie

1. The program helps me deal with life rather than go to the food.
2. I can not be grateful and be in my disease at the same time.
3. Pray to God and continue to row to shore.
4. Recovery is blubbery.
5. My disease does not care about what you do or who you are.
6. I still have difficulties but now I have the steps. I chose not to yell because no one would listen.
7. I felt I was invisible.
8. I thought if I lose the weight I would have friends.
9. I am not my disease but I have this disease.
10. I can not relate to others and function in this world if I am not abstinent.
11. I stopped feeling bad that I had this disease.
12. I have a disease of forgetfulness.
13. I get to use my mind and think of something other than food.
14. My misery is of my own making.
15. Higher Purpose rather than Higher Power.
16. Things can be easy if I choose that.
17. I have more humility since I joined OA.
18. There is a God but I'm not God.
19. 2-minute drill in the morning: 1. What do I need to let go of? 2. What am I grateful for? And 3. What is most important to do today?
20. What am I afraid of that is going to help me?
21. Let go of other people's opinion of you.
22. Am I going back to those isles in the grocery store that has not solved my problems.
23. I am not at the top of God's list.
24. I don't know if I have another recovery in me.
25. If I have a gratitude in my heart there is no room for fear or resentment.
26. Expectations lead to disappointment.
27. God, take me by the hand and lead me through this day.
28. I had such a low self esteem that I always had to be right.
29. My circumstances do not change but I have to change.
30. Being in service is living in the solution.
31. The obsession and compulsion had to be arrested.
32. Accepting for what is as opposed to what I want.
33. The obsession was always talking about food.
34. I wanted to stop the madness.
35. I thought I knew everything.
36. I knew the problem was with you not me.

Central Florida Intergroup / CFI Board Members and contacts

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

Vice Chair: (vicechair@oacfi.org)

Treasurer: Joan K & Susan H. (treasurer@oacfi.org)

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

Meeting List: (meetinglist@oacfi.org)

PIPO: (pipo@oacfi.org)

Twelfth- Step Within: (tsw@oacfi.org)

Webmaster: (webmaster@oacfi.org)

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

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

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

For Zelle, send payments to Treasurer@oacfi.org

Local Website: www.oacfi.org

Regional Website: www.oaregion8.org

International Website: www.oa.org

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

Newsletter Email: newsletter@oacfi.org

Literature Email: OACFI.Literature@yahoo.com*

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

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

Apopka meeting (face to face) Meeting Change

Tuesday @ 5:30 P.M.

@ Holy Spirit Episcopal Church

601 S Highland Ave. Apopka, FL 32703

Contact Carrie C @ 781-867-1071

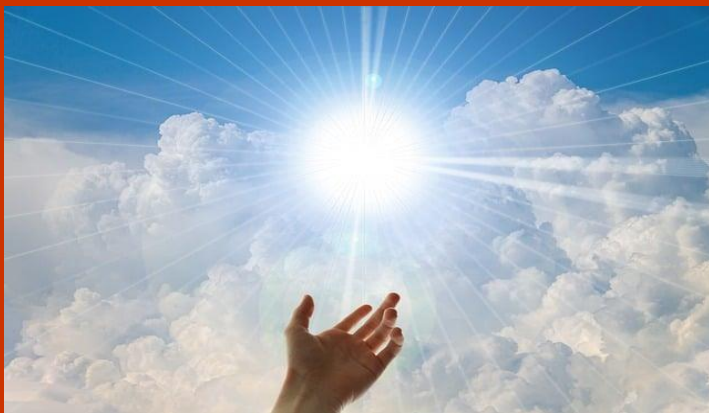
Or email Carlene @ tooncesc@yahoo.com

Digital Newsletter available at
www.oacfi.org

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

My Higher Power

A daily reflection recently reminded me of the following: I am from God. I am made in the image and likeness of God. I have read and heard this many times but this time it seemed to have a special meaning. God created me to be like Him!!!! He has a special place for me. Not only did he create me, He continues to be with me all of the time. He is with me to guide me, to lead me, to comfort me, to love me, to show me the way. He has not abandoned me when I was not in tune with His plan for me. He has not given up on me when I have given up on Him. He has been there when I chose not to recognize Him or acknowledge Him. He has been there when I have made the choice to defy Him. He has been there when I have defiled this bodily creation with enormous quantities of food. He has been there when I reacted in anger, when I carried resentments, when I lived with dishonesty. He was there even though I chose to turn my back on Him. He is with me today. I feel His presence. I welcome Him into my very being. In recovery, I am able to ask Him to be my guide. I am able to get down on my knees and humbly ask Him to remove my shortcomings. By making a conscious decision to turn my life and my will over to His care, I am experiencing a new sense of freedom. For today I don't have to be a slave to food. I don't have to be dragged down by feelings of anger and resentment. I don't have to be a people pleaser. I don't have to feed into or be affected by the moods of others. Through living the OA Twelve Step Program of Recovery, I am, One Day at a Time, taking care of God's creation, me. Submitted by Karen



Why O.A.?



Why does this program work for me? If I was given a definition for abstinence in an English course in college, I would probably learn how the word was spelled. But it is because I kissed the Reaper, and found myself skating in the shadows of spiritual death that I grasp the meaning personally. Abstinence is living without a sinful master for an ego. It is a lack of compulsive behavior. It is not obsessing over minimum and average quantities or levels of substances. It is not perverting the beauty of the act. It is what balances a food plan to make a healthy diet realistic. We have many food plans because we have many personalities who need personal diets. Just as everyone is not a diabetic, or has high blood pressure because of too much salt; one needs to eat in a way that is personally natural for their good health. Maintaining this behavior is the meaning of abstinence. I've learned this principle quickly. I practice it daily. Simplicity is wisdom which is not easily obtained. However, to those who are pure all things are pure. Grasping the mindset of purity is morality which is as difficult as seeing a five-year-old child understand life's process of death. I may have a concept of abstinence, but becoming trained to balance this nature in my entire affair daily is a continuous work-out. Nevertheless, I love this life. I love who I've become and who I am still becoming. I lost minimum weight, but grow deeper with spiritual roots. Abstinence is finding the right balance between the physical and the spiritual. Both of these aspects working positively give me freedom to embrace a new life today which keeps me growing newly every day. **-Tony B**

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

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

Digital Newsletter available at
www.oacfi.org

FEELING INADEQUATE?

A Pastor once asked me to head one of our church's ministries and before I could say, "I'm not worthy!!" ... he admonished, "None of us are worthy!"

When Rozanne S went to a Gamblers Anonymous meeting in January, 1960, in order to accompany a friend, she realized that the Twelve Steps of GA could potentially help her and others with food addiction and bad food behaviors. Did she have qualifications to begin a program that would eventually spread world-wide? No matter her size, intelligence, capabilities she clung to OA's Third Tradition that states, "The only requirement for members is a DESIRE to stop eating compulsively."

During virtual and face-to-face meetings, we hear many OA brothers and sisters share about feeling 'less than', 'invisible', 'on the outside looking in', afraid to join a conversation lest a mistake or embarrassment become evident or ridicule points their way. Some fear speaking up at a meeting for the same reasons. Many have no self-esteem and that can stem from numerous forms of upbringing or environments. We may feel that others seem better than us; more confident, more at ease, better able to deal with life's trials and tribulations. Remember, *no one can make us feel inferior without our consent.* (Eleanor Roosevelt)

Before we can expect acceptance, respect or the embrace of our essence from others we first have to affirm ourself. We need to learn how not to compare someone's outside to our inside. God does not make junk or mistakes. We are not a mistake or any of the other negatives we may apply to ourselves.

It is crucial that we learn to love ourselves as our Higher Power, as we understand Him, loves us. No. We are not perfect. None of us are. We are special in our own right. We have our own talents. Digging deep inside, those special gifts will become apparent. Once discovered, the more we share them with others, the more our Higher Power will grant us further enlightenment, guidance, strength and consolation.

Acceptance of ourselves requires an attitude adjustment. Perhaps a new outfit, haircut? AA's Just for Today narration states, "Just for Today I will try to go out of my way to be kind to someone (myself). I will be friendly (to myself) and act appropriately. I will dress becomingly, talk low, be courteous and not critical. (of myself) I will not try to control situations or other people." I've included the word 'myself' in this narration.

What others think of us is none of our business. It is what we think of ourself that is important. Our self-esteem should not go up or down according to what people think of us. What we think of others is pointless. We should not be looking at or judging them but concentrating on improving ourselves, and our OA program one day at a time - one moment at a time. With freedom from compulsive overeating or restricting we gain back self-respect. Our self-worth registers higher.

Our self-regard should uplift our psyche. Self-acceptance means taking ourselves just as we are, and liking ALL of ourselves unconditionally. When we practice the Twelve Steps to the best of our ability and adhere to the principles, we should be proud of ourselves, grateful to our Higher Power for going before us and doing for us what we could not do for ourselves. Our 'outside' has nothing to do with our 'inside'. It is not a source of pride but an act of humility to classify ourselves as unique and beautiful creations of our Higher Power.

Diligently working through to the Twelfth Step will transform our spiritual condition. Growth in the program cannot be shaped, or forced. We have to do the footwork. Willingness is the key. The first step in that footwork is to surrender our will to our Higher Power... once we give up our selfish ways... learning to like ourselves is essential. Letting go and allowing Him to build us up, physically, mentally and spiritually is the solution we aim for. In accepting ourselves as we are we allow ourselves the opportunities, to do better and to make the changes that are needed. "*God, grant us the serenity to accept the things (people, places and things) we cannot change, courage to change the things we can and the wisdom to know the difference.*" **Avalon M**

Digital Newsletter available at
www.oacfi.org

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



O.A. MEETING in LADY LAKE!



Friday Mornings

10am to 11am

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 •

I Came for the Vanity and Stayed for the Sanity

Recently rejoining the Overeaters anonymous program brought me to my first face to face meeting after many years. At this meeting someone quoted 'we came for vanity and stayed for sanity'. Hearing this unfamiliar slogan was like a sucker punch.

Vanity is excessive pride in or admiration of one's own appearance or achievements... for me it meant the exact opposite, worthlessness, futility, always on the outside looking in. Self-esteem did not exist. Being seemingly invisible or scorned was the norm.

Every 'so called' remedy I hoped for were advertising hoaxes to draw this compulsive overeater into discouragement and desperation instead of satisfaction. If I continued to do what I had always done, I would have gotten the same disappointing results... more insanity. Finally, my Higher Power enlightened me. I came to believe that I could not do it alone, that there was a Power greater than me, to take the reins, and make the journey towards sanity more comfortable.

The realization that changes had to be made burst upon my mind like the brightest neon rainbow. If I wanted to succeed in recovering from the disease of compulsive overeating and excessive food behaviors, an alteration of my attitude, outlook on daily life, food plan and self-appreciation was vastly necessary. I stepped aside, gave my Higher Power full control and became abstinent to this day. The point was not 'what I was eating, but what was eating me!' 'Nothing tastes as good as abstinence feels.'

People pleasing fell into the academy award area for superior achievement. Acting 'as if' was an everyday scene in the play of pretending to be or not to be. The 'as if' was an everyday scene in the play of pretending to be or not to be. The affirmation of others was desperately sought. Admonishments or complaints crushed my already fragile heart of hearts and spirit. Pathetic? Yes! For TODAY I need no human accolades, kudos or praises. I embrace what most men fear and avoid. The thanks, appreciation and love from my Higher Power override the hurt of being unnoticed and depreciated by others. Today I don't eat over these inconsequential negatives that life throws my way.

Avalon M



TRADITION FIVE:



Many of us have problems with finances, peer pressure, and life's stresses. We have problems fear, denial, controlling behavior, and lack of awareness about our disease. We as OA members also experience problems with binging, overeating, under-eating, and purging. We often have these problems to the extreme, even to death. But, because of the Fifth Traditions of Overeaters Anonymous we don't have the problem of finding a place for recovery. We may lack certain spiritual discipline to apply the program and the steps of OA to our lives. However, we don't have the problem of finding the answer. No longer are we left empty and alone to find our way out of the dark hole of addiction. As a lighthouse in a harbor, OA keeps an answer alive. Through the Fifth Tradition the doors are open. We have an addiction problem, yet we don't have the problem of being lost in the crowd. There is a home. There is a safe environment. Because of Tradition Five there is a message to addicts who still suffer. This message brings light at the end of the tunnel. ----**Tony B**

Digital Newsletter
available at
www.oacfi.org

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

OA and Kindness

How does OA practice Kindness?

- We do not interrupt or cross talk.
- We listen to what members say.
- We demonstrate genuine care for others.
- We love others until they love themselves.
- We are not judgmental.
- We accept others as themselves with character defects and all.
- We forgive and are forgiven.
- We demonstrate positivity.
- We make phone calls.
- We give generously.
- We serve others.
- We share our time.
- We bolster each other up.
- We are not mean to others.

By, **Carlene**



My Ego is ~~not~~ my Amigo.
Submitted by Rosemarie

Tradition-5 The Map

Have you ever walked into a room only to forget why you entered once you got there? Maybe you've lost focus in your car while listening to the radio or being involved in a conversation with another person; and suddenly you realize you've passed the turn you needed to make? These things may seem trivial, but I believe this tendency for lack of focus was forefront in the minds of the pioneers who crafted the Fifth Tradition in our program: Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. The sole purpose of this tradition is to keep us focused which contributes to our common goal: maintaining abstinence. With all the problems and distractions of the world, it is easy to see how we can go astray. The simple point found in the Fifth Tradition is so very important, and yet we can forget it in the blink of an eye. The very fibers of our OA program will tear apart if we forget this. We can think of Tradition Five as something that keeps us following the roadmap to abstinence and recovery. — **Tony B.**

CONTROLLING MY ADDICTION?

The truth of the matter is I am 'ok' if I simply let go and let my Higher Power have His way with my life. Yes, this is a simple concept but it's a hard reality. As an addict I want control; it's woven within my nature. I can find any reason to condemn the disease. Thoughts like; I'm not at fault, my parents raised me a certain way, I have a low metabolism, it's not fair that I cannot eat like a normal person. These excuses do not excuse me from the responsibility of taking care of myself within the nature of my disease. This does not mean that I have a right to control my addiction.

Nevertheless, accepting life on life's term and summing my will towards my Higher Power so He controls my fate, this moral is good. Peace, serenity and comfort are the spiritual nature I grasp when I allow myself to live the way of the OA program. Although it may not appear to be true, I actually love myself when I let go the desire to control my addiction. It may seem possible that I can, but it is an eternal lie. The squirrels within my head will always dance when I entertain the fantasy that I have control. This is the very core of all compulsive eaters. Thank God that we have rooms full of grace and unconditional love to welcome such people whom are like us within our society. Ignorance is not an option. We have no reason to let this defective characteristic rule over us. - **Tony B.**

HOW TO USE PAYPAL

Follow these steps:

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

Digital Newsletter
available at
www.oacfi.org



OVEREATERS
ANONYMOUS[®]
CENTRAL FLORIDA INTERGROUP

PIPO

Public Information Professional Outreach

THINGS WE HAVE DONE

BILLBOARDS
BUS WRAP
RADIO ADS
PAID ADS ON
FACEBOOK
HEALTH EVENTS
PROFESSIONAL
EVENTS

Email: pipo@oacfi.org
for more
information

[Click Here for a flyer
to share at your
meetings](#)

IF YOU A PERSON
INTERESTED IN
OUTREACH &
HELPING SPREAD THE
MESSAGE TO THE
COMMUNITY, PLEASE
COME TO THE PIPO
MEETING AFTER
INTERGROUP
MEETING
2ND SATURDAY OF THE
MONTH.

THINGS WE HAVE
DONE

BILLBOARDS
BUS WRAP
RADIO ADS
PAID ADS ON
FACEBOOK
HEALTH EVENTS
PROFESSIONAL
EVENTS

Many Symptoms, One Solution

In OA, you'll find members who are:

- Extremely overweight, even morbidly obese
- Moderately overweight
- Average weight
- Underweight

Symptoms are as varied as our membership:

- Obsession with body weight, size and shape
- Eating binges or grazing
- Inability to stop eating
- Preoccupation with diets
- Starving
- Excessive exercise
- Inducing vomiting after eating
- Excessive use of diuretics and laxatives
- Fantasies about food
- Constant preoccupation with food
- Using food as a reward or for comfort

The only requirement for OA
membership is a desire to stop
eating compulsively.

Is Food a Problem for you? Are you 18 to 30 years of Age? A young adult male? Find the following at OAMEN.ORG Men's Face-to-Face meeting schedule, Men's phone and online meeting information, OA Men email discussion groups, OA Men phone outreach list. Visit Overeaters Anonymous YP on Facebook <https://m.facebook.com/OA>

ATTENTION MEN:

Are you the only man in your meeting? Do you have trouble sharing freely? Do you want to make contact with other men? Find the following at OAMEN.ORG Men's Face-to-Face meeting schedule Men's phone and online meeting information OA Men email discussion groups OA Men phone outreach list.

Chair: Kathy M

Vice-Chair: -Open

Treasurer: Joan K and Susan H

Secretary: Alicia C.-

Parliamentarian: JoAnne B.

Literature: Carolyn Y.

Co-Webmaster: Carrie C.

New Beginnings Editor: Carlene D. Open June 2025

Co-Editor: Marsha B.

PIPO: Claudia B.

Facebook/Instagram: Tiffany H

TikTok: Tiffany H.

WSO Delegate: Kathy M #2

WSO Delegate: Debby H. #1

12th Step Within: Christy H

Next Generation: OPEN

Region Rep: OPEN. #2

Region Rep: Kathy M. #3

Region Rep: OPEN #4

Region Rep: Annie M. #1

Service helps your program and helps reduce our isolation

Note, yellow highlighted areas are positions open at intergroup. Please consider doing service. We need your help and your service.



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

Facebook and Instagram Links

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

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

IMPORTANT: How do I subscribe or unsubscribe to the Intergroup News? You can subscribe or unsubscribe from this list at any time by sending an email to: Go to

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

or copy and paste this in your browser

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

IF YOU ARE ALREADY RECEIVING NEWSLETTERS, YOU DO NOT NEED THIS INFO. IF NOT . . . Sign up to receive the New Beginnings Newsletter by email each month! It's free and an easy way to share the news and recovery with friends and newcomers. All you need to do is click on this link and follow the directions: <https://lp.constantcontactpages.com/sl/UKDqKMC/newsletter>

Or copy and paste this in your URL:

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

HOW TO USE 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.

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

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

https://www.tiktok.com/@oa_cfi

Digital Newsletter available at www.oacfi.org

Before, I was ready to explode at any time, but now it seems that without excess food and junk food, space has opened for me to think calmly and either solve things with more serenity or . . . really deliver it to a Higher Power.

I've reached my twenty-ninth day of abstinence. Tomorrow will be my weighing day and my highly anticipated thirtieth day. I've never gone thirty days without weighing myself, but the experience has been interesting! It really takes the focus off numeric results and has made me realize other subtleties of physical, emotional, and spiritual recovery.

Thirty days ago, I wrote a letter to myself about how bad I was feeling and how I never wanted to feel that way again. In fact, changes are happening.

Shortness of breath was one of the first things that went away, and I haven't been out of breath for days, not even when reading to my daughter. What a relief!

I couldn't sit on the floor for a long time or find a comfortable position, but the other day, I spent a lot of time sitting on the floor organizing some drawers with my daughter without suffering. Wow!

My migraines have decreased considerably, and consequently, so has my use of painkillers! The migraines are torturous, so this is a great victory.

What has been very evident in the last few days is how my irritability has decreased, both with family and people at work. Before, I was ready to explode at any time, but now it seems that without excess food and junk food, space has opened for me to think calmly and either solve things with more serenity or realize that it is not my problem to solve and really deliver it to a Higher Power.

One of the biggest changes has been to really feel that when I give my powerlessness to a Higher Power, my Higher Power works for me and does for me what I can't do for myself. This is getting me closer to God than ever before.

I've noticed that I can feel life in between meals. I was born anxious, so I know anxiety is part of my nature, but it is much more controlled since it is not being fed! It's not always easy. Sometimes, I need to stop everything and identify the emotion that is disturbing me at the moment and decide what to do with it without anesthetizing with food. This process has become more controlled every day.

I feel my clothes fitting me better. Before, I refused to buy even bigger sizes, but everything was super tight and at the limit!

Attending one [meeting](#) a day, working with a great [sponsor](#), and using the [Tools of Recovery](#) has kept me working the program. Each day I've learned something new. The [Big Book](#) has been the great light at the end of the tunnel. Nothing has been perfect or easy, but the changes that have happened are indescribable! I feel like a phoenix rising from the ashes!

—Athena



HOW IS YOUR WORK ETHIC?

Our work ethic is important. It defines the level of success we will find, not only in life, but in our ability to use the unique skills/tools available to us via the AA Big Book and the essence of the OA program. If we have truly admitted that we are powerless over food and improper food behaviors and that our life has become unmanageable, then we should be ready to go to any lengths to find the solutions that will set us on the road to recovery. It is crucial that we put out our full effort toward whatever daily food plan, quiet time, and OA schedules we organize for ourselves. Half measures get us nowhere.

Measurements are essential. Body measurements, mind tabulations and spiritual conditions all combine to form a balanced persona. Everyone's food plan differs... let's say we set up a 3 meal a day plan with no snacks. The AMOUNTS we have during those 3 meals are of major significance. What good would it do any of us to refuse to weigh each portion? Portions are pivotal! Too lazy? No time? Too tired? How important is it? It just might mean life or death, literally! It might mean success or failure/relapse. There is a huge difference eating the contents of a full dinner plate than eating the same food products on a dessert plate. Which would mean a lifesaving experience?

OA.org has numerous brochures, books and pamphlets that are beneficial to helping us stay on track foodwise. One of those is "A New Plan of Eating" - A Physical, Emotional & Spiritual Journey. It has Chapters such as: **How We Change Our Eating Behaviors, Structure & Sanity**. It also contains 'SAMPLE' plans of eating, that may help us start out on the right foot. It also describes what a 'serving' is and proper measurements for Proteins, Starches/Grains, Milk/Milk Substitutes, Fats, Fruits, & Vegetables. Appendix D touches upon **Reaching a Healthy Body Weight, Assess Your Physical Behavior, Access Your Emotions, & Access Your Spiritual Condition**. When I read such valuable materials, I read and study them prayerfully, asking my Higher Power to help solidify the vital information into my does not retain well brain.

In summation, no plan should be beneath us or no aspiration above us. Alone, we can do nothing, but daily, one moment at a time, with our Higher Power directing our path, we can do anything. We can come back from relapse, we can begin the OA program with confidence that the brothers and sisters surrounding us whether it be virtual or face-to-face, accept us with warmth, admiration and love and will in time become our special family. It is **never** too late to change.

Lord, grant us the serenity to accept the people, places and things we cannot change, courage to change the things we can (ourselves, our food plan, our attitude) and wisdom to know the difference.

Avalon M.



The Road to Recovery

Concerning meeting changes and additions:

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

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

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

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

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

Or
copy and paste this in your URL:

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

or

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

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

Go to

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

or

copy and paste this in your browser

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

or

Go to www.oacfi.org

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

Click on "Intergroup Mailing List"

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





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!

Registration and lodging for the World Service Convention in Orlando is now open. I hope to see many of you there.
<https://oa.org/world-service-convention/>

Is Food a Problem for you? Are you 18 to 30 years of Age? A young Adult? Find the following at OAMEN.ORG Men's Face-to-Face meeting schedule Men's phone and online meeting information OA Men email discussion groups OA Men phone outreach list Visit Overeaters Anonymous YP on Facebook <https://oayoungpeople.org/>

The Young People's Virtual Intergroup of Overeaters Anonymous provides service to those currently under the age of 30, as well as those who entered the fellowship during young adulthood. Despite this being our special focus, all OA members are welcome at our events! For more information, including our daily meetings, visit www.oayoungpeople.org Down load for free, pamphlet. "To the Young Person," at <https://bookstore.oa.org/pamphlets/to-the-young-person-280.asp>

Copyright Infringement for Images on Websites/Fliers/Social Media

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

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

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

"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

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

WHAT DO I DO FOR SELF-CARE?

My Dad lives in a rehab now at the golden age of 80 yrs. old. After the results of about 8 strokes, he found himself paralyzed on the left side of his body. He is confined in a wheelchair for remaining days of his life. My Mom (who now lives with me) obsessively tries to make herself available to visit him at his home daily. They've been married over 60 yrs. I am sensitive to her intimate love which I witness for my dad (and proud). However, I have to remind her that she needs to watch and maintain her own health in order to be here and still be alive to assist my dad. She is 78 yrs. old. We all need to balance the selfishness of taking care of our own health, recovery, abstinence and spiritual mentality in order to be aware and available to love and a care for others.

What do I do for self-care? I have walked the path of 12Step Recovery Program for almost four decades. Recovery from addiction is a selfish program. After I remain isolated from my relatives during the holiday's meals; brought my own measured and portioned food to company potlucks meals, plus, not eat the wings, pizza or finger-food at social events such as Superbowl's parties, birthday's parties, and several other positive relationships influence gatherings, my message became clear. And all my loved ones who witness the miracle transformation in my lifestyle then celebrated the outward appearance of my recovery. Nevertheless, this was not done without a firm, core, inner foundation of self-discipline.

What are some of the key steps I practice to obtain abstinence?

- Take walks in nature
- Read positive influence books
- Color/draw/paint
- Keep a strong pipeline of same gender positive role models & friends
- Have an open dialogue continuously with my Higher Power
- Journaling is a powerful tool

Following the basic such as keeping a realistic food plan, continuously attending meetings, wok the 12Steps within my life and keep and active relationship with my sponsor (which obviously mean I must have a sponsor); these are the solid foundations behaviors which I build my program upon. However, my focus on other members and ability to witness their success to help me focus upon my success is keen. The therapeutic value of one recovering addict assisting the aid and steps of recovery towards another active addict is without parallel. **-By Tony**





Time

May 3rd, 2025 12-Step Workshop,
virtual

Sunday 12:00 pm – Sunday 1:00 pm

VIEW IN MY TIME

Sponsored by: Central Ontario Intergroup (Canada)



OA SPONSOR-SPONSEE SUPPORT GROUP & WORKSHOP

Details

For sponsors, aspiring Sponsors, and people looking for sponsors. You don't have to attend all the sessions.

Central Ontario Intergroup is offering 4 Sponsor-Sponsee Support Groups and 2 Sponsor-Sponsee Workshops:

DATES and TIMES (Eastern Time Zone)

- Sunday Jan 12, 12pm–1pm, Sponsor-Sponsee Support Group
- Thursday Feb 20, 7pm—8:00pm, Sponsor-Sponsee Support Group
- Sunday Mar 9, 12pm–1:30pm, Sponsor-Sponsee **Workshop**
- Thursday April 10, 7pm–8pm, Sponsor-Sponsee Support Group
- Sunday May 11, 12pm–1pm, Sponsor-Sponsee Support Group
- Thursday June 12, 7pm–8:30pm, Sponsor-Sponsee **Workshop**

Sponsor-Sponsee Workshop Information Continued

Via Zoom or phone

To Register, email: coisponsorworkshop@gmail.com at least 1 hour before the session.

7th Tradition suggested donation: Can\$5 per sessions. No one will be turned away for lack of funds. (In fact, we don't even know who has or hasn't donated.)

Any questions, email coisponsorworkshop@gmail.com or call Pat G. at +1 647-520-2742

If you don't hear back from us, check your junk mail.

And if that doesn't work, email pattig123.0@gmail.com ~ The 0 is a zero.

Step -5 Seeking a Friend

Have you found a friend in OA? The answer may seem obvious: Yes, of course I have! Here's a harder question: Have you thought about what it means to have friend? For me, a friend is someone in life who shares your spirit but is not your spouse, parent or child. This is a person you can truly trust. Friendships, in general, are deep waters between kindred spirits. They are a blessing. If this wonderful experience has not yet happened for you within the rooms of Overeaters Anonymous, the doorway may open when you do a thorough Step Five. The idea of Step Five is to form an honest, intimate connection with another human being. For some of us this may be the first time in our lives we attempt to do this. For this reason, many of us have had fearful or suspicious attitudes about doing this. The common and most natural way most members practice this step is with their sponsor, however, there is no requirement that Step Five be done only with sponsors. The most important aspect of this step is to do it. It is not so important with whom you do the step, but it should start and be built with someone you trust. One of the true benefits of Step Five is connection in our lives, something many of us have not had before OA. I guarantee you Step Five will open the doorway to finding friendship and more. —**Tony B.**

Digital Newsletter available
at www.oacfi.org

2025
18 OA LITERATURE WORKSHOP

MAY Sponsored By 09669 OA90 Virtual Phone Meeting
Intergroup

Register By no deadline

 Virtual

 Time

Sunday 1:00 pm – Sunday 3:30 pm

[VIEW IN MY TIME](#)

Your OA90 Virtual Intergroup Presents
a Workshop on:

***Keep Growing and Going
Through Our Love of OA Literature***

 Details

Keep Growing and Going Through Our Love of OA Literature.

Zoom ID 837 1100 7258

Passcode: 202590

Can also do by phone 1-929-205-6099 enter ID and passcode when prompted

Sharing our favorite readings of OA and Big Book

Congratulations to the Next Winner of the April 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 25 for clues.

Who will be our next

Winner?

Good luck! Carlene



Digital Newsletter available at
www.oacfi.org

Pg. 23

The Answer Is Love, The 5th Tradition



Have you ever walked into a room only to forget why you entered once you got there? Maybe you've lost focus in your car while listening to the radio or being involved in a conversation with another person; and suddenly you realize you've passed the turn you needed to make? These things may seem trivial, but I believe this tendency for lack of focus was forefront in the minds of the pioneers who crafted the Fifth Tradition in our program: Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. The sole purpose of this tradition is to keep us focused which contributes to our common goal: maintaining abstinence. With all the problems and distractions of the world, it is easy to see how we can go astray. The simple point found in the Fifth Tradition is so very important, and yet we can forget it in the blink of an eye. The very fibers of our OA program will tear apart if we forget this. We can think of Tradition Five as something that keeps us following the roadmap to abstinence and recovery. —**Tony B.**

Thoughts to Digest

I don't have relationships, I take hostages. -Food

It doesn't matter how much recovery I have, service I give, how much I sponsor or how many sponsors I have: if I pick up the food I will relapse.

I will guard my abstinence with my life.

G.O.D.: Good Orderly Direction.

H.O.P.E.: Happy Our Program Exists.

P.R.O.G.R.A.M.: People Relying on God Relaying A Message.

Forgiveness is about acceptance. Acceptance is about letting go.

Knowing Better



“Surely this was the answer— self-knowledge.” —
Alcoholics Anonymous, fourth edition, Bill's Story, pg. 7

I always get what I need. This has always been the case, yet it took entering recovery, surrendering my food and working the steps for me to be able to recognize, believe and trust in this truth. After a slow start to my morning—taking recovery actions despite not feeling motivated—I got what I needed on a telephone meeting. A woman who identified herself as returning to OA said that she knows better. What came to my mind was language from the Big Book about self-knowledge. Even after eleven years in OA, self-knowledge is not my solution. I need a spiritual program of action. Knowing what I know might get me more knowledge; but doing what I know to do will get me more recovery. I've heard it said that when I know better I do better. My recovery is in the doing! Thanks for letting me share. —**Atiya M.**

Step 5

Step 5 was initially one of the steps I feared the most. Fear of Step 5 kept me procrastinating about making a searching and fearless moral inventory for many, many months after coming to OA. I took my first Step 5 after building a strong rapport of trust and support with my sponsor at the time. I can remember her saying of Step 4, “Don't worry about Step 5; you're not here yet.” When completing Step 4 I was as hard on myself as always, berating myself for thoughts in my head that hadn't even been expressed out loud. I shared my Step 5 with my sponsor. Most of the things on it were real; some, just me wanting to continue to beat myself up. My sponsor then helped me to sort through the feelings of each item, identifying it with an overall label that had kept my disease in the forefront, such as fear, inadequacy, jealousy, anger, hurt, resentment, etc. Then, we identified the positive alternative to each of these - for instance, fear faith/trust/prayer, resentment gratefulness. Today's Step 5 is a lot less formal for me, but no less freeing in its truth. When I admit my fears and think through them with positives, it keeps me focused on the solution and helps me leave the problem behind. **Anonymous**

FACE YOUR STUFF instead of STUFFING YOUR FACE

OA Young Persons' Retreat

building the fellowship we crave

online event

May 3rd-4th, 2025

Join us for a transformative weekend at
the Young People's Virtual Intergroup's
2025 Zoom Retreat!

DATES: Saturday, May 3rd, and Sunday, May
4th, 2025

TIMES: Saturday, from 4 pm to 10 pm EST,
Sunday, from 10 am to 4 pm EST

Engage in a series of workshops, hear powerful
speakers, and participate in group discussions
that promise to support and elevate your
recovery.

There will also be a newcomer greeting
segment with questions and answers on May
4th at 9 AM EST

Questions or Comments? Email us
at oayp2025retreat@gmail.com We would
love to hear from you!!!!

Registration now open

Beating Stress, Fear, and Boredom.

During these times it is important for us to have a daily
schedule in order to maintain sanity: Thus, it is vital
that we maintain contact with one another. “We
believe that what we cannot do alone, we can do
together.” So, we find ways to stay together in order to
remain abstinent, gain or regain abstinence - that
sometimes-elusive goal which helps us avoid the
feelings that come from relapse. By attending
meetings, we can focus on OA's primary purpose: to
carry our message of recovery to those who still suffer.
Connect with each other via phone or internet. **From a
fellow OAer.**

Can you find my bunny rabbit? The first person to find my bunny 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

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

The Spiritual Principles in the 12 Traditions.

1. Tradition One: Unity
2. Tradition Two: Trust
3. Tradition Three: Identity
4. Tradition Four: Autonomy
5. Tradition Five: Purpose
6. Tradition Six: Solidarity
7. Tradition Seven: Responsibility
8. Tradition Eight: Fellowship
9. Tradition Nine: Structure
10. Tradition Ten: Neutrality
11. Tradition Eleven: Anonymity
12. Tradition Twelve: Spirituality

Tradition Seven

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

Spiritual Principle: Responsibility, Your 7th Tradition contributions matter! Thank you all for your continued support of our fellowship.

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

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

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

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

Impatience

In this fast-paced day and age, people are geared to a fast-paced way of life. Instant food can be quickly cooked in a microwave oven, food can be picked up at a drive-in restaurant, grocery stores now take on line orders so that your food can be picked up as soon as you arrive at the store. Now precooked or prepared food can be delivered to your home. Lots of places now deliver food with just a phone call or a click of the mouse. This is what might keep some newcomers from coming back to the meetings. They just want and instant fix or a quick fix. The reason for this has to do with being impatient. This also affects some of our regular OAers and sometimes our long-time people who have been abstinent for a long time. Recovery is not happening fast enough for them. If weight loss doesn't happen fast enough, then we look for the instant fix. This thinking sets us up for failure. As a compulsive overeater, going to other weight loss programs might cause us to lose the weight but once again as a compulsive over eater the weight loss doesn't stay off. "I can lose the weight but I just can't keep it off." That is because we have a disease. The disease is food addiction. At some point food becomes more important than anything else. It consumes our thoughts. Our target should be progress not perfection. Sometimes we think that we have given up so much and changed so much, why is my recovery not happening fast enough? Why can't I drop the weight quickly? It is this thinking that can lead us down the wrong path of recovery. We need to be diligent and watch out for impatience. Impatience can affect my program and my abstinence. It has happened to me. My higher power, help me from being impatient. -Carlene



Treasurers Report (March ,2025)

Number	Day	Group	Contributions
57479	Sun	The Meeting Place	
48951	Sun	7 th Day Adventist Church	\$150.00
57783	Sun	Downtown Kissimmee	\$4.23
800822	M-S	Central Christian Church noon	
50209	Mon	Pimlico Rec Ctr., the Villages	
01048	Mon	Church of Ascension, Apopka	
45648	Mon	Casa De Fe Y Benediction, Kissimmee	
800442	Mon	Grace Zoom	
57739	Mon	Maitland 6:00 PM	
53479	Tues.	Holy Spirit-Voices of Recovery, Apopka	
800729	Mon	OA Monday Big Book Meeting	\$318.00
89653	Mon	For today	
800822	Tues	Central Christian Church	
800293	Tues	Many Faces One Solution	
56481	Tues	New Smyrna Beach Church of Christ	
52613	Tues	North Pool Celebration, Kissimmee	
57273	Tues	The Meeting Place Ocala	
39211	Tues	New Covenant Baptist Church, Deland	
53032	Tues	YMCA, Lecanto	
800822	Wed	Central Christian Church	
48700	Wed	Lady Lake UMC	
57994	Wed	Winter Park, 7 PM	\$36.00
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	\$10.00
89006	Thurs	Zoom Speaker Meeting	\$25.00
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	\$70.00
24750	Sat	9:30 Trinity Wellsprings Church	\$200.00
800822	Sat	Central Florida Intergroup	
38611	Sat	St. Richards Episcopal, Winter Park	\$40.00
48952	Sat	Port Orange, Presbyterian	
46887	Sat	Ascension Church	\$47.00
800378	Sat	Zoom Port orange	
		Central Fl Intergroup	
		Big Book Study 6-8	
		Individual Contributions (Check)	\$227.23
		Individual Contributions (PayPal or Zelle)	\$987.00
		Literature	
		Step Workshop or unknown group	
		Unknown group	\$314.00
		Words to Live By	
		Total Group Contributions	\$1,214.23



We as OA Members who have an addiction towards our food habit have a dilemma. We can feel hunger when our body doesn't need nutrition. We may want to eat based on old habits and/or time of the day. We may eat when we feel anxious or worried or fearful. We may be tired or bored and eat. We may feel lonely or lack empathy within our own personal struggle We may desire love... through food. Our bodies can and will flat out lie to us. I realized that if I just finished a four-course meal and left the dinner table then 20 minutes later I felt the urge to eat, that's not natural hunger I was feeling.

Then what is it I am feeling? It is physical. The feelings are real... or are they? Is there such a thing as fake hunger? As OA Members it is our responsibility to dig deep within our emotions and find the root of our hunger. For it is underling a pain within our aura. There is something wrong. There is something missing, but it's not natural nutrition; food is not the answer nor will it solve the problem. We can continue to live a fantasy, a lie, a moral we've satisfied our hunger. Or we can take the time to search our being and find the real reason why our body is reacting in the manner of when we don't need nutrition but feel as if we do.

For the most part replacing bad habits with good ones is an accurate place to start. Finding the right relationship within OA to support your OA food plan and develop a program of recovery; this is the only realistic answer. The problem is one must become fully aware there is a problem that exists (Step One). Society may reveal a veil to cover human defective character. However, a true recovering addict who has found abstinence and keeps it sacred is not blinded by this mask nor are they deceived by the appearance. The light is freedom towards their addiction. -Tony

Digital Newsletter
available at
www.oacfi.org

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

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



MY GOD BOX



What is a God box and what is it used for? Here are some suggestions that were found in the Voices of Recovery, page 21.

Your God box could be used for:

- ✓ writing out problems and concerns.
- ✓ letting God do the worrying instead of you.
- ✓ putting your 10th Step in your box.
- ✓ writing notes to God throughout the day.
- ✓ writing out your aspirations out and give them to HP.
- ✓ writing notes of gratitude to God.
- ✓ writing notes to God in improving yourself.
- ✓ asking HP on different view points on worry, anger, resentment, confusion or disappointment.
- ✓ bringing ourselves closer to God.
- ✓ used as mini journals if you have time constraints.
- ✓ used as an urgent prayer to HP.

I have found my God Box an integral part of my OA life.

By Carlene

Writing Our 4th Step Inventory



“Writing our step four inventory enabled us to begin cleaning up the messes of the past so we could start life over, afresh.”

Twelve Step Workshop and Study Guide, pg. 82

I did some volunteer work as a juvenile arbitrator in my early thirties and this old guy who ran the program used to say that it was time to put our mess behind us, pick up the pieces and get on with our lives. It's unfortunate that I couldn't see my own messes at that time. I could have saved myself years more of messes.

Step Four does what I couldn't do myself, even with knowledge. I made some messes—I still do, but owning my part is a humble beginning in cleaning up my messes, picking up the pieces and getting on with my life. I am forever changed for having taken this inventory and the ones over the years that followed. It helped me do what I couldn't do on my own, even though I had information.

Once I dug in and started writing, the volcano blew. Memories of mistakes flowed while I wrote. That list had a beginning and an end. I wasn't a bad person, just one who'd been influenced by addiction. I could breathe a deep sigh of relief at the end. -

Gerri

Taking the Steps

Taking the Steps, even Step-5, felt necessary. I wasn't overeating for several weeks and it felt like I maybe could do this. There had been so many diet-failures; I was morbidly obese but still carried that hope from the first Four Steps that God was with me and I embraced OA like it really was the last resort. I was ready to blow my brains out just a few short weeks before this, so yeah, I put my very best energy into my inventory. It didn't hurt—I'm still here twenty-six years later, able to remember it, and help others do the same thing. There is nothing like a supportive sponsor to walk with you through this process. Pick up the phone instead of the fork, **Love, Gerri**

Digital Newsletter available at
www.oacfi.org