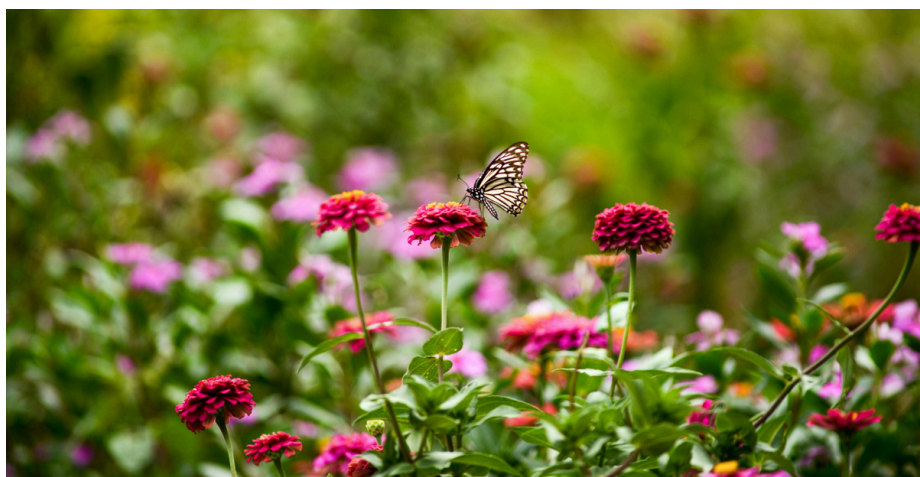


New Beginnings



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.



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)

STEP FOUR:
COURAGE

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR:
AUTONOMY

Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT FOUR:
EQUALITY

The right of participation ensures equality of opportunity for all in the decision-making process.

April Calendar of Events

OACFI Intergroup Meeting

April 11th at 10:00 am ET

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

Password: service

Birthday/Milestone Celebration Quarterly Event

April 4th at 3:00 pm ET

Zoom ID: 914 9995 6265

Password: 1212

Navigating Social Events Workshop

April 5th at 1:30 pm ET

Zoom ID: 7056582426

Email info@metrowestoa.org
for password.

“Family” Share Workshop

April 9th at 6:00 pm ET

Zoom ID: 817 388 5598

Password: 1212

Challenges & Their Gifts Workshop

April 19th at 1:00 pm ET

Zoom ID: 829 1238 5470

Password: 830252

OA Phone Marathons

Meetings held from 8AM to midnight, EST.

April 2nd - Passover

April 5th - Easter Sunday

712-432-5200

PIN: 4285115

The Challenges of Abstinent Travel Workshop

April 26th at 1:00 pm ET

Zoom ID: 837 1100 7258

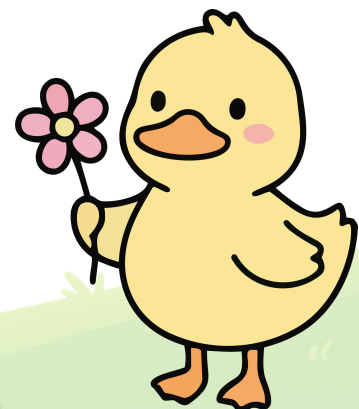
Password: 202690

Long Term Abstinence (Secular) Workshop

April 25th at 1:00 pm ET

Zoom ID: 914 9995 6265

Password: 1212



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.

CFI Fall Retreat 2026

Destination...

November 6-8
2026

OVEREATERS ANONYMOUS
CENTRAL FLORIDA INTERGROUP

<p>Fri. Nov 6th 4-6PM: Welcome, Registration and Friday nite in DeLand!</p>	<p>Sat. Nov 7th: 9:00 AM-10:00PM A whole day of recovery at the Sanborn Center exploring Mind-Body-Spirit 12-Step Recovery</p>	<p>Sun. Nov 8th: 9:30-11:30 AM Regrouping, Gathering and Sending</p>
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Save the Date!

**More information on costs and
hotel accommodations will come soon!**



The Mirror in the Attic

Size really does not matter! No matter if someone is very overweight, small, or considered the ideal size, it's what is inside that truly matters when we look in the mirror. Before program, addiction often left us feeling internally abandoned and forgotten. It is often impossible to see this inner camouflage from the outside.

Traits like lacking compassion, dominating conversations, seeking special treatment, ignoring the impact of our actions, avoiding responsibility, using others for personal gain, and treating friendships as transactions all cloud our self-awareness. If we don't acknowledge these behaviors, our self-denial will prevent any true change, no matter how strong our efforts.


The attic mirror, neglected for years, gradually becomes clearer as we take each step, use program tools, and commit to daily practices like reading, writing, prayer, meditation, and taking self-inventories. Consistent meeting attendance and service further help remove the grime. Once clean, we maintain the mirror's clarity with ongoing effort, remembering that progress—not perfection—lets us address any setbacks as they occur.

-Avalon M.

"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
 TREASURER (STARTS 2027)	Maintain monthly processing of contributions and expenses, pay bills, maintain monies to manage bank accounts, and collect mail.	1 year
 VICE CHAIR (STARTS 2027)	Take the chair's place in the chair's absence at meeting. Oversee review of Bylaws, and Policies and Procedures.	1 year
 PIPO CHAIR (STARTS 2027)	Facilitate making the general public and professionals aware of OA, particularly in the Orlando metro area.	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 Think I'll Let God

"I can't. God can." Simple words that I am prone to forgetting. When life gets hectic, things don't work out in my favor, or the world feels like it's falling apart at the seams, I have to remember that I am never alone. My Higher Power is the light that guides me through good and bad; I trust that whatever I face is part of my Higher Power's Higher Plan for me.

I used to think that committing to OA, working the steps, and getting abstinent would be the end of all my problems. If only that were the case. Since being in program, I've faced some of the most painful moments of my life, but through it all, I've had my Higher Power by my side. In moments of pain or panic, it's so easy for my brain to go back into old patterns of behavior, but as I grow in program, I find myself reaching for my Higher Power to give me the comfort I used to seek in food.

My Higher Power comforts me more than any sugary substance or exercise binge ever could. When I scream and lash out at my Higher Power, I am not condemned. When I cry and pray for acceptance and willingness, I am met with love and compassion. I know only a little, while my Higher Power knows more than I ever will. I might not understand the world around me or why things are the way that they are, but when I can't, *God can* and that gives me hope to keep going.

-Dee S.

April 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.

PLAN OF EATING

Reevaluate your food plan and share it with your sponsor.

Write down your emotions along with your food when you eat.

MEETINGS

Attempt to go to five new meetings this month.

Attend a meeting you haven't been to in a long time.

TELEPHONE

Reach out to a fellow who needs support after a meeting.

Call or text two members the next time you have a craving.

WRITING PROMPTS

Which step has made the biggest impact on my life?

What's something I need to turn over to my Higher Power today?

When have I still been jealous or envious of others?

Do I still participate in gossip?
Why or why not?

***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](#)

REGION 8 NEWSLETTER

Check out the spring edition of the SOAR8 newsletter!

[OPEN NEWSLETTER](#)

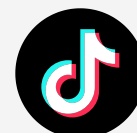
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The Real Treat

“Believe that you can be abstinent. You will be. Believe that you can have sanity, peace of mind and freedom to live the lie you want. You will have them. Believe that you will recover. You will.” - OA Twelve Step Workshop and Study Guide, pg 91

Those are profound statements, yet true. I hoped and believed from day one that OA would work. It has, one day at a time. I made a commitment from the start, and believed I could do it. When I get up, start each morning with this quiet time of prayer and meditation, I reinforce that commitment.

This Twelve Step Workshop and Study Guide is an amazing book. I have never seen Step Four presented in such a thorough and positive way, and also the benefit of taking all the Steps while abstinent. I can only speak for myself, but I cannot imagine believing that I could recover, have sanity, peace of mind and the freedom to live this amazing life of mine if I were not abstinent.

My thinking had to change. Before recovery, I often used food as a “treat,” but it was not a treat — it was a trick. Time after time, my food-mind told me that that food would make me feel better, that my mood would shift, or I could handle a troubling situation better. All lies that I bought into, thinking “this time will be different,” but it never was.

My fellow members in OA are my teachers. Many demonstrate what works, while others share what doesn’t by their experience of buying into that old thinking. Sometimes I get a fleeting thought that food is still a treat, but I recall the members that talk about the return of remorse and shame. Was it worth that fleeting moment of ‘ahhh’? No one has ever told me that it was.

In fact, we never hear from those who’ve left OA in relapse. No one has ever come in to just say good-bye and that it was better back in the food. No, we don’t hear about the misery that those who return share with us. We don’t hear how quickly the old thinking bites in and ruins lives. Why in the world would I want to risk that?

So I believe I can be abstinent and then take actions which cement that belief. I study the Steps like this and remember where I came from, so close to suicide.

-Gerri

Treasurer's Report (January 2026)			
Group ID	Day	Location Description	Amount
48951	Sun	5 PM In the Solution zoom meeting	\$ 92.00
801848	Sun	Noon, zoom only (added 5/3/25)	
57479	Sun	The Meeting Place	
57783	Sun	4PM Kissimmee Big Book	\$ 28.00
800822	M-S	12:00 (89068) Central Christian Church	\$ 6.00
51162	Mon	11 AM Space Coast: Cocoa Beach Public Library	\$ 85.00
50209	Mon	10 AM Pimlico Rec Ctr	
57446	Mon	Space Coast	\$ 230.00
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	\$ 96.00
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	
53479	Tues	5:30 PM Voices of Recovery Apopka F2F (February 2025: changed from Mon to Tuesday)	
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	\$ 60.00
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	\$ 35.00
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	\$ 10.00
89006	Thurs	7:00 pm Speaker Mtg Virtual	\$ 115.00
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	
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	\$ 50.00
801666	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	\$ 90.00
800378	Sat	9:00am Zoom Port Orange	
46887	Sat	8:00 am Windermere	\$ 52.00
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	
38611	Sat	9:00am St. Richards Episcopal Hybrid	\$ 40.00
24750	Sat	9:30am: Trinity Wellsprings Church	
	Sat	10:00 am Central Florida Intergroup	
		PIPO contribution	
		Words To Live By	\$ 135.00
		Big Book Study Sunday 6-8	
		Step Workshop	
		12 Step Within Workshop	
		Literature	
		unknown_group #	\$ 6.50
		Individual Contributions (Checks/Cash)	\$ 792.00
		Individual Contributions (Paypal or Zelle)	\$ 338.50
		Literature	
		TOTAL GROUP CONTRIBUTIONS	\$ 1,130.50

Things I Heard at Meetings



“When I compare, I despair.”

“Not everyone shows love that I think they should be.”

“Food didn’t love me back.”

“Everyday I wake up, I have a new start.”

“Gratitude, helps me through the hard times.”

“The miracles are there if you let them.”

-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 03-13-2026

MONDAY						
Time	Type	Group #	Location	Contact	Phone	
10.0 0am	zoo m	89653	For Today Zoom meeting Meeting ID: 83253821331 Password: peace	Vicki S.	517-256 -0373	
10:0 0 am	V	50209	Pimlico Rec. Ctr. Face to Face 530 Belvedere Blvd. The Villages, FL 32162	Gloria	352-345 -5638	
11a m	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	
Noo n	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- 718-212 7	
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	mondaygra cemeeting @gmail.co m		
TUESDAY						
Noo n	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	
2:00 pm	V	57273	Welcome Home New address College Road Baptist Church 5010 SW College Road Bldg. D room 1 Ocala, FL	Nancy L.	352-207 -9129 Text first	
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	Ann H.	386.456 .4922	
7:00 pm	BB	801000	Tuskawilla United Methodist Church First meeting 3/24/26 Zoom only Zoom code: 297 035 614 PW: 028590 LAST DATE https://zoom.us/j/297035614 1st Friday of every month is a SPEAKERS meeting	Gloria	407-340 -2008	
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 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	Cory M.	407-616 8000	

			Winter Park, FL 32789			
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	800920	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 last meeting 3/20/26 Zoom only Zoom code: 297 035 614 PW: 028590 LAST DATE 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	
12:0 Opm	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						
12p m	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