NEW BEGINNINGS

OVEREATERS ANONYMOUS®
Central Florida Intergroup

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

August 2015: Inside This Issue

CALENDAR EVENTS

August 8th ~ 10:00 a.m.
Central Florida Intergroup Meeting
1021 Palm Springs Dr., Altamonte Springs, FL 32701
www.oacfi.org

August 9th ~ 3:00-4:00 p.m. *(next on September 13th)*
Second Sunday Telephone Workshop
"Working All Twelve Steps to Recover: Step Eight"
1-424-203-8405 and enter access code 925619#
vst4oa@hotmail.com

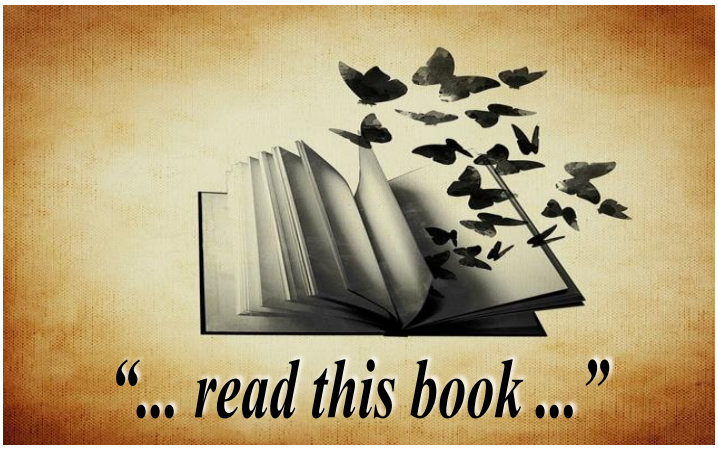
September 12th ~ 10:00 a.m.
Central Florida Intergroup Meeting
1021 Palm Springs Dr., Altamonte Springs, FL 32701
www.oacfi.org

October 16th-18th … *Register Today!*
OA Central Florida Annual Fall Retreat
"The Joy of Recovery" Lake Yale Retreat Center
39034 County Road 452, Leesburg, FL 34788
oacfifallretreat@aol.com

November 6th-8th 2015
Soar 8 Recovery Convention & Business Assembly
"Fall Into Serenity" Tampa, FL
www.oaregion8.org

February 26th-28th 2016
Florida State Convention, Orlando, FL
"Together We Can…Live a Life Beyond Our Wildest Dreams"
bcarter337@att.net or showupoa@aol.com

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



-Alcoholics Anonymous, To Wives, page 112

Yesterday I read page 575 in the Fourth Edition of Alcoholics Anonymous—the last page of the book. This morning I read the title page. For years, from my earliest days in recovery, I have read a page from the Big Book daily. I read just one page, and I read it twice—it helps me with comprehension. As I finished yesterday, the above quote came to mind. A friend shared about it few years ago (to the best of my recollection) in the context of what to tell newcomers, returning members, people who are struggling and suffering. No matter the situation, the first three words on top of page 112 provide guidance.

I started this morning from the beginning again. I read the title page because I do not want to miss one word of wisdom. My reward is the first promise/hope: *"How Many Thousands of Men and Women Have Recovered from Alcoholism."* I didn't always read from the title page, and I likely did not catch this promise the first few times through; however, over my time of reading, studying, working, and practicing I have gained clarity. Today I want to stay fully aware of all the blessings and gifts in every area of my life. The Twelve Steps give me the ability to see and I am grateful that this book gives me the Twelve Steps!

Wishing you a day filled with conscious awareness of the blessings and gifts! Be well.

Atiya

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

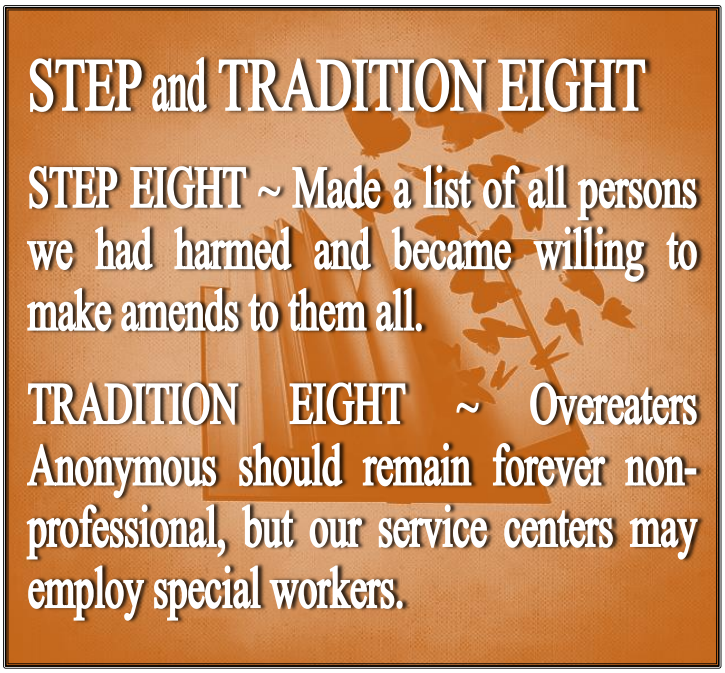
RECOVERY STORIES and REFLECTIONS

What's Your Recovery Story? Email submissions (400 words or less) to newsletter@oacfi.org

CARRY US OVER STEP EIGHT

When reflecting upon the honesty and willingness we needed to carry out Steps Four and Seven, we see that we are given the grace and the ability to reach deeply within ourselves, in order to approach Step Eight. If we reach deep enough, most of us will realize the need to make amends and forgive ourselves. This is a key issue for me. It may seem a little awkward at first to accept forgiveness, especially when we are so used to self-deception; I know for myself, I did not trust my self-image. I am constantly reaching out to other members, loved ones and friends to tell me the truth about myself.

Nevertheless, my effort in getting to the root of my disease causes me to reflect on the fact that during much of the time of my active addiction, I truly did not love myself. Learning how to love yourself requires you to forgive yourself. This becomes real when our Higher Power carries us through the Steps. Thank God for His great love for us so we may accept His gift of grace.



We Don't Graduate In Recovery
TRADITION EIGHT

Early in my recovery I remember regretting the fact that achieving abstinence and working the Twelve Steps in my life did not look impressive on my resume. Although this may sound humorous, it's true that it does not have a professional connotation. The Eighth Tradition is a huge and positive characteristic of the OA Program. With it we gain the reward which serves as self-growth within our community.

We don't appear strong to those outside our fellowship because we are powerless in our disease. However, as our Higher Power helps us to overcome our character defects, we shine as stars within our own community. We are successful as we attain abstinence. We don't need a college degree to find success in the OA Program. The Eighth Tradition gives us the foundation for one compulsive eater to share their experience, strength, and hope with another compulsive eater in order to gain recovery. This gives us true integrity in great degree towards our success.

Tony B.

"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 OA 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 OA fellowship are encouraged. Articles submitted will not be returned and are subject to editing for clarity, brevity and anonymity.

RECOVERY: FORGIVENESS WRITING EXERCISE

Writing to Forgive

Forgiveness is part of working Step Four. It is easily the best mechanism that loosens the grip of resentment. Oh, resentments!

Often, when we think about forgiving a person, we can literally feel our chest tighten up or our heads feel like they're going to explode. Why is that? One reason may be because we are holding onto resentments for real hurts and unresolved injustices. To be rid of these "heavy" heartweights, we *must* forgive.

Forgiveness is for us—not the other person. When we forgive, we set ourselves free. It's one of the promises of recovery, to be "happy, joyous, and free." To gain lasting, true emotional freedom, we have work to do.

The work comes by using one of the nine tools: writing. To do this, you'll need seven consecutive days and five minutes of quiet time, three times a day for each of the seven days in that week. Here's your prescription to be truly free:

- Write morning, noon and at night
- Set timer for just five minutes each time
- Devote one solid week to the tool of writing
- Put next to your desk a candle, flowers, and/or photo of the person you seek to forgive

There are three distinct writing topics. They are to be followed in this order to maximize your benefits. They are as follows:

- Morning (five minutes): I'm angry about/at…
- Midday (five minutes): I'm sad about…
- Night (five minutes): I'm willing to forgive…

At first, the nighttime topic may feel forced or inauthentic. That's okay. Keep writing anyway. The feelings will come. Trust the process. It works—if you work it! ☺ After one full week of writing three times a day, you will feel a heart change. The anger will dissipate. The sadness will lift. Most importantly, the forgiveness will come.

Good luck! Use this powerful tool of writing to forgive. You'll set yourself free.

Forgiving Yourself

Often when we think of forgiveness, we conjure up instant images of the people who have done us wrong. We typically don't think about needing to do this for ourselves. Truth be told, many times we harbor unforgiveness, anger, or resentment towards ourselves for our own mistakes.

So, why is forgiving ourselves so crucial to spiritual, emotional, and physical health? Well, forgiveness helps us heal on all three levels. Forgiveness is a GIFT we give to ourselves. Forgiveness is the key to unlocking a life of freedom. Forgiveness is a powerful self-love tool.

How can we best use this tool of forgiveness? Well, you guessed it—by writing! Here's the prescription to take on a daily basis, three times a day, to be well:

- Morning (five minutes):
  I'm angry at myself because/for…
- Midday (five minutes):
  I'm sad for myself because…
- Night (five minutes):
  I forgive myself for…

Follow the prescription writing until the heart shifts. You will begin to feel better, lighter, and more joyous only after a couple of days. Keep going! Write each consecutive day for a minimum of one week. Try not to skip a day! Keep at this until you are completely free and at peace. You will know a new freedom and feel inner serenity.

Forgiveness is the best gift you can ever give yourself. You owe it to yourself. You are worth it. The time has come, the time is now, let it go, let yourself off the hook—forgive you!

Share this with your family and friends so that they can be set free too.

Live well and be well!

Robin C.

OA LINKS and RESOURCES

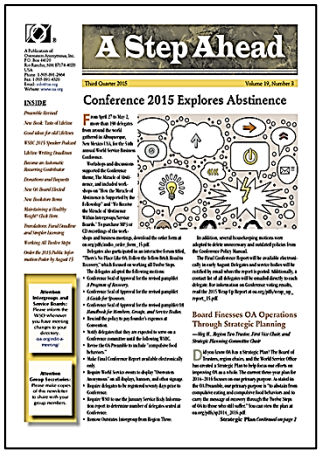
Tune in monthly to hear virtual workshops on The Importance of Working All Twelve Steps. Available for free download now: Step Six. Learn more about working Step Six and how an attitude of willingness is the key. Also available: podcasts on "Step Zero," Step One, Step Two, Step Three, Step Four, and Step Five.

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.

OA's latest book is now on sale. *Taste of Lifeline*, a new collection of more than one hundred stories from the pages of *Lifeline* magazine, features:

- Personal accounts by OA members writing about their challenges and how they work the OA program.
- Stories for newcomers; stories about recovery from relapse; stories about long-term recovery; stories from international members; and many, many more.
- Journal questions so you, your sponsee, and your group can use the Tool of writing to find and strengthen your recovery.
- "Welcome Home!" OA's beloved story of outreach to compulsive eaters around the world.

Get OA's new *Taste of Lifeline* from the OA bookstore at bookstore.oa.org.


A Step Ahead

Third Quarter 2015 Volume 19, Number 3

Conference 2015 Explores Abstinence

INSIDE

Board Finesses OA Operations Through Strategic Planning

A Step Ahead, 3rd Quarter, newsletter is available as a free download on oa.org. Copy and share with your groups and service body.

In the new issue, read about WSBC 2015, including the newly elected trustees; what to do with old *Lifelines*; OA financial news, including two recent bequests to OA; the 2016 *Lifeline* writing topics; and much more.

The Final Conference Report is now posted online at oa.org. Read all about the 2015 WSBC, including committee and workshop summaries.

The 2015 Ask-It Basket is also now posted on oa.org. Ask-It Basket is composed of questions asked by delegates to the World Service Business Conference and answered by members of the Board of Trustees. See what's on other members' minds and learn more about OA by reading this year's Ask-It Basket.

The 2015 Forum Summary is also posted. The 2015 WSBC Forum, titled "There's No Place Like Home: Follow The Yellow Brick Road to Recovery," was inspired by OA's 2014-2016 Strategic Plan and its emphasis on working all Twelve Steps. Read about delegates' experience helping Dorothy find abstinence and her Higher Power.

Maintaining Your Weight? Send Us Your Story!

OA is revising the pamphlet *Maintaining a Healthy Weight* and looking for new stories.

We want to hear from all members and are especially interested in stories from members who had to gain weight to reach and maintain a healthy weight.

Stories of weight maintenance from members, who exhibit any manifestations of the disease, including anorexia and bulimia, are welcome.

Deadline: September 30.

Stories of approximately 500 words have a greater chance of publication. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc. Submissions are not returned. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.

Email your story to info@oa.org with the subject line "Healthy Weight."

NEW MEETING SPOTLIGHT and SERVICE OPPORTUNITIES

PI/PO Team Chair Needed

What is PI/PO? –Public Information/Public Outreach PI/PO spreads the news that "there is a solution" to be found in the Twelve Steps of Overeaters Anonymous. The main purpose is to educate both the public and healthcare professionals about the OA Program. You might create a campaign to visit local doctor's offices, hang posters, or work health fairs—distributing documents created for Referring Professionals; or place ads with local Media Professionals. Find many more Public Information Suggestions at oa.org.

If you think this is the sort of service you'd like to do, and would like to get involved, please come to Intergroup. You don't need to be an Intergroup Rep, but you will need to attend meetings.

East Orlando OA Meetings

OVEREATERS ANONYMOUS® Central Florida Intergroup

Wednesday 6pm
Newcomers Meeting

Wednesday 7pm
Open Meeting (Varied Topics)

University Unitarian Universalist Society
11648 McCulloch Road
Orlando, FL 32817

Just 1.5 miles from the main entrance of UCF
You can access UUUS from Rouse Road or Alafaya Trail

Young Persons' Meeting

OVEREATERS ANONYMOUS® Central Florida Intergroup

- Young Persons age 30 and under
- Persons who entered recovery as a young person
- Persons wishing to support recovery of the young
- Persons wishing to abstain from compulsive eating and compulsive food behaviors

8 p.m. Wednesdays at Wekiva Presbyterian Church
211 Wekiva Springs Lane, Longwood, FL 32779
Pioneers of Faith Room

Lake Yale Retreat Planning Committee

"The Joy of Recovery"

Retreat Chair – Joyce T.
Vice Chair – Kathy M.
Registration Chair – Marlene T.
Name Tags – Joleen G.
Program Chair – Laura F.
Fundraising Chair – Susan S.
Literature Chair – Georgia W.
Meditation Room – Noel L.
Clean-up Committee – Jacqueline R.
Boutique Chair – Beth G.
Entertainment – **VACANT**
Decorations Chair – Jane C.

Please save cube style tissue boxes!

For more information:
oacfifallretreat@aol.com

CENTRAL FLORIDA
INTERGROUP
OA FALL RETREAT

"The Joy of Recovery"

AT

LAKE YALE
RETREAT CENTER

39034 County Road 452
Leesburg, FL 34788

October 16-18, 2015

OVEREATERS ANONYMOUS®
Central Florida Intergroup

- ✓ Speakers
- ✓ Workshops
- ✓ Meditations
- ✓ Baskets
- ✓ Boutique
- ✓ Fun
- ✓ Rest
- ✓ Fellowship

Registration Opens: Friday 2:00 pm

OA Meeting: Friday 4:00 pm

Dinner: Friday 5:30 pm

Opening Ceremony: Friday 7:00 pm

Closing Ceremony: Sunday 10-11:00 am

The retreat will feature speaker meetings, workshops and 5 abstinent meals (included in price). Come join us at the 2015 Central Florida Intergroup Fall Retreat!

Scholarships available

Please check all that apply:

☐ I will room with (2 people per room - $155 each) Roommate:

_____

☐ I would like a single room ($205)

☐ I would like an RV spot ($131)

☐ I am the 2nd person in an RV ($82)

☐ I need a first floor room*

☐ I need a room close to activities*

☐ I am willing to speak or lead a workshop

☐ I will donate a basket

☐ I will work in the boutique

☐ I will do service of any kind

* limited rooms available – 1st come, 1st served

Name: _____

Address: _____

_____

Phone: _____

Email: _____

Send this form w/check or money order to:
Fall Retreat/Central Florida Intergroup
P.O. Box 195, Loughman, FL 33858

Questions?
E-mail: oacfifallretreat@aol.com

NEW BEGINNINGS ~ Suggestions and Submissions to newsletter@oacfi.org ~ Subscriptions to newbeginnings-subscribe@oacfi.org

CENTRAL FLORIDA INTERGROUP BUSINESS PAGE

Want to be included in the distribution list from Central Florida Intergroup? OACFI has an email distribution list used to distribute electronic copies of Agendas, Minutes, Chair Reports and other updates from OA. To subscribe, email: oacfi_intergroup_news-subscribe@oacfi.org. Include your name, phone number and home meeting. That's it. You will begin to receive emails from us periodically.

Location and Meeting Updates

East Orlando OA Meetings on Wednesdays
6:00 p.m. Newcomers Meeting and 7:00 p.m. Open Meeting at University Unitarian Universalist Society, 11648 McCulloch Road, Orlando, FL 32817. *Just 1.5 miles from UCF!*

Young Person's Meeting at 8:00 p.m. Wednesdays
At Wekiva Springs Presbyterian Church, 211 Wekiva Springs Lane, Longwood, FL 32779 (Pioneers of Faith Room)

Meeting Day Change beginning in September
6 p.m. Wednesday Christ the King Church Meeting will begin meeting on Thursday evenings beginning September 3rd

Meeting Location Coming Home!
Monday, Wednesday and Friday Noon Meetings have returned to Central Christian Church, 250 SW Ivanhoe Blvd. Orlando.

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

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: (888) 294-4216

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

August's Intergroup Meeting
10 a.m. Saturday, August 8th
St. Mark's, 1021 Palm Springs Drive
Altamonte Springs, FL 32701
All OA Members are welcome to attend.

Treasurer's Report July 2015

Numbers		Group	Contributions
47548	Sun	Fl. Hospital Church	
51353	Sun	7th Day Adventist Church	
38320	Mon	Flagler Beach - Santa Maria Delmar Living Ctr.	
45648	Mon	Kissimmee Church of All Nations	
16681	Mon	Leesburg Unity of Leesburg Church	
39211	Mon	Orange City FL Hospital	
1048	Mon	Orlando, Holy Family Catholic Church	25.00
39535	Mon	Central Christian Church 12pm	10.00
48859	Mon	Winter Springs, Grace Presbyterian	
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	240.00
28876	Tue	Winter Park St. John's Lutheran 5:30pm	
52599	Tue	St. Edward Episcopal Church, Mt. Dora	50.00
50209	Tue	The Villages, Chatham Rec Ctr.,10:00AM	20.00
51320	Tue	Colony Cottage Rec Ctr, The Villages, 4:30	
48700	Wed	Lady Lake United Methodist Church	30.00
48716	Wed	Tavares First United Methodist Church	
25110	Wed	Ocala First United Methodist Church 10;30am	
39845	Wed	Orlando, Christ the King - Azalea PK	
53032	Wed	Hernando, Club Recovery	
53744	Wed	Deland	
52613	Wed	Celebration Hospital	45.00
47815	Wed	Church of the Ascension	
39536	Wed	Central Christian Church 12 pm	10.00
50602	Thurs	Ocala, CATS Bldg.	
39847	Thurs	Lady Lake, North Lake Presbyterian Church	70.00
15171	Thurs	Flagler Beach 10:00 AM Police Station	
18502	Thurs	Church of the Messiah	25.00
52976	Thurs	Port Orange, Grace Episcopal	50.00
52586	Thurs	Wekiva Presbyterian Church	
38170	Thurs	Reeves United Methodist Church	130.00
45611	Fri	Lady Lake, Library	80.00
53167	Fri	Central Christina Church - 12 PM	5.00
20088	Fri	Orlando, St. Luke's Methodist	25.00
936	Fri	Winter Park St. Peter and Paul	34.27
39883	Sat	Asbury Methodist Church	
46851	Sat	St. Marks - Men's	20.00
9016	Sat	Central Florida Intergroup Mtg.	48.73
37491	Sat	Cathedral Church of St. Luke's	25.00
46887	Sat	Ascension Episcopal Church	50.00
50419	Sat	The Villages, Hibiscus Village Rec. Ctr 10:00 am	
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	251.00
		Total Group Contributions	**1244.00**

CENTRAL FLORIDA INTERGROUP MEETING DIRECTORY

Time	Type	Location RECENT MEETING CHANGES IN BOLD	Contact	Phone
		MONDAY		
NOON	**SS**	**Central Christian Church, 250 SW Ivanhoe Blvd. Orlando, FL 32804**	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 #3)**	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**	**Central Christian Church, 250 SW Ivanhoe Blvd. Orlando, FL 32804**	Cynthia M.	
6PM	V	Christ the King Church, 26 Willow Drive, Orlando 32807 ***(Moving to Thursdays in September)***	Rommy	
6PM	**N**	**University Unitarian Universalist Society, 11648 McCulloch Road, Orlando 32817**	April	
6:30PM	V	House Next Door, 804 N. Woodland Blvd., Deland 32724	Linda	
7PM	**V**	**University Unitarian Universalist Society, 11648 McCulloch Road, Orlando 32817**	April	
7PM	V	Celebration Health, 400 Celebration Place 34747 (Seagrass Lounge)	Geri B.	
8PM	**YP**	**Wekiva Springs Pres., 211 Wekiva Springs Ln., Longwood 32779 (Pioneers of Faith Room)**	Dawn K.	
		THURSDAY		
10AM		Coronado Methodist, 200 S. Peninsula Avenue, New Smyrna 32169 (Hospitality House)	Joan	
10:30AM	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	Reeve's UMC, 1100 N. Fern Creek Avenue, Orlando 32803	Betty	
5:30PM	**N**	**Florida Hospital Waterman, 1000 Waterman Way, Tavares 32778 (Conf Rm F)**	Beth G.	
6PM	**V**	**Florida Hospital Waterman, 1000 Waterman Way, Tavares 32778 (Conf Rm F)**	Beth G.	
6PM	SS	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Glynda B.	
6PM	V	CATS Building, 730 SE Osceola Avenue, Ocala 34471	Karin	
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**	**Central Christian Church, 250 SW Ivanhoe Blvd. Orlando, FL 32804**	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)	Geri 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 (Speaker 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	7th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Chery K.	
5PM	V	7th 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, YP – Young Persons'			**www.oacfi.org for most recent list**	