

NEW BEGINNINGS



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

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APRIL 27 — MAY 2, 2015
ALBUQUERQUE, NM USA

WORLD SERVICE BUSINESS CONFERENCE

CFI Delegates Barb R. and Dawn K. were among a total of 197 delegates from 27 different countries attending this year's World Service Business Conference--it was amazing to see how this program works for so many. Both participated in the Young Persons' Committee and Dawn also sat in on a Virtual Services meeting.

Wednesday morning there was a Wizard of Oz themed forum presented by the Region Chairs that was fun, informative and focused on the 12 Steps. "There's No Place Like OA: Follow the Yellow Brick Road to Recovery!" On Wednesday evening there was a Region 8 Fellowship that allowed us to get to know other members within our region.

The Conference Seal of Approval was granted to revised pamphlets – *A Program of Recovery, A Guide for Sponsors and OA Handbook for Members, Groups, and Service Bodies* (we should be seeing the new versions within the coming year).

The WSBC Final Conference Report will be made available electronically (hard copies will no longer be mailed, but electronically available by August).

The most notable change is to OA's Preamble – "Our primary purpose is to abstain from compulsive eating and compulsive food behaviors to carry the message of recovery through the Twelve Steps of OA to those who still suffer." We will need to update our meeting formats to reflect that change.

In HP's Service and yours,
Dawn K.

CALENDAR EVENTS

June 13th ~ 10:00 a.m.

Central Florida Intergroup Meeting

1021 Palm Springs Dr., Altamonte Springs FL 32701

www.oacfi.org

July 10th -12th

Soar 8 Recovery Convention & Business Assembly

Keeping It Simple in the Big Easy, New Orleans, LA

www.oaregion8.org

July 18th ~ 10:00 a.m.

Central Florida Intergroup Meeting

1021 Palm Springs Dr., Altamonte Springs FL 32701

www.oacfi.org

October 16th -18th ... Save the Date!

OA Central Florida Annual Fall Retreat

Lake Yale Retreat Center

39034 County Road 452, Leesburg, FL 34788

oacfiannualretreat@aol.com

See www.oa.org/datebook-calendar for additional info.

NEW BEGINNINGS by Email

Sign-up to receive the New Beginnings Newsletter by email each month, it's free and an easy way to share the 'news' and recovery with friends and newcomers. All you need do is send an email to newbeginnings-subscribe@oacfi.org

OA RECOVERY STORIES and REFLECTIONS...



Strong Abstinence Reflection

Thank you to everyone who helped with the "Strong Abstinence" workshop. It was wonderful and uplifting.

My name is Cynthia, I am a compulsive overeater. My top weight was 197 pounds, have given away 50 pounds, and have been blessed with imperfect abstinence for 22 years, by the grace of God. I recently moved here from Eugene, Oregon.

Before OA, I used to eat lots of sweets as well as snacks. I used to steal food, hide food under my bed, and eat food in bathrooms. I didn't want to let anyone see how much I ate. I'm grateful I'm no longer puffing to climb a flight of stairs, having night sweats, and afraid to let you see how much I eat.

One thing we did at the workshop was brainstorm words for "Abstinence" and "A plan of eating." I like to think of abstinence as "sanity," because through working the 12 steps in depth and learning about the 12 traditions, I have been able to eat sanely. Sanity with food means I'm not on a starvation plan. It's plenty of food. I eat at regular times, unless the situation warrants eating late. And I'm comfortable with letting others see how much or what I eat. What a miracle of OA!

Another member mentioned *community* being synonymous with *abstinence*. I liked this because during my move here I was emailing or calling in my food record (difficult to plan ahead) to my old OA sponsor. Once I realized I had gained about 12 pounds during this move, even though I stayed abstinent, I knew I needed to get a sponsor in this area. I found a step sponsor and a food sponsor. Each day I plan out my food for the next 24 hours and commit it to my food sponsor. And we've been talking about how much I should eat. I'm also back to weighing and measuring most of my food. When I share my plan of eating with another member, I am becoming part of the community.

One of the questions that we discussed in a small group was, "Do I maintain a specific written list of eating behaviors that I will NOT participate in?" During the discussion, I realized I'm back into multi-tasking while I eat: eating and reading. I also used to eat and check emails. At times doing this has led me to eat too much because I am not paying attention to how much food I'm ingesting. At the end of the workshop I made an intention not to read or check emails while eating. By the grace of a loving Higher Power and this wonderful fellowship, I am abstinent today. Thank you.

Cynthia K.



Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

Strong Abstinence Checklist and Writing Exercise

Support your abstinence—on the go—with OA's new [*Strong Abstinence Checklist and Writing Exercise* pocket card](#).

This convenient pocket card features a twelve-question checklist to help you maintain your abstinence—wherever you are. Included is the twelve-question writing exercise to help you explore what abstinence means to you.

The *Strong Abstinence Checklist and Writing Exercise*, also available as a [two-page download](#) on [oa.org](#), is designed to help you make abstinence a priority. It may also be used as the focus for meetings, workshops, and sponsor/sponsee discussions.

Order the new *Strong Abstinence Checklist and Writing Exercise* pocket card at [bookstore.oa.org](#).

“New Beginnings” is the monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous. The newsletter presents experiences and opinions of individual OA members and is not to be attributed to Overeaters Anonymous as a whole, nor does publication of any article imply endorsement by Overeaters Anonymous or by the Central Florida Intergroup. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the Overeaters Anonymous fellowship are encouraged. Articles submitted will not be returned and are subject to editing for clarity, brevity and anonymity.

Moving Gracefully Through Step Six

I spend a lot of time in Step Six; not because I don't understand or comprehend the concept of this step. But, because I continuously give up and take back my will. I have a desire to radically change my lifestyle, eating habits, diets and exercise patterns. Then (often without much worrying) I find myself returning back to the same habits, both good and bad.

Through the meaning of grace I never lose the opportunity of completing Step Six. Nevertheless, I find it very hard to accept total penitence. It's simple to find a food plan and become committed to live by it. It's simple to make a decision to change one's lifestyle. It's simple to understand not to practice bad habits which results in bad behaviors. These things are simple; however, they are never easy. It is based on this fact that one's will allows their Higher Power a place within their lives to bring forth a proper outcome. This action is called submission. I am more grateful that my Higher Power is wiser, more loving and has established eternal grace for me to live and accomplish the right goals. I am humbled and thankful for this reality. For I know for a fact that left to my own efforts I will become self-destructive. This characteristic is already proven through my obsessive compulsive nature within the disease of my addiction.

I'm overjoyed that my Higher Power has enough patience to give me all the time I need to overcome my character defects and complete Step Six. I feel blessed based on the condition of this relationship which I have with my Higher Power. I am content with this term in my life. This lesson in life completes the nature which I need to continue to grow emotionally, psychologically and spiritually. This is good.

STEP and TRADITION SIX

STEP SIX – Were entirely ready to have God remove all these defects of character.

TRADITION SIX – An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Tradition Six: An Elegance of Class

Tradition Six is possibly my favorite tradition. It gives the Overeater's Anonymous Group integrity. Something like integrity takes many years to acquire; however, it could be lost in a matter of minutes. Consider the reality if we promoted the OA Program the same way diet clubs endorse their names. We would be limiting our fortune to the success which depends upon celebrities' names. If OA as a whole endorsed diet products or specific food items we would play the politics of economics and marketing.

Instead we focus our program around the Twelve Steps with OA literature and the group conscience of OA meetings. This gives OA members freedom and class. It allows them to grow based on their experience of abstinence through the OA program. No one in OA ever has to worry about failing to present the *right* image or losing face based on their progress. This gives OA members liberty.

Tradition Six establishes a level of elegance for all OA members to follow. This gives OA a uniform harmony. The traditions continue to bind the groups together in one accord. What has purpose for one gives purpose to all, without interference of outside influences. This is the concept of Tradition Six.

Tony B.



RECOVERY and REFLECTIONS...

LINKS and RESOURCES

Spiritual Surrender

"All my sobriety and growth, mentally, emotionally, and spiritually, are dependent upon my willingness to listen, understand, and change."

-Alcoholics Anonymous, A Late Start, page 542

Several possible topics have come to me this week. Each time an idea would come I would ask my inner Wisdom, "This?" and the guidance I received was no. As I thought about writing this morning during prayer and meditation, the guidance to was start writing. So, this is what I am doing.

About a year ago, I was taking a spiritual growth class. During group meditation one day, a series of questions surfaced within me. I have used them often to indicate surrender and openness; each time I do I receive guidance. The essence of the questions: Please show me who to be, where to go, what to do, who to know, how to grow.

I have asked these questions this week. Spiritual guidance has come. And, more will be revealed. Today I am no longer afraid to ask these (or other) questions because I have learned how to surrender. Surrender has become a daily practice and a way of life.

Grateful to be present today, grateful all of you are here with me. Blessings to all!

A spiritual being—experiencing joy, wholeness and wellness through Love and the Twelve Steps.

Atiya

DAILY MEDITATION

"As we responded with action to the love we had been shown in OA, the result was a new faith in ourselves, in others, and in the power of that love."

—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 17

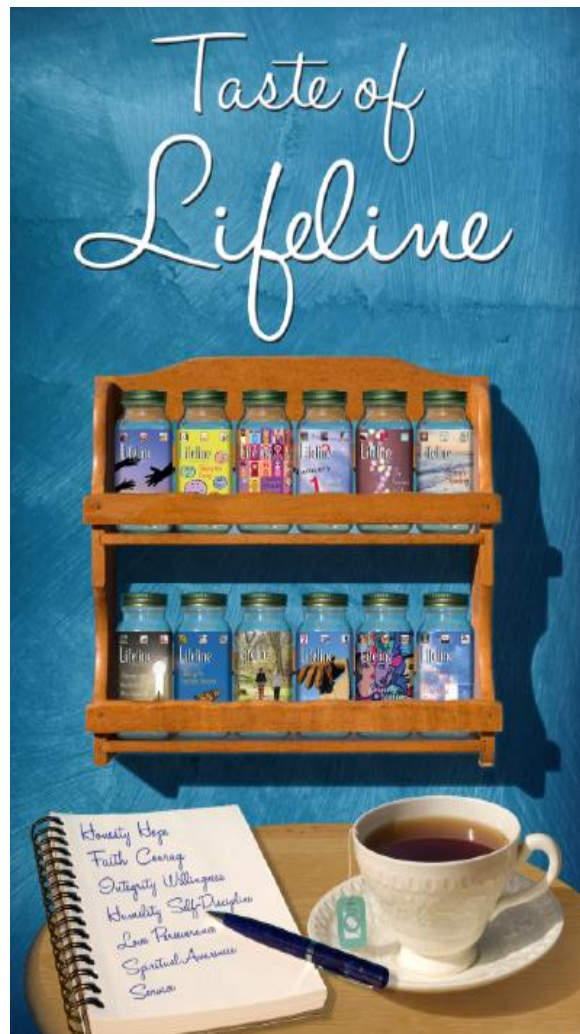
Many OA people loved me until I learned to love myself. It was not until I could love myself that I recovered and did the needed work: used the tools, worked the Steps, lived the Traditions. It has been a long journey, but I have made it to the other side: I am happy, joyous, and free.

May 20th ~ Voices of Recovery: A Daily Reader

Recovery Stories

Email submissions (400 words or less) to newsletter@oacfi.org

Coming Soon...



Coming this summer: *Taste of Lifeline*, a new book of collected stories from the pages of *Lifeline* magazine. With more than 100 personal stories, *Taste of Lifeline* is by OA members writing about their challenges and recovery and how they work the OA program.

Watch for OA's new book by checking the OA bookstore (bookstore.oa.org).

Need OA Literature?

Go to www.bookstore.oa.org

Or email literature@oacfi.org

OA LINKS and RESOURCES



STEP FOUR PODCASTS

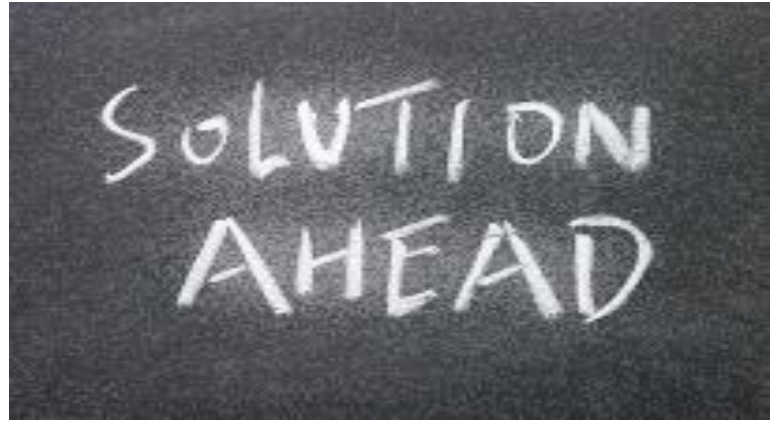
Tune in monthly to hear virtual workshops on The Importance of Working All Twelve Steps. Available for free download now: [Step Four](#).

Learn more about the specifics of working Step Four and how “this fearless moral inventory was one of the most loving things we ever did for ourselves” (*OA Twelve and Twelve*, p. 29).

Also available: podcasts on [Step Zero](#), [Step One](#), [Step Two](#), and [Step Three](#).

Join live the second Sunday each month, 3-4 p.m. EST. For instructions, see [Datebook Calendar](#) on oa.org. Or, to listen anytime, go to the [Podcast page](#) on oa.org. Groups and service bodies are encouraged to use these podcasts in meetings.

WRITING EXERCISE Twelve Stepping a Problem



Use the new [Twelve Stepping a Problem](#) writing exercise to help you navigate life’s challenges—without turning to food. Comprised of twelve questions using the [Twelve Steps](#), the writing exercise is available as a free download on oa.org.

The easy-to-use exercise can be used by individuals or sponsors and sponsees or as the focus of a workshop.



[The Simplicity Project](#) is a new resource to help you stay abstinent! Created by the [Twelfth Step Within](#) Committee, the project encourages you to design a meaningful, personal card to reaffirm your program—and take it wherever you go.

The emphasis is on keeping it simple! Be inspired to create your own Simplicity Project card to reinforce your abstinence: See sample cards on the OA website.

A STEP AHEAD, Second Quarter

[A Step Ahead, Second Quarter](#), newsletter is now available as a free download on oa.org. Copy and share with your groups and service body.



In the new issue, look for the WSBC 2015 agenda highlights, a preview of Convention 2016, an update on OA’s popular podcast series about the importance of working all Twelve Steps, and much more.

Also in this issue, A Better Way, a reprint from Lifeline magazine from the series Working All Twelve Steps.

OA CENTRAL FLORIDA ANNUAL FALL RETREAT

October 16th-18th – Lake Yale Retreat Center, 39034 County Road 452, Leesburg, FL 34788

Lake Yale Retreat Planning Committee

Retreat Chair – Joyce T. – Facilitates the selection of the theme for the retreat, helps the Program Chair and coordinates with committee chairs; serves as retreat center liaison, distributing room keys, dealing with housing issues, and paying the retreat center. The Chair collects and summarizes the retreat evaluations and prepares the post-retreat report for Intergroup, as well as monitors the retreat e-mail address for inquiries.

Vice Chair – Vacant – Helps the chair in every aspect of the retreat, helps to plan event and resolve problems that arise.

Registration Chair – Marlene T. – Prepares folders with retreat information given on arrival along with name tag and room key; greets folks, and helps them find their room. *Helpers needed!*

Name Tags – Vacant – Works with Registration Chair making and handing out name tags.

Program Chair – Laura F. – Organizes the retreat schedule, recruits workshop leaders and speakers for meetings.

Decorations Chair – Jane C. – Leads the committee planning and decorating for the retreat, including decorating the dining hall for Saturday's dinner. We need everyone to begin saving small square tissue boxes. *Helpers desperately needed!*

Entertainment – Vacant – Plans the entertainment for Saturday night (singing, dancing, games and more). We need someone to help plan the fun!

Fundraising Chair – Vacant – Recruits folks to sell 50/50 raffle and basket tickets, organizes baskets as they arrive, helps with drawings on Saturday and connects the basket with the winner.

Literature Chair – Vacant – Brings the literature to and from the retreat, manages and sells literature during the retreat, working with volunteers who sign up for time slots.

Meditation Room – Vacant – Sets up and breaks down the Meditation Room.

Boutique Chair – Vacant – In charge of the boutique, including recruiting helpers to hang up and label clothing, organizing volunteers to staff the boutique, handling money and turning it into the Treasurer at the end of the retreat. Responsible for the disposition of any items not sold. (We have volunteers to set up the boutique and transport the clothing racks).

Clean-up Committee – Vacant – Responsible for putting everything back where it belongs after the retreat, taking down signs we put up, etc. This person works closely with the boutique chair to break down the boutique and donate the unsold items. The retreat staff is responsible for cleaning up but we need to remove any items we brought.

We Need You!



Step Up to Service!

For more information: oaciffallretreat@aol.com

Location and Meeting Updates

Meeting Location Change (Group #50496)
 Tuesday, 6 p.m. meeting at Florida Memorial Hospital,
 301 Memorial Medical Parkway, Daytona Beach 32117
 (Classroom C) call Layette at 714-625-6186

Meeting Location Change (Group #50602)
 Thursday, 6 p.m. meeting at the CATS Building,
 730 SE Osceola Avenue, Ocala 34471

Temporary Meeting Location Change (6/15 - 7/31)
 Monday, Wednesday and Friday Noon Meetings at
 Central Christian Church, 250 SW Ivanhoe Blvd.
 Orlando 32804 will temporarily meet at Choices
 Counseling Center, 1331 Palmetto Ave. Ste. 100 Winter
 Park 32789 beginning June 15th and ending July 31st
 (Groups # 39535, 39536, 37491)

Want to share your group info?
 Email your group news, celebrations, OA birthdays &
 anniversaries, new meeting topics, major format changes
 to newsletter@oacfi.org.

Treasurer's Report May 2015

Numbers	Group	Contributions
47548	Sun Fl. Hospital Church	62.00
51353	Sun 7th Day Adventist Church	
38320	Mon Flagler Beach - Santa Maria Delmar Living Ctr. 2pm	
45648	Mon Kissimmee Church of All Nations	
16681	Mon Leesburg Unity of Leesburg Church	20.00
39211	Mon Orange City Fl Hospital	
1048	Mon Orlando, Holy Family Catholic Church	25.00
39535	Mon Central Christian Church 12pm	18.00
48859	Mon Winter Springs, Grace Presbyterian	42.00
53293	Mon Prince of Peace	
53479	Mon Church of the Holy Spirit-Voices of Recovery	
50496	Tue Ormond Beach, Medical Hospital Beach Side	
46213	Tue Maitland Asbury United Methodist Church	115.25
28876	Tue Winter Park St. John's Lutheran 5:30pm	
52599	Tue St. Edward Episcopal Church, Mt. Dora	
50209	Tue The Villages, Chatham Rec Ctr., 10:00AM	
51320	Tue Colony Cottage Rec Ctr, The Villages, 4:30	
48700	Wed Lady Lake United Methodist Church	20.00
48716	Wed Tavares First United Methodist Church	
25110	Wed Ocala First United Methodist Church 10:30am	
39845	Wed Orlando, Christ the King - Azalea PK	30.00
53032	Wed Hernando, Club Recovery	33.00
53744	Wed Deland	20.00
52613	Wed Celebration Hospital	45.00
47815	Wed Church of the Ascension	
39536	Wed Central Christian Church 12 pm	32.00
50602	Thurs Ocala, CATS Bldg.	15.00
39847	Thurs Lady Lake, North Lake Presbyterian Church	
15171	Thurs Flagler Beach 10:00 AM Police Station	
18502	Thurs Church of the Messiah	25.00
52976	Thurs Port Orange, Grace Episcopal	
52586	Thurs Wekivia Presbyterian Church	50.00
38170	Thurs Reeves United Methodist Church	
45611	Fri Lady Lake, Library	40.00
53167	Fri Central Christina Church - 12 PM	22.00
20088	Fri Orlando, St. Luke's Methodist	25.00
936	Fri Winter Park St. Peter and Paul	73.00
39883	Sat Asbury Methodist Church	
46851	Sat St. Marks - Men's	20.00
9016	Sat Central Florida Intergroup Mtg.	82.00
37491	Sat Cathedral Church of St. Luke's	25.00
46887	Sat Ascension Episcopal Church	40.00
50419	Sat The Villages, Hibiscus Village Rec. Ctr 10:00 am	75.00
51130	Sat The Villages, Hibiscus Village Rec. Ctr 8:30am	
38611	Sat St. Richards Episcopal Church	
51142	Sat St. Cloud Warehouses	
48952	Sat Daytona Beach, City Island Library	
Total Group Contributions		954.25

CENTRAL FLORIDA INTERGROUP

CFI Board Members

Chair: Barb R.
 Vice-Chair: Rita S.
 Treasurer: Phyllis D.
 Secretary: Susan H.

OA Groups or Members can send
 7th Tradition contributions to:
Central Florida Intergroup
P.O. Box 180293
Casselberry, FL 32718-0293

Local Phone: (407) 284-1482
 Toll Free: 1(888) 294-4216

Local Website: www.oacfi.org
 International Website: www.oa.org
 Newsletter Email: newsletter@oacfi.org
 OA Literature Email: literature@oacfi.org

July's Intergroup Meeting
 10 a.m. Saturday, July 18th
 St. Mark's, 1021 Palm Springs Drive
 Altamonte Springs, FL 32701.
 All OA Members are welcome to attend.

CENTRAL FLORIDA INTERGROUP MEETING DIRECTORY

Recent meeting changes in bold, for more information see "Location and Meeting Updates" on Page 7

Time	Type	Location	Contact
MONDAY			
NOON	SS	Choices Counseling, 1331 Palmetto Ave Ste. 100 Winter Park 32789 (6/15 to 7/27 ...see page 7)	Cynthia M
2PM	V	Santa Maria Ctr., 805 N. Central Avenue, Flagler Beach 32136 (Matthew Room)	Dottie
6:30PM	L	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703	Laura F.
7PM	V	Florida Hospital, 1055 Saxon Blvd., Orange City 32763 (Cafeteria Conference Room)	Dick
7PM	SS	Church for the Nations, 1485 Slough Road Kissimmee 34744	Terry C.
7PM	V	Unity of Leesburg, 826 E. Dixie Ave Route 44, Leesburg 34748	Diana S
7:30PM	SS	Grace Presbyterian, 1111 Tuskawilla Road Winter Springs 32708	Susan Z.
7:30PM	V	Holy Family Church, 5125 S Apopka Vineland Rd Orlando 32819 (Parish Life Ctr Rm #4)	Jacqueline
TUESDAY			
10AM		Chatham Rec Ctr 7415 SE 172 Legacy Ln The Villages 32159 (Open to Non-Residents)	Leslie
5PM		Club Recovery, Corner of Anvil Terr & W. Norvelll Bryant Road Hernando 34442 (In Back)	Jennifer
6PM	V	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 16-17)	Mariana
6PM	BB	Florida Mem. Hospital, 301 Memorial Med. Parkway, Daytona Beach 32117 (Classroom C)	Lynnette
7PM	V	St Edwards Episcopal, 460 N, Grandview Street, Mt Dora 32757 (Music Room)	Marla M.
WEDNESDAY			
10AM	SS	1st UMC, Corner of Route Old 441 & Rte 19, near fountain Tavares 32778 (Church Library)	Diana S.
10AM	V	Lady Lake UMC, Corner of Hwy 27/441 & McClendon St Lady Lake 34731	Barb R.
10:30AM	V	1st UMC, 1126 E Silver Springs Blvd., Ocala 34470	Linda
NOON	BB	Choices Counseling, 1331 Palmetto Ave Ste. 100 Winter Park 32789 (6/17 to 7/29 ...see page 7)	Cynthia M.
6PM	V	Christ the King Church, 26 Willow Drive, Orlando 32807	Rommy
6:30PM	V	House Next Door, 804 N. Woodland Blvd., Deland 32724	Linda
7PM	V	Celebration Health, 400 Celebration Place 34747 (Seagrass Lounge)	Gerl B.
THURSDAY			
10AM		Coronado Methodist, 200 S. Peninsula Avenue, New Smyrna 32169 (Hospitality House)	Joan
10AM	V	North Lake Presbyterian, 975 Rolling Acers Road, Lady Lake 32159	Rosemarie
10AM	V	Flagler Beach Police Station, 204 S. Flagler Avenue, Flagler Beach 32136	Dottie
5:30PM	V	Florida Hospital Waterman, 1000 Waterman Way, Tavares 32778 (Conf Rm E)	Robin W.
5:30PM	V	Reeve's UMC, 1100 N. Fern Creek Avenue, Orlando 32803	Betty
6PM	V	CATS Building, 730 SE Osceola Avenue, Ocala 34471 (see page 7)	Karin
6PM	SS	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Glynda B.
7PM	BB	Church of the Messiah, 241 N. Main Street, Winter Garden 34787	Jacqueline
7PM	BB	Wekiva Springs Presbyterian, 211 Wekiva Springs Lane, Longwood 32779 (Reformation Room)	Phyllis D.
FRIDAY			
10AM	V	Lady Lake Library 225 W Guava St Lady Lake 32159	Nancy
NOON	BB	Choices Counseling, 1331 Palmetto Ave Ste. 100 Winter Park 32789 (6/19 to 7/31 ...see page 7)	Cynthia M.
7PM	BB	Sts Peter & Paul, 5300 Old Howell Branch Road, Winter Park 32792 (St Martin Rm-Ed Bld)	Phyllis D.
7PM	D	St. Luke UMC, 4851 S. Apopka Vineland Road, Orlando 32819 (Office Conf Rm in Bld C)	Jacqueline
SATURDAY			
8AM	V	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 103)	Gerl B.
8:30AM	N	Hibiscus Village Rec Ctr, 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	Karen
9AM	D	St Richards Episcopal, 5151 Lake Howell Road, Winter Park 32792 (Spkr Meeting Last Sat)	Betsy D.
9:15AM	D	City Island Public Library, 105 Magnolia Avenue, Daytona Beach 32114	Sue
9:30AM	D	Asbury UMC, 220 Horatio Avenue, Maitland 32751 (Room 16-17)	Gloria
9:30AM	D	1614 Orange Avenue, St. Cloud 34769 (Intersection of Orange and 17th - circle/triangle signs)	Amanda
10AM	SS	Hibiscus Village Rec Ctr., 1740 Bailey Trail The Villages 32162 (Jasmin Card Rm)	Linda R.
NOON	SS	First UMC, 305 Dunlawton Avenue, Port Orange 32127	Joan V.
1:30PM	SS	Cathedral Church St Luke, 130 N. Magnolia Avenue, Orlando 32801 (Activities Rm)	Jacqueline
2PM	SF	St Mark's Pres., 1021 Palm Springs Drive Altamonte Spr. 32701 (Men's Mtg, Activity Bld)	John
SUNDAY			
4:30PM	N	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Chery K.
5PM	V	7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Amy O.
BB - Big Book, D - Discussion, N - Newcomers, SS - Step Study, V - Varied, SF - Special Focus Go to www.oacfi.org for most recent list.			