

# New Beginnings

**Sharing Experience, Strength and Hope with those who suffer from  
Compulsive Eating and Compulsive Food Behaviors.**

## Calendar Events:

### OA Phone Marathons:

# 712-432-5200 Meetings every hour from 8 a.m. to 12 midnight EST

**1. August 17<sup>th</sup>- 8:00 AM to 12 midnight EST**

Sponsorship Day-The Rewards of Being and Having a Sponsor-Step 8.

**August 10<sup>th</sup>, 10AM [www.oacfi.org](http://www.oacfi.org) Central Florida Intergroup Meeting** St Marks, 1021 Palm Springs Dr., Altamonte Springs, FL 32701

**August 10<sup>th</sup> Abstinence is Your Lifeboat** Crestview, FLA

**August 17-18-Sponsorship Day**

**August 23-25 2<sup>nd</sup> Annual Big Book Weekend Convention** 371 Riverview Dr. Jekyll Island, Ga. 912-635-2600

**September 14th -10AM [www.oacfi.org](http://www.oacfi.org) Central Florida Intergroup Meeting** St Marks, 1021 Palm Springs Dr., Altamonte Springs, FL 32701

**September 27-29 [www.oafi.org](http://www.oafi.org) 2019 Fall Retreat** Lake Yale- Save the Date!

**April 20-25 2020-WSBC**

**August 20-22 2020-World Service Convention**-Renaissance Hotel, Orlando, FL.

**New Beginnings by Email**-Sign up to receive The New Beginnings Newsletter by email each month! It is free and an easy way to share the news and recovery with friends and newcomers. All you need to do is send an email to [newbeginnings-subscribe@oacfi.org](mailto:newbeginnings-subscribe@oacfi.org)

## August 2019: Summer



### Step Eight: Self-discipline

Made a list of all persons we had harmed and became willing to make amends to them all.

### Tradition Eight: Fellowship

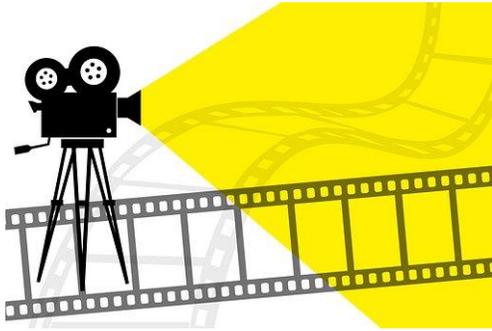
Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

- *The Twelve Steps and Twelve Traditions of OA*



### How Can Groups Help Those in Relapse?

- Support and be there for them, e.g., phoning.
- Hold a Relapse and Recovery workshop.
- Establish a 12-Step Within Caller service position to reach out to members who have not attended the meeting in a while.
- Get them to read literature on relapse.
- Focus on the positive benefits of being abstinent.



### **STEP SEVEN; Ohhh... the Suspense**

Like a suspense movie, the Steps are building up. Moreover, as you start working the Steps within your life, it resembles walking on a mystery journey. We are anticipating our Higher Power next move. What lurks around the corner of our personal inventory? During Step Six (similar to Step Two) we entertain the idea of our Higher Power removing our character defects. We needed time to prepare our aura for this huge change within our personality. First, we foresee the matter, somewhat like getting mentally prepared for our honeymoon, or having a new addition to our family. Then, according to our Higher Power's timing, not our own, we graze into Step Seven.

The ironic thing about growing into our steps is that they never seem to be totally sobering at the time we arrive to them. Nobody swan dives into grace. We somewhat stumble across this nature, awkwardly, as a duckling trying to learn how to fly. Only after we let go of the tension of holding on (control) do we feel free. Not on our terms, we dance to the rhythm of a new lifestyle. Old eating habits fade away. New spiritual practice reveals itself. We may not have known who we are as a person in abstinence, but we can dream big about who we will be during our future chapters of this journey. -Tony

"Set aside time to work on the inventory. Many of us found that setting aside thirty minutes or an hour in the morning on a daily basis kept us moving forward. Some suggested not working at night, just before bedtime, because their minds couldn't stop revisiting the past and they couldn't go to sleep. Others focused their efforts and completed their inventory in one weekend."

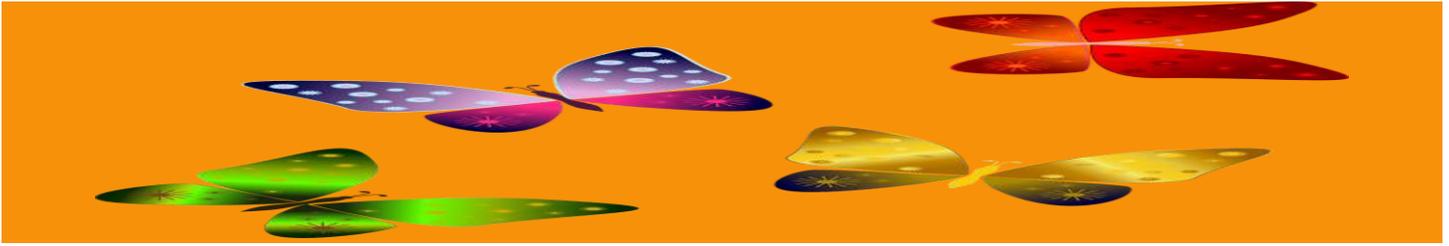
Twelve Step Workshop and Study Guide, (Step Four), pg. 45

These are all really good suggestions for taking this 4th Step inventory. For me, the important thing was to just do it. It was once described to me as the time to get up, put my mess behind me, and get on with my life, and for me, this has been 100% true.

Does Step Four mean I'm never going to make messes again? I don't think so—I'm human! —but the important element was owning my part. I'd spent way too much time blaming others for my own mistakes. Hey, I made some, same as everyone else, and I continue to make them, but recovery has a remedy for this. Instead of wallowing in guilt, self-pity or blaming others, I take responsibility for my actions. Like so well described in the Serenity prayer, I accept what I cannot change and change what I can. I also pray for, and most times have, the wisdom to know the difference. Not always, but more often! -Gerri



**Note:** If you want to submit an article to the New Beginnings Newsletter. Please submit articles by the 15<sup>th</sup> of the month unless otherwise notified. Articles should be up to 400 to 600 words approximately. Send articles to [tooncesc@yahoo.com](mailto:tooncesc@yahoo.com). Thanks-Carlene



## **Exciting Details About the Fall Retreat: September 27-29, 2019**

- The theme is 'From Fear to Freedom'
- There will be two tracks of meetings, and you are free to move between the two tracks as you wish:

Track 1: Using the 12 steps to go from Fear to Freedom. To volunteer to lead a workshop for this track, call Gloria

Track 2: Applying creativity as you work through the steps from Fear to Freedom. To volunteer to lead a workshop for this track, call Laura.

### **BASKETS, BASKETS, BASKETS!!!!**

- If you or your home group would like to donate a basket of non-food goodies that can be raffled off as part of our fundraising efforts, here are some ideas of things that create some excitement:



- Holiday decorations
- Pet \*stuff\*
- OA-Approved Literature
- Games!
- Arts & Crafts
- Self-soothing \*stuff\* (lotions/potions/candles etc.)
- Gift cards are always popular!

- Contact Jan for details on how to get your basket to the retreat, or better yet---COME to the retreat and bid on a basket yourself!

**Service Opportunities are plentiful.** For more information about how to get in contact with the individuals noted below, please send an email to [oacifallretreat@aol.com](mailto:oacifallretreat@aol.com) and mention who you would like to contact.

- Speaker or workshop leader – call Gloria for steps, or Laura for more creative workshops
- Entertainment: Call Jamie-Lee. She's especially looking for people who want to participate in the skit!!
- Greeter: (help people find their room, get acclimated to Lake Yale) -Call Elaine, or contact [oacifallretreat@aol.com](mailto:oacifallretreat@aol.com)
- Work in the boutique: Call Sheila, or contact [oacifallretreat@aol.com](mailto:oacifallretreat@aol.com)
- To volunteer with fundraising call Jan, or contact [oacifallretreat@aol.com](mailto:oacifallretreat@aol.com)

### **RETREAT SCHOLARSHIPS:**

The OACFI Fall Retreat committee is happy to announce that we are accepting donations for scholarships so that someone who otherwise couldn't afford to attend the retreat may be able to attend. Scholarships will be solely funded by OA Member/Group donations and will be awarded on a first come first serve basis in consideration of the OACFI scholarship guidelines.

To apply for a scholarship, send an email to [oacifallretreat@aol.com](mailto:oacifallretreat@aol.com) with your contact information, and answer the following questions:

- 1) Have you ever received a scholarship from CFI before?
- 2) How long have you been in the program and are you working the OA program of recovery?
- 3) Are you able to do service?
- 4) Are you able to make a donation towards your scholarship?
- 5) Do you have transportation?



### **Various ways to donate:**

- 1) Go to '<https://oacifallretreat.eventbrite.com>', click 'tickets' and select 'Donation' as your ticket type. No amount is too small! You can either donate in your own name or in the name of your meeting group.
- 2) If you or your group are donating for a specific individual, you can simply register the individual at the above website and pay for their ticket directly.
- 3) You or your group can send a donation check to the PO Box Number on the registration form.



**2019 Fall Retreat**  
**September 27-29**  
**Lake Yale Retreat Center**  
 39034 County Rd 452, Leesburg, FL 34788

**Register online now!**  
<https://oacfi fallretreat.eventbrite.com>  
 For more information email: [oacfi fallretreat@aol.com](mailto:oacfi fallretreat@aol.com)  
 (or use form below)

**Early Bird Registration Fees**

Postmarked on or before 8-1-2019\*

Double room - **\$165** each

Single room - **\$218**

**Late Registration Fees**

Postmarked after 8-1-2019\*

Double room - **\$185** each

Single room - **\$238**

**\*NO REFUNDS AFTER 9-21-2019**

**Five meals provided:**

Friday night dinner through

Sunday breakfast.

*Lunch is not included on Sunday.*

Please make copies of this flyer and post it in a visible space at your OA meeting.



**Mail check and this form to:**  
 Fall Retreat  
 Central Florida Intergroup  
 P.O. Box 180293  
 Casselberry, FL 32707

**Make checks payable to:**  
 OACFI Fall Retreat

\_\_\_\_\_  
 First & last name

\_\_\_\_\_  
 Name for badge

\_\_\_\_\_  
 City

\_\_\_\_\_  
 Phone

\_\_\_\_\_  
 E-mail

Single room     Double room (2 people per room)

I will room with: \_\_\_\_\_

I am looking for a roommate

I need a first floor room (limited availability)

## Focus on the Journey; STEP EIGHT

Making an amends list starts the process of forgiveness. It opens doorways in one's heart to see their faults as well as a deeper insight to relationships in which they are involved. Because we become willing to make amends to the people we have harmed, it allows us to free ourselves from guilt. Nevertheless, Step Eight does not actually mean that every person on the list will reach Step Nine. When we get honest we may see more harm than good when it comes to opening wounds of the past. In some relationships it is simply wise to "let the dog lie", so to say, and "not reopen a can of worms". We're not perfect, nor are the people whom we want to apologize to. It is a simple fact that certain relationships may not have an open, gentle, forgiving heart for us to bond. When one becomes vulnerable instead of falling into grace, the person receiving amends may see an opportunity to attack. When one is most vulnerable, the risk of being a target is real. Unfortunately, this truth is basic human nature. Although we become willing to embrace empathy—plus seek forgiveness in Step Eight—the journey needs to remain spiritually healthy for us.

A simple act of humility which I've found is to write letters and physically go through the process of mailing them to a fantasy address—or possibly place them in a river, or even set the papers on fire to release the tension of the guilt without opening the pathway for your wounds to go under attack. This form of anonymous behavior is not lost on or unnoticed by your Higher Power. You could also reveal the letter(s) to your sponsor or to another healthy relationship, like another person in the group or a friend, priest, or even a counselor. Either way, the goal is to free your own soul, not to volunteer to an emotional assault and/or battery. See this reality as a moment for your spirit to grow, prosper into a better emotional space, and become sweeter within your aura.  
-Tony



Digital Newsletters available at [www.oacfi.org](http://www.oacfi.org)

OACFI Facebook Page [www.facebook.com/oacfi.org](http://www.facebook.com/oacfi.org)

### Self-Worth

"Our beliefs provide the criteria by which we judge events. It's as if we are wearing glasses and see the world through those lenses. The lenses may be "lack of self-worth" in some or all areas., "prejudice toward one or more groups" or "fear about our experience in the world," to name just a few. Looking at our underlying beliefs is an important aspect of our house cleaning."

*Twelve Step Workshop and Study Guide, pg. 91*

Never in my past experience with the Steps have I seen a more comprehensive, positive approach as this book brings. I'm glad I'm studying it, and hope that others may want to do a group step-study with me. Looking back too, this actually did happen for me, with Step Four revealing old beliefs that no longer worked for me.

I finally saw that self-worth was my job, not the world's. Others may say or think what they want, but I ultimately hold the key on how I feel. You cannot make me feel a certain way unless I allow it, and I no longer allow it. I know that I am a woman of worth and if you don't feel that way about me too, well it's just your loss, not mine.

This Step also began a process of me falling in love with me. That's not the same as self-centeredness—it is valuing me for all my wonderful qualities, and wanting to be my very best self. I no longer need you to love me. Of course, I want people in my life and don't do things to purposely hurt others, although I may sometimes inadvertently do that, but now I have a way to change me. I no longer need the crutch of food to get me through life. That's what a good Step Four inventory accomplishes! -Love, Gerri

**Boutique help needed.** Sheila is requesting retreat help with the boutique. Also, if bringing items to the boutique, please bring items in wearable condition. Don't bring items that are stained or not desirable for purchase. Also, hangers would be nice if you are bringing clothes. At the end of the retreat, you can pick up items for donations. Questions ask Sheila- 602-481-5260

**Important Note:** The Meeting at 4127 West Norvell Bryant Highway, Lecanto. Thursday at 5:00 will be closed from 6/6/2019 to 9/19/2019. They will not be open this summer. Thanks -Jennifer



## Food Set-Ups for Binging

- ✚ Being rushed and over planning activities
- ✚ Not planning ahead.
- ✚ Staying over committed.
- ✚ Too busy to attend meetings.
- ✚ Wanting to continue our lives exactly as they have been.
- ✚ Wanting a miracle to melt the pounds off.
- ✚ Using activities to feel good despite pain and embarrassment.
- ✚ Fearing we have no identity if we give up our projects.
- ✚ The activities that provided ego support are also the activities that tire us the most and ready us for relapse.

**Maintaining abstinence is the most important thing in our lives, without exception; other activities and projects might need to take a back seat.**

### Tiring Tidbits

- ✚ I just have to meet this deadline and then I can be abstinent.
- ✚ My work has been keeping me out of town and traveling, so my meals have to be random.
- ✚ I have so much house cleaning and meal planning for these holidays that I don't have time to work my own food plan.
- ✚ I am so busy looking for work that I don't have time to eat.

**Recovery involves protecting ourselves by leading a moderate life.**

**Being busy and overworked is a part of my perfectionism.**

**For Today pg. 44**

**Today I have climbed down from my "rightness" perch and I enjoy people as they are. I am free to laugh, especially at myself, to join in the story-telling, the kidding, the jokes. I accept and love people as they are because I can accept and love myself.**

**I am not perfect and I make mistakes. Don't be afraid to make mistakes. Accept the mistake and learn from them.**

**Help Needed** We are looking for people who would be interested in doing OA service by leading a workshop during the Fall Retreat at Lake Yale. Specifically, we're seeking people who use a creative practice in their recovery process - things like writing, art, improvisation and/or physical movement. Sessions will be grounded in the 12 steps, the program theme (From Fear to Freedom), and/or program literature but all through the lens of these creative pursuits. Sound interesting? If you use a creative pursuit to promote your recovery and would like to share this with others, Laura F wants to talk with you. If you're not sure how to use your creative pursuit to structure a recovery-themed workshop, Laura can help you with this. Remember...we help one another recover. If this interests you even just a little bit, please call or email Laura: [laurafirtel@gmail.com](mailto:laurafirtel@gmail.com) or 407-484-7736.

- Not eating is a set up for later binging.
- Getting too hungry is a trigger for giving into food binges.
- We feel hungry when we are not hungry since we are accustomed to eating much greater quantities than we really need.
- Our hunger is not seeking satisfaction for our physical craving. It is a psychological need for other things in our lives.
- We think since we are skipping the dessert that we deserve 3 helpings now.
- Three measured and weighed meals a day will reduce the need for set up binging.
- What is needed is a sponsor to guide us.

*Taken from the Book on Abstinence pg. 14*

For ongoing recovery, abstinence needs to be the most important thing in my life without exception. I believe I need to be abstinent while working and living the steps. This give me clarity to see myself for who I really am; when I was overeating, I could not see past the first bite. Abstinence lifts me out of my self will and brings me in line with God's will. It's God's will for me to abstain so that I can live my life to the fullest.

*Taken from the Book on Abstinence pg. 49*

When not actively binge-eating. I was dieting, fasting, or visiting one or more doctor, nutritionist, or acupuncturist. I hoped they'd show me the way out of food, the fat, and my incessant mental and emotional turmoil. It wasn't until I found Overeaters Anonymous that my insane behavior, thoughts, and feelings began to make sense. That first meeting nearly ten years ago showed me I was not alone. There were lots of others just like me who'd lost power of choice when it came to food.

*Taken from the Book on Abstinence pg. 140*

I wasn't eating my binge foods or eating between meals. But the meals were becoming too big. Why? I realized that nearly six weeks had passed since I'd attended a meeting. And I remembered many phone calls from concerned OA friends that I'd failed to return. I was still reading my literature and writing in my journal every day but apparently this was not enough. What I needed was the willingness to admit my powerlessness, ask for help, and to begin anew.



Want to be included in the distribution list from Central Florida Intergroup? OACFI has an email distribution list used to distribute copies of agendas, minutes, reports and updates from OA. To subscribe, email: [oacfi\\_intergroup\\_news-subscribe@oacfi.org](mailto:oacfi_intergroup_news-subscribe@oacfi.org). Include your name, phone number and home meeting.

**Service Positions Remaining Open**

Intergroup Region Rep #4 the 'Next Gen' Committee, Web Master and PIPO are still open. Also, after December the Intergroup Chair and, Literature person will become available. For more information about the requirements and responsibilities of these offices go to CFI's [Policies and Procedures Manual](#). Note: Some individuals have been carrying these vacant positions and those services will soon lapse. Help is needed.

**CFI Literature Sales**

To pre-order literature that you or your groups would like to purchase through CFI intergroup, e-mail [literature@oacfi.org](mailto:literature@oacfi.org) two weeks prior to the next meeting (to allow time for shipping). The literature chair will place your orders and have the total for your purchases along with receipts ready for pickup 15 minutes before or directly following the meeting. For last minute purchases please arrive early. There will be paper for you to write down orders and *if the items are available* you may pick them up after the meeting. Thank you for your cooperation.

**CFI Board Members**

Chair: Pam T.  
 Vice-Chair: Cynthia M.  
 Treasurer: Tim Z.  
 Secretary: Dara

7<sup>th</sup> Tradition Contributions may be sent to:  
**Central Florida Intergroup**  
**P.O. Box 180293, Casselberry, FL 32718**

Local Website: [www.oacfi.org](http://www.oacfi.org)  
 Regional Website: [www.oaregion8.org](http://www.oaregion8.org)  
 International Website: [www.oa.org](http://www.oa.org)  
 Facebook Page: [www.facebook.com/oacfi.org](http://www.facebook.com/oacfi.org)  
 Newsletter Email: [newsletter@oacfi.org](mailto:newsletter@oacfi.org)  
 OA Literature Email: [literature@oacfi.org](mailto:literature@oacfi.org)  
 Bylaws: [oacfi bylaws](#)  
 Policies and Procedures: [oacfi p & p](#)

**Coming Intergroup Meetings**  
**10 a.m. Saturday, August 10th & September 14th**

St. Mark's, 1021 Palm Springs Drive  
 Altamonte Springs, FL 32701  
 All OA Members are welcome to attend.

**July Treasurers Report**

Number	Day	Group	Contribution
48951	Sun	7 <sup>th</sup> Day Adventist Church	
16681	Mon	Gloria Dei Lutheran Church of Leesburg	70.00
39211	Mon	House Next Door, Deland	
39535	Mon	Central Christian Church 12pm	11.00
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	52.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	38.00
56041	Mon	Pimlico Rec Center, The Villages	
56481	Mon	Hospitality House New Smyrna	40.00
38320	Mon	St. Mark's Church, Palm Coast	
01048	Mon	Church of Ascension, Orlando	
46213	Tue	Asbury United Methodist Church	144.00
50209	Tue	Chatham Rec Ctr., The Villages	30.00
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	17.00
25110	Wed	1 <sup>st</sup> UMC Ocala	
39536	Wed	Central Christian Church	41.00
48700	Wed	Lady Lake UMC	60.00
52613	Wed	FL Hospital Celebration Health, Kissimmee	105.00
53744	Wed	House Next Door, Deland	
15171	Thurs	Flagler Beach Fire Department	
18502	Thurs	Church of the Messiah, Winter Garden	25.00
38170	Thurs	Asbury UMC	
52586	Thurs	Wekiva Springs Presbyterian, Longwood	50.00
52976	Thurs	Grace Episcopal, Port Orange	80.00
54195	Thurs	Central Christian Church	17.30
54798	Thurs	Dunnellon Library Group	294.00
00936	Fri	Tuskawilla UMC, Casselberry	100.00
20088	Fri	St. Luke's UMC	25.00
45611	Fri	Lady Lake Library	71.00
53167	Fri	Central Christian Church	25.45
54490	Fri	Shepherd of the Hill Church, Clermont	60.00
54669	Fri	Church of the Messiah	
09016	Sat	Central Florida Intergroup	54.00
78235	Sat	Newcomer's group, The villages	
37491	Sat	Cathedral Church St. Luke	25.00
38611	Sat	St. Richards Episcopal, Winter Park	100.00
39883	Sat	Asbury Methodist Church	75.00
46851	Sat	Men's Meeting, St. Marks Presbyterian	30.00
46887	Sat	Ascension Church	50.00
48952	Sat	Union Congregational Church, Holly Hill	40.00
50419	Sat	Hibiscus Village Rec. Ctr 10:00am, The Villages	
51130	Sat	Hibiscus Village Rec. Ctr 8:30 am, The Villages	
51142	Sat	REBOS Club, St. Cloud	
		Words to Live By	
		Angel Card Meeting (note 5.00)	

**Total Group Contributions 1,729.75**

# Central Florida Intergroup Meeting Directory

8.

## Meeting Changes and Additions in Bold

Time	Type	Group #	Location	Contact	Phone
<b>Monday</b>					
10AM		54041	Pimlico Recreation Center, 530 Belvedere Blvd., The Villages 32162	Loretta H.	
NOON	SS	39535	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Robin C.	
5:45PM	L	56481	Coronado Hospitality House, 200 S. Peninsula Ave., New Smyrna Beach 32169	Peggy B.	
5:45PM	V	54471	UCF Research Pavilion Bldg., 12424 Research Pkwy., Orlando 32826 (Room 135)	Jacqui	
6:30PM	D	53479	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703	Laura F.	
6:30PM	V	39211	The House Next Door, 804 N. Woodland Blvd., DeLand, FL 32724 (Location Changed)	Linda	
7PM	SS	45648	Casa De Fe Y Bendición, 1485 Mill Slough Road, Kissimmee 34744	Terry C.	
7PM	V	16681	Gloria Dei Lutheran Church, 130 Lone Oak Drive, Leesburg 34748	Rosemarie K.	
7:30PM	V	48859	Grace Presbyterian, 1111 Tuskawilla Road, Winter Springs 32708	Kathie H.	
7:30PM	V	01048	Church of the Ascension, 4950 S. Apopka Vineland Rd. Orlando, 32819 (Room 106)	Jacqueline	
<b>TUESDAY</b>					
10AM		50209	Chatham Rec Ctr 7415 SE 172 Legacy Ln., The Villages 32159 (Open to Non-Residents)	Marilyn D.	
NOON	D	54196	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Mary L.	
5PM		53032	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer	
6PM	V	46213	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)	Kathy M.	
7:30PM	SF	53165	806 West Verona Street, Kissimmee 32714 (Spanish Speaking)	Marta	
<b>WEDNESDAY</b>					
10AM	BB	48700	Lady Lake UMC, Corner of Hwy 27/441 & McClendon St., Lady Lake 34731	Rosemarie K.	
10:30AM	V	25110	First United Methodist Church, 1126 E Silver Springs Blvd., Ocala 34470	Joleen	
NOON	BB	39536	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Julie	
6:30PM	V	53744	House Next Door, 804 N. Woodland Blvd., Deland 32724	Linda	
7PM	V	52613	FL Hospital Celebration Health, 400 Celebration Place, Kissimmee 34747 (Seagrass Lounge)	Geri B.	
<b>THURSDAY</b>					
NOON	L	54195	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Mary L.	
4PM	V	54798	Dunnellon Public Library, 20351 Robinson Road, Dunnellon 34432	Lisa B.	
5PM	L	56259	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461 <b>(meeting closed 6/6 to 9/19/19)</b>	Jennifer	
6PM	V	38170	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 11)	Betty	
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Tom H.	
7PM	BB	18502	Church of the Messiah, 241 N. Main Street, Winter Garden 34787	Jacqueline	
7PM	BB	52586	Wekiva Springs Pres., 211 Wekiva Springs Lane, Longwood 32779 (2 <sup>nd</sup> floor, Reformation Rm.)	Phyllis D.	
<b>FRIDAY</b>					
9AM	V	54490	Shepherd of The Hills Lutheran Church, 13600 Caspian Ln, Clermont 34711	Gail	
10AM	V	45611	Lady Lake Library, 225 West Guava Street., Lady Lake 32159	Ilene H.	
<b>11 AM</b>	<b>D</b>	<b>51142</b>	<b>1614 Orange Ave., St Cloud 34769 (Intersection of Orange &amp; 17<sup>th</sup>) REBOS Clubhouse</b>	<b>Sandie</b>	
NOON	BB	53167	Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804	Robin C.	
7PM	L	00936	Tuskawilla United Methodist Church, 3925 Red Bug Lake Road, Casselberry 32707	Phyllis D.	
7PM	D	20088	St. Luke UMC, 4851 S. Apopka Vineland Road, Orlando 32819 (Bldg. B Room 202 - 2 <sup>nd</sup> floor)	Jacqueline	
<b>SATURDAY</b>					
8AM	V	46887	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108)	Geri B.	
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	Betty P.	
9AM	D	38611	St Richards Episcopal, 5151 Lake Howell Road, Winter Park 32792 (Speaker Meeting Last Sat)	Betsy D.	
9:15AM	D	48952	Union Congregational Church, 1050 Daytona Ave., Holly Hill 32117 (Fellowship Hall)	Sue H.	
9:30AM	D	39883	Asbury United Methodist, 220 Horatio Ave., Maitland 32751 (Room 11)	Gloria	
9:30AM	V	54276	Good Shepherd Lutheran Church, 439 E Norvell Bryant Highway, Hernando 34442	Nancy	
10AM	SS	50419	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	AnneMarie F	
1:30PM	SS	37491	Cathedral Church St Luke, 130 N. Magnolia Avenue, Orlando 32801 (Activities Rm)	Jacqueline	
2PM	SF	46851	St Mark's Pres., 1021 Palm Springs Dr., Altamonte Spr. 32701 (Men's Mtg., Activity Bld.)	John	
<b>SUNDAY</b>					
4:30PM	N	51353	7 <sup>th</sup> Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Chery K.	
5PM	V	48951	7 <sup>th</sup> Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Amy O.	