

New Beginnings



Overeaters Anonymous Central Florida Intergroup

Sharing experience, strength, and hope with those who suffer from compulsive eating and compulsive food behaviors. Visit oacfi.org for more information.



<p>STEP EIGHT: SELF-DISCIPLINE</p>	<p>Made a list of all persons we had harmed, and became willing to make amends to them all.</p>
<p>TRADITION EIGHT: FELLOWSHIP</p>	<p>Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.</p>
<p>CONCEPT SEVEN: DELEGATION</p>	<p>The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.</p>

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August Calendar of Events

OACFI Intergroup Meeting

August 9th at 10:00 am

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

Password: service

OA World Service Convention

August 21 - August 23

*****Sign up to volunteer*****

Avoiding the Road to Relapse

August 9th at 1:00 pm ET

Zoom ID: 837 1100 7258

Password: 305305

Renaissance Orlando at Sea World
6677 Sea Harbor Drive, Orlando, FL

Reservations:

(407) 351-5555

Step One Workshop

August 10th at 1:00 pm ET

Zoom ID: 840 8195 8572

Password: 803054

More information:

<https://oa.org/world-service-convention/>

Sponsorship Day in OA

August 30th at 2:00 pm ET

Zoom ID: 857 7649 3323

Password: 629166

Help keep this meeting going

New Smyrna Beach

Face-to-face meeting

Tuesdays at 5:30 pm

United Church of Christ
203 Washington Street
New Smyrna Beach, FL 32168





Imperfect But Lovable

“An object like a sand dollar can be stained or have a nicked edge or a small hole. Can you still love it? If you can love an imperfect sand dollar, you are capable of loving the imperfect world, the people around you. People have disappointed you, hurt you and let you down by being imperfect. Can you let go of the idea of perfection and accept reality, by loving people exactly as they are? -Voices of Recovery, page 181

We OA members know that, no matter how much we would like to be, we are not perfect and never will be. Neither are the people and world around us. If we are following our program, we remain under construction – we are on our journey to build recovery and find the solution, one moment at a time.

We are, however, *“winners’ when we go to meetings, work the steps, have sponsors, make telephone calls, and practice abstinence”* (For Today, page 181). Practicing our program faithfully and properly should take up a good amount of time during our short days. Thus, the condition of our neighbors, family members, and co-workers should not occupy any part of our day. Whether they have a program or not, they are struggling to get through each day like we are. If they don’t have a program and need one, more power to them. Hopefully, they at least have a Higher Power of their own understanding. If not, they need fervent prayer, regardless of who and what they are. Like we once were, they are lost in a cold hard world. Let us pray for those souls and show warmth and acceptance, those same welcoming emotions we felt when we entered our first meeting.

Our full concentration should remain on ourselves – our brokenness, our flaws and defects, getting ourselves balanced physically, mentally, spiritually, and emotionally. When the transformation comes to fruition, we are then able to love ourselves as we are, exactly as we are, and not wish we were different. We are, who and what we are at this moment in time. Like the sand dollar that was so precious, a gift from the ocean, we are gifts from our Higher Power. Shall we throw away or disregard His largess?

-Avalon M.

Open OACFI Service Positions

Service strengthens our program and breaks through the deadly isolation caused by our disease. To fulfill one of these positions, you must participate in an OA group registered by World Service and part of the Central Florida Intergroup.

ROLE	DUTIES	ABSTINENCE REQUIREMENT
VICE CHAIR	Take the chair's place in the chair's absence at meeting. Oversee review of Bylaws, and Policies and Procedures.	1 year
LITERATURE CHAIR	Make OA approved literature available to OACFI members. Travel reimbursed.	3 months
NEXT GENERATION CHAIR	Encourage groups to welcome young people who come to OA. Help recruit young people for OA locally.	3 months
REGION 8 REPS	Represent OACFI at all Region 8 Assembly meetings and prepare report for OACFI about such representation. Travel reimbursed. <i>Two reps needed.</i>	6 months
INTERGROUP MEETING REPS	Attend monthly OACFI Zoom meetings to bring back news to the group you represent. Vote on behalf of your group when decisions requiring a vote are being made. <i>Only for meetings without a current intergroup rep.</i>	3 months
WORLD SERVICE DELEGATES	Represent OACFI at the OA World Service Business Convention and prepare report of Convention decisions or news for OACFI. <i>Three reps needed.</i>	1 year

**Interested in one of these positions?
Email secretary@oacfi.org for more information.**

10th Step Wisdom

When I was new to the program, my sponsor gave me an assignment. He wanted me to write down, on paper, what was going on with me when I was troubled. I was always troubled, so, there was a lot to write about.

My sponsor had a format that he had gotten from someone else. Being new, I did not know where this format came from, but as I became more familiar with the literature, I saw every idea within, what he called a “10th step,” was already scattered throughout our literature.

Here is what my sponsor gave me:

The written 10th Step practice is designed to bring about insight into many aspects of our lives. With this insight and the request within, the 10th Step allows us to bring our character defects to the God of our understanding for their removal, replacement, or shift into assets.

This process starts with the Third Step prayer and end with the Seventh Step Prayer from the AA Big Book, though other prayers can serve as replacements. With that said, after the Third Step Prayer, write a Dear God letter to the God of your understanding, explaining in as much detail as you would like about the situation. Remember, these letters are to your HP not to anyone else. You can write whatever you want – you can be angry, sad, mad, and even blame others, but you are also looking for your part, and the character defects that are involved within your mind and body. As you practice this process, you will gain insight into how you act out using these character defects and discover the character defects *behind* the character defects.

Next, write a 6th and 7th steps request acknowledging the character defect(s) that are at play and asking for their removal, replacement, or their shift into assets. From there, come up with a reason why HP would remove these character defects. My way goes like this: “God, please remove resentment, anger, and even the hate I have, and continue to show me that you are removing these character defects so, that I can better express Your Love.” Wrap up the process by writing a handful of things you are grateful for and end with the 7th Step prayer. Lastly, read this 10th step to your sponsor.

I hope you get all the relief, all the freedom, the letting go, and sanity that I have gotten from this process. In small ways, things started changing right away; however, I will say, I was a really messed up member when I started and it took a long time before I saw major shifts in my life. But when this happened, I found freedom in many areas of my life. Thank you, OA, for giving me a life.

-Mitchel B.

August Toolbox Challenge

The OA Tools of Recovery help us work the Steps and refrain from compulsive overeating. The nine Tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, an action plan, anonymity, and service.

MEETINGS

Attend an OA Zoom meeting based in another country.

Stay after a meeting to chat with other fellows in the “parking lot.”

PLAN OF EATING

Take time to assess your current plan of eating.

Write down an updated list of red and yellow light foods.

SERVICE

[Sign up to do service](#) at the OA World Service Convention.

Raise your hand to lead one meeting this month.

WRITING PROMPTS

What’s one thing I can do today to strengthen my recovery?

What character defects are still holding me back?

What does living in the solution look like?

What does my three-legged stool look like today?

Share your responses to newsletter@oacfi.org for a chance to be featured in next month’s newsletter!





Our Higher Power Dimensions

We cannot put God in a box. Who God is to us, our creation, this world, our aura is unique to God's own signature. The fact that OA method works on spiritual principles without following a religion dogma is evidence of this fact. When we come into an OA meeting and learn about a Higher Power who can lead us into recovery, we quickly become aware that this concept does not specify any religion doctrine. Faith becomes a concept of personal moral value. This truth was dear to my heart as a new OA member. Although I consider myself a Christian, the notion that my diet is an open door to sin is not a reality I desire to digest. I needed my gospel to be true and my program to have condolence.

Religion is not a relationship. In order for me to see the same principle working at group conscious for all my fellow OA members, yet still fit inside my concept of faith, I needed to see the idea of a Higher Power in a different

facet. God had to show me a new season; the same love, forgiveness, emotional maturity and tender heart which I saw fitting into the relationships of the fellows collaborating to me, plus, be biblical and theological driven. My Higher Power became a loving, authority God which worked with the system of group conscious I found in the OA, not a dogma image which I may have been familiar with in the world.

Step Two opens doors. This was the beginning of something new. A discovery of a horizon took shape, entering my finite spirit of human conduct, philosophical percepts and psychological metric. I had to allow my God to show me a new side of His existence. This experience and understanding have become beautiful for me to witness.

-Tony B.

"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 and will not be returned. 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.

Seventh Tradition

Every OA group ought to be fully self-supporting, declining outside contributions. Donations help to carry the message to others with compulsive food behaviors and to help pay for literature and administrative expenses. Contributions currently come directly to OACFI from group treasurers and individuals. We encourage members to give as much as they are able.

ZELLE	treasurer@oacfi.org
PAYPAL	oacfitreasurer@gmail.com
CHECKS	Central Florida Intergroup P.O. Box 180293 Casselberry, FL 32718

. 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.
For more information visit oacfi.org/7th-tradition.



OACFI PODCAST

Listen to the new OACFI podcast! For submissions email podcast@oacfi.org.

LISTEN NOW

SUBSCRIBE

Get New Beginnings delivered to your inbox each month.

SIGN ME UP

OA NEWS

Check out *A Step Ahead News* from OA World Service.

VIEW HAPPENINGS

FOLLOW US

Click the icons to view our social pages.



Treasurer's Report (June 2025)

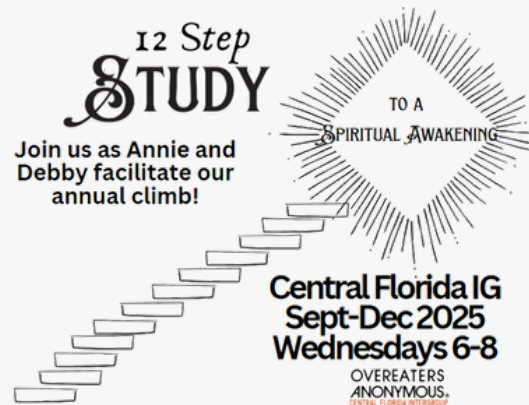
Group	Day	Location Description	
48951	Sun	5 PM In the Solution zoom meeting	
801848	Sun	Noon, zoom only (added 5/3/25)	
57479	Sun	The Meeting Place	
57783	Sun	4PM Kissimmee Big Book	\$5.16
800822	M-S	12:00 (89068) Central Christian Church	\$10
51162	Mon	11 AM Space Coast: Cocoa Beach Public Library	
50209	Mon	10 AM Pimlico Rec Ctr	
57446	Mon	Space Coast	\$75
45648	Mon	7PM Casa De Virtual , Kissimmee	
1048	Mon	7PM Church of Ascension Virtual	
53032	Mon	5:30 Crystal River F2F	
800442	Mon	7PM Grace Zoom Virtual	\$15
57739	Mon	6:00 pm Maitland F2F	
800729	Mon	12:00 OA Monday Big Book Meeting	
89653	Mon	10 AM Virtual For Today	
89070	Tue	12:00 Virtual Central Christian Church	
58161	Tue	5pm Cocoa Beach (new 4/15/25 Space coast)	
56481	Tue	5:30 Port Orange Pres F2F	
53479	Tues	5:30 PM Voices of Recovery Apopka F2F (February 2025: changed from Mon to Tuesday)	\$66
52613	Tue	7:00 pm North Pool Celebration F2F	
57273	Tue	5:30 The Meeting Place Ocala F2F	\$20
39211	Tue	6:30 New Covenant Deland F2F	\$120
53032	Tue	5:30 pm YMCA Lecanto Fl F2F (time changed Feb	
55782	Tue	7:00 PM phone meeting (new 3/21/2025)	
51535	Wed	1pm Steps study Dr. MLK Jr library Melbourne	
89069	Wed	12:00pm Central Christian Church	
48700	Wed	10:00 am Lady Lake UMC F2F	\$100
51561	Wed	1pm Melbourne (new Space coast 4/15/25	
57994	Wed	7:00 Winter Park F2F	\$67
57456	Thurs	11 AM Space Coast: Cocoa Beach Public Library	
54798	Thurs	4:00 pm Virtual Bobble Heads	
89071	Thurs	12:00 pm Central Christian Church Virtual	
57955	Thurs	4:30 pm Christian Family F2F	\$68
57675	Thurs	5:30 pm Meeting Place F2F	
18502	Thurs	7:00 pm Church of the Messiah, phone	
57434	Thurs	10:30 am Westminister By The Sea	
89384	Thurs	6:00 pm Body Image Virtual	\$5
89006	Thurs	7:00 pm Speaker Mtg Virtual	\$45
58414	Thurs	9:30 pm (last house) (new March 2025)	
55775	Thurs	7:00 PM phone meeting (new 3/21/2025)	
46730	Thurs	730 pm Merritt Island (new space coast 4/15/25	
55772	Fri	7:00 PM phone meeting (new 3/21/2025)	
89072	Fri	12:00pm Central Christian Church Virtual	
45611	Fri	10:00 am Lady Lake Library Hybrid	\$148
54490	Fri	9:00 am Shepherd Hill Church Clermont F2F	
20088	Fri	7:00 pm St. Lukes UMC phone	
801000	Fri	6pm Tuskawilla/Virtual (Feb 2025: mtg time	
800378	Sat	9:00am Zoom Port Orange	\$15
46887	Sat	8:00 am Assesioy Windermere	\$52
89072	Sat	12:00 pm Central Christian Church virtual	
51130	Sat	8:30 am Hibiscus Village Rec. Ctr F2F	
48952	Sat	9:00 am Port Orange Presbyterian Hybrid	
38611	Sat	9:00am St. Richards Episcopal Hybrid	\$40
24750	Sat	9:30am: Trinity Wellsprings Church	\$175
	Sat	10:00 am Central Florida Intergroup	
		PIPO contribution	
		Words To Live By	
		Big Book Study Sunday 6-8	
		Step Workshop	
		Literature	
		unknown group #	\$25
		Individual Contributions (Checks)	\$573.16
		Individual Contributions (Paypal or Zelle)	\$478.00
		TOTAL GROUP CONTRIBUTIONS	1,051.16

Sign Up: 12 Step Study

Join our annual climb! Whether you've worked the steps one time or multiple times, all are welcome.

September - December 2025
Wednesdays, 6 pm - 8 pm ET.

Email stepstudy@oacfi.org for more info.



“New Beginnings” is the monthly newsletter of the Overeaters Anonymous Central Florida Intergroup. The newsletter presents experiences and opinions of individual OA members and is not to be attributed to OA as a whole, nor does publication of any article imply endorsement by Overeaters Anonymous or by OACFI.

All images used in this newsletter have been sourced from Canva.

OVEREATERS ANONYMOUS®

CENTRAL FLORIDA INTERGROUP

Updated 5-06-25

MONDAY					
Time	Type	Group #	Location	Contact	Phone
10.00 am	zoom	89653	For Today Zoom meeting Meeting ID: 83253821331 Password: peace	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
11am	V	51162	Cocoa Beach Public Library Face to Face 550 N Brevard Ave Von Thron Conference Rm Cocoa Beach, FL 32931	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
6:00 pm	L	57739	Asbury Methodist Church 220 Horatio Ave. Maitland, FL 32751 (Face to Face)	Alyson T.	407-718-2127
7:00 pm	V	45648	Zoom meeting Zoom only: **Please text the contact person for current Zoom meeting and password information. https://zoom.us/j/9749783696	Terry C.	407-414-5298
7:00 pm	V	01048	Church of the Ascension Zoom call in # Zoom only: **Please text the contact person for current Zoom meeting and password information. https://zoom.us/j/9749783696	Jacqueline	407-423-4086
7.00 Pm	V	800442 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
5:00 pm	Lit	58161	956 North Cocoa Blvd. Face to Face Cocoa Beach, FL	Pete	321-506-3033

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

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
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
12:00 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					

12pm	Lit	801848	*****NEW MEETING***** Zoom meeting only ID:844 7739 8454 Password: serenity	Maiya	415-601-4747
4:00 pm	L V	57783	****NEW MEETING**** Zoom meeting only Zoom: https://zoom.us/j/83055460946 Password: sosbigbook	Lisa K	321-276-2595
5:00 pm	V	48951	In the Solution Zoom only Zoom: 844 7739 8454 Password: serenity https://zoom.us/j/84477398454	Cheryl	407-221-5928

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