

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 ONE: HONESTY</p>	<p>We admitted we were powerless over food—that our lives had become unmanageable.</p>
<p>TRADITION ONE: UNITY</p>	<p>Our common welfare should come first; personal recovery depends upon OA unity.</p>
<p>CONCEPT ONE: UNITY</p>	<p>The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.</p>

In this newsletter you can expect:

Upcoming events (pages 2)

OACFI flyers (page 3)

Stories of impact (pages 4, 6, 9, 10)

Open service opportunities (page 5)

Toolbox challenge (page 7)

7th tradition (page 8)

Treasurer's report (page 10)

Meeting list (pages 11 - 15)

January Calendar of Events

OACFI Intergroup Meeting

January 10th at 10:00 am ET

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

Password: service

New Year's Day Marathon

January 1st at 9:00 am - 3:00 pm ET

Zoom ID: 273 862 8468

Password: serenity12

Prayer & Meditation Speaker Event

January 1st at 7:00 am ET

Zoom ID: 609 926 1904

Password: 123456

OA Creative Reprieve Family Share

January 8th at 6:00 pm ET

Zoom ID: 817 388 5598

Password: 1212

OA "Taking Action" Workshop

January 10th at 9:00 am ET

Zoom ID: 862 4055 6828

Password: 695747

OA Phone Marathons

Meetings held from 8AM to midnight, EST.

January 1st - New Year's Day

January 19th - MLK Jr. Day

712-432-5200

PIN: 4285115

Happy New Beginnings Workshop

January 18th at 1:00 pm ET

Zoom ID: 8872 3387 7388

Password: 358639

Face Your Stuff or Stuff Your Face Workshop

January 24th at 2:00 pm ET

Zoom ID: 901 265 2959

Password: hello



Upcoming OACFI Event Flyers

Click flyer to expand and download. Have an event flyer to share? Email newsletter@oacfi.org at least two months before the event date.

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

WORDS TO LIVE BY

IN PERSON & ON ZOOM

Email a number you pick from 1-130 to:
W2LB.aa@oacfi.org. Words will be sent out a
few days before the event.

JANUARY 17, 2026

10:15 AM - 12:15 PM

<p>Nativity Catholic Church 3255 N. Ronald Reagan Blvd. Longwood, FL 32750</p>	<p>Zoom Information Meeting ID: 817 4695 3322 Password: recovery</p>
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Coffee, fruit, and water will be served.



The Gift of Honesty

While ‘cash register’ honesty was instilled in me, honesty about my feelings (which is honesty about myself) was not. In fact, we grew up discouraged from expressing our emotions. “Don’t talk like that; you shouldn’t feel that way,” were common reminders to keep secrets and stifle feelings.

Getting gut-level honest with myself, by writing my Fourth Step, and then sharing it with another person was totally opposite of how I’d been raised. I was feeling more trusting of God and I sure trusted my sponsor, so I shared everything I possibly could remember. I kept nothing back.

The benefits are far-reaching—I’m able to enjoy a loving marriage today, not so focused on myself. I am a better sister, mom-by-marriage, friend, sponsor and contributor to life.


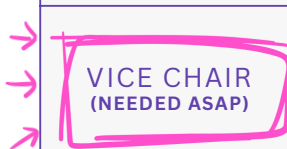
All I really wanted before recovery was a quiet peace of mind. Of course, life events will at times disrupt that peace, but then the clear presence of mind allows me to make good decisions, based on truth and facts, rather than fear, anxiety, or any other feelings, real or imagined. If I’m lonely now, I seek the rewarding company of people, rather than food. OA’s suggestion of calling someone (one of the nine Tools of Recovery) has been a real lifesaver for me. I’m just learning such valuable life skills in OA.

-Gerri

“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.

Open OACFI Service Positions

Service strengthens our program. To fulfill one of these positions, you must participate in an OA group registered by World Service and part of the Central Florida Intergroup. **Interested? Email secretary@oacfi.org.**

ROLE	DUTIES	ABSTINENCE REQUIREMENT
 <p>SECRETARY (STARTS MAY 2026)</p>	Attend all monthly OACFI Zoom meetings and take minutes. Facilitate the flow of important IG information. Full description here.	1 year
 <p>VICE CHAIR (NEEDED ASAP)</p>	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



I Will Not Be Denied; Twelfth Principle

People look at leadership from a different perspective today. Most leaders say that true leadership is an act of service. One who serves well leads well. This is not a mindset of domination, authoritative driven relationship, or power over servant morals. When one can witness the needs of another and offer assistance; this is considered leadership. The main reason for this morality is that it draws more people. The simple acts of kindness and brotherly love gain a greater mass than power and control. The old saying “you can win more bees with honey” bares to be true.

I know for me the act of service with the OA program has saved my abstinence for many years. Because of my schedule, I am unable to attend many live meetings. Since the era of COVID-19, I learned the positive influence of online meetings. Nevertheless, my schedule still prevents me from reaching many of these meetings.

So, I write. The tool of writing used for an act of service has kept me connected to the OA program for many years. This is not to say that I am a great leader because I write articles for OA newsletters. However, the beauty of the Twelfth Principle bleeds through my recovery; like glue it holds the whole concept together.

The nature of how the OA program works is greater than me; I don’t have to figure it out in order for it to work. The grace of my Higher Power is sufficient to keep me strong and survive. The 12 Steps, 12 Traditions, and 12 Principles form a lifeline for all members to recover. If one is willing, open-minded and humble they can find abstinence within the circles of OA. Even with the dynamics of low meeting attendance, there are still enough spiritual principles for one to grow and reach their goals. Through the grace of a Higher Power, the sacred act of abstinence is not withheld from anyone.

-Tony B.

January 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

Try attending 90 new meetings in 90 days.

Raise your hand to lead at least two meetings this month.

SPONSORSHIP

Offer to be a temporary sponsor for a newcomer.

Volunteer to answer questions from prospective sponsors.

SERVICE

Do service at the intergroup level (see page 5).

[Learn the basics of Zoom](#) to help with screen sharing, security, and more.

WRITING PROMPTS

What tools do I find myself using the least?

How has/can abstinence change my life?

What is my “why” in OA?

What non-food related things bring me joy?

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



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

INTERGROUP NEWS

Get info on local OA events and World Service news delivered to your inbox.

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Get “New Beginnings” delivered to your inbox each month.

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Click the icons to view our social pages.





Trophy Case

“I have cellulite on my thighs, stretch marks, a sagging belly, and “bat wings” under my arms. [...] These are my trophies – indications of how far removed I am from the 300-pound (136-kg) person I was before this program.”
-Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in OA, page 2

What are my trophies in this program?

The love of my Higher Power. An appreciation of nature. The ability to be myself in spaces where I’d once try my best to fit in. Peace at a breakfast banquet. Freedom from the foods on the dessert table at a company luncheon.

I have medals for self-compassion, self-love, and self-acceptance. I falter from time to time when I look in the mirror but that just makes me human. I laugh more and resent less. I find joy and acceptance in little things, even the inconveniences.

I have a new appreciation for life, even on days like today when I feel sad and defeated. I no longer want to cut off parts of my body with a knife. I no longer daydream about what it would be like to live on another planet where the weight of gravity’s pull would make the number on the scale smaller than what I see on Earth. I no longer wish I was dead.

I finally feel understood. Thank you, OA.

-Dee S.

Treasurer's Report (November 2025)			
Group ID	Day	Location Description	Amount
48951	Sun	5 PM In the Solution zoom meeting	\$ 115.00
801848	Sun	Noon, zoom only (added 5/3/25)	
57479	Sun	The Meeting Place	
57783	Sun	4PM Kissimmee Big Book	
800822	M-S	12:00 (89068) Central Christian Church	\$ 210.00
51162	Mon	11 AM Space Coast: Cocoa Beach Public Library	\$ 100.00
50209	Mon	10 AM Pimlico Rec Ctr	
57446	Mon	Space Coast	\$ 50.00
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	\$ 19.00
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	\$ 40.00
53479	Tues	5:30 PM Voices of Recovery Apopka F2F (February 2025: changed from Mon to Tuesday)	\$ 149.00
52613	Tue	7:00 pm North Pool Celebration F2F	
57273	Tue	5:30 The Meeting Place Ocala F2F	
39211	Tue	6:30 New Covenant Deland F2F	
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	
51561	Wed	1pm Melbourne (new Space coast 4/15/25	
57994	Wed	7:00 Winter Park F2F	\$ 50.00
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	
57675	Thurs	5:30 pm Meeting Place F2F	
18502	Thurs	7:00 pm Church of the Messiah, phone	
57434	Thurs	10:30 am Westminster By The Sea	
89384	Thurs	6:00 pm Body Image Virtual	\$ 5.00
89006	Thurs	7:00 pm Speaker Mtg Virtual	\$ 55.00
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	\$ 46.00
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	\$ 86.00
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	\$ 10.00
800378	Sat	9:00am Zoom Port Orange	
46887	Sat	8:00 am Windermere	\$ 48.00
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	\$ 100.00
38611	Sat	9:00am St. Richards Episcopal Hybrid	\$ 40.00
24750	Sat	9:30am: Trinity Wellsprings Church	\$ 148.00
	Sat	10:00 am Central Florida Intergroup	
		PIPO contribution	
		Words To Live By	
		Big Book Study Sunday 6-8	
		Step Workshop	
		12 Step Within Workshop	
		Literature	\$ 91.00
		unknown group #	\$ 15.00
		Individual Contributions (Checks/Cash)	\$783.00
		Individual Contributions (Paypal or Zelle)	\$503.00
		Literature	\$91.00
		TOTAL GROUP CONTRIBUTIONS	\$1,377.00

Things I Heard at Meetings



“Denial = Don’t Even Know I Am Lying.”

“I was running away because God wanted me to put down my drug.”

“Food didn’t love me back.”

“Maybe you should want what you got.”

“Step zero gave me the gift of desperation.”

“The 12 Steps gave me the relief when I got hungry.”

-Carlene

“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 10-13-25

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, 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.	352-207-8129
5:30 pm	V	57273	Welcome Home Lost and Found 616S Pine Avenue Ocala, FL 34470 (Face to Face)	Nancy L.	352-208-6528
6:00 pm		53032	YMCA 4127 West Norvell Bryant Highway Lecanto, FL 34461 (Face to Face)	Trish	540-454-4600
6:30 Pm	V	39211	New Covenant Baptist Church 1350 South Blue Lake Avenue Deland, FL 32724 Email: DeLand. FL.OA@gmail.com	Diana E.	386-456-4622
7:00 pm	V	52613	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 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 112 Administration & Education Bldg.4 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

12pm	BB Open	58477	Circle Club New Meeting Face to Face 230 East Eau Gallie Blvd. Indian Harbor, F 32937	Roy	310-968-3061
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 Face to Face 5151 Lake Howell Road Winter Park, FL 32792 (Face to Face) The last Saturday is a speaker meeting Fragrance Free 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