

NEW BEGINNINGS



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

April 2018: Inside This Issue

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Digital Newsletters available at www.oacfi.org
OACFI Facebook Page www.facebook.com/oacfi.org

CALENDAR EVENTS

April 1st ~ 8 am to midnight EST

Phone Marathon: 712-432-5200 Pin: 4285115#



Easter—Experiencing a Spiritual Awakening

For info or to volunteer 2018oamarathons@gmail.com

April 7th ~ 10 am – 3 pm

Workshop “Spirituality is the Key” oamiامي.org

Monroe County Public Library (between mile marker 82 & 83)
81830 Overseas Highway Islamorada, FL 33036

April 14th ~ 10:00 am

Central Florida Intergroup Meeting www.oacfi.org

1021 Palm Springs Dr., Altamonte Springs, FL 32701

April 20th–22nd www.oaregion8.org

SOAR 8 Business & Recovery Convention

“Spring into Action” in Mobile, Alabama

April 21st ~ 9 am – 12 pm

Workshop “Keepin’ It Green” www.oacfi.org

Returning After Relapse & Keeping Your Program Fresh

Asbury UMC, 220 Horatio Avenue, Maitland 32751

April 23rd–28th www.oa.org

World Service Business Conference 2018

“Growing Recovery Worldwide” in Albuquerque, NM

May 12th ~ 9:30 am -12:00 pm www.oaspacecoast.org

Workshop & Clothing Swap “Eating Out Abstainently”

Holy Name of Jesus Catholic Community Indialantic
3050 Highway A1a N, Indialantic, Florida 32903

May 12th ~ 10:00 am

Central Florida Intergroup Meeting www.oacfi.org

1021 Palm Springs Dr., Altamonte Springs, FL 32701



Everybody

“Everybody deserves the right to recover.” –OA member

Several weeks ago, I heard this affirmation from a speaker during an OA meeting. Based on the context, she meant every person deserves recovery. However, I took it as every ‘body’—every physical body deserves the right to recover. I went on to share at the meeting about my gratitude for and celebration of my physicality in recovery.

During my fourth year in recovery, I was gifted with a service trip to Brazil. My main hostess was the chair of their service board. She was very generous and kind, extending the hand and heart of OA to me. Unfortunately, she was unable to access lasting recovery and continued to “struggle with food”. Last weekend I learned that she died as a direct result of complications from this disease. She was unable to stay away from the foods that contributed to her death. It is a poignant reminder that this is a fatal disease; that no one is immune from the deadly consequences if we neglect the daily treatment embodied in the Twelve Steps.

On Thursday I attended a movement workshop. As I closed my eyes, moved my body and smiled, I once again thought about my physicality and the freedom I enjoy today. In addition to freedom from fat, working the Twelve Steps (even when it became painful), freed me from self-consciousness and shame. The Twelve Steps are the gift that keep on giving; through working the steps I continue to make amends to my body for all of the damage I did to it when I ate self-destructively. Today I celebrate that my body deserves the right to recover—every ‘body’ does!

—Atiya M.

Unlock the Gate

"If willingness is the key to unlock the gates of hell, it is action that opens those doors so that we may walk freely among the living"

—AA Big Book, 'My Chance to Live', pg. 317

Good morning. I'm Gerri, an abstinent compulsive eater, since 05/15/93, with a 100 lb. weight loss. I love when what I read makes me think, remembering where I came from. The funny thing about hell on earth is that I had abused food to deal with life for so long, I didn't even feel the heat! Some aspects were unacceptable, but food made it survivable. Today, I don't want to simply survive; I want to thrive, walk freely among the living.

I was willing to approach that gate, through taking the Steps of OA. The order they are in is magnificent, each making way for the next one. I cannot take just the first three and then jump to the last three; it just doesn't work that way. Sure, four through nine may seem hard, but looking back, they were certainly no worse than my living hell before program. And, as I did the Steps, all along the way, there were 'handrails' for me to grasp on my journey.

Those handrails are the Tools of Recovery. If you have been reading my writing for any length of time, you know that I seem to repeat myself. *"Repetition is the only form of permanence that nature can achieve"*, George Santayana, *For Today, July 22nd*. I repeated compulsive eating behaviors over and over, hoping for relief, but achieving only depression and morbid obesity. Now, repeated use of the tools keeps my hand on that handrail and me out of hell, allowing me to take the Steps with assurance that I'm not going to fall flat on my face, as I did with so many diets in the past. The key, however, is in the Steps.

And what a life I have today! We heard from the kids that our little grandson could arrive at any time. Wow!

I feel such awe and gratitude for life today. The passageway, when I first looked at it, seemed difficult, but I've been on the other side for a long time now. When I consider the pros, I know that the path was so worthwhile. I'm grateful I was willing to embark on this journey to freedom, and fearlessly took the actions necessary to get to the other side. For those just starting out, it's so totally worth it. I'm living proof of that!

—Love, Gerri
pick up the phone instead of the fork

A Window for Inner Love

Made a searching and fearless moral inventory of ourselves. —Step Four

It's time to put on the grown-up pants and step into the NFL arena when it comes to looking at the moral issues that arise in Step 4. Most of us are aware that this is coming and so for many, some anxiety has already built up about taking Step 4. Yes, the challenge is real, however, there is no need for fear. In Steps 1, 2 and 3, we don't need to confront another human being with all that is buried deeply in the roots of our character. Step 4 helps prepare us to become open to another human being (perhaps for the first time). Scary, yes, but totally worth it. Here's why.



Because we are all human beings, we each have an innate desire to connect to other human beings. Most of us don't see our weight or other manifestations of our addiction through the eyes of the people who know us best. Step 4 gives us a chance to think about how our actions might have affected

others; and it gives each of us a window into seeing ourselves more honestly. We each want to be accepted by others and by ourselves as well. Step 4 builds a foundation for this process to happen on a deep, intimate and honest level. We need not fear this process. Though there are publicized examples of disturbed people in society, most of us have compassion, sincere willingness to be helpful and a deep desire to feel and express love and gratitude toward others. Step 4 begins the journey of removing the veil that separates us from others. Our eyes become open to see the truth and accept the freedom that comes when the truth is embraced. Thank you HP!

—Tony B.

Obsession of the Mind

I was born and raised in the southern US and currently live smack in the middle of the state and make my home and my living in the hurricane corridor of the South. Many years have come and gone where we were not impacted by the storms but this past year we were.

Hurricane season here is late summer and early fall and it is particularly humid this time of year. Like most folks, I've grown accustomed to creature comforts like air conditioning. In the aftermath of Irma, many parts of our city were left without power for 7-10 days. Power was restored gradually around



our city and in patterns that made sense to the electric companies but sometimes not to the residents. It was not uncommon to have no electricity on one street while, one street over, power was restored.

With the power out for so long, all the food in our refrigerator spoiled and had to be discarded. We could not brew coffee in the mornings. There was no hot water for showers, just quick, tepid baths in the mornings. Our home was turned upside down. It was a chaotic time and our tempers and patience were taxed.

My husband and I had talked through the situation... we were on day 7 without power. We had made the decision to stay in our home and ride it out until power was restored as opposed to staying in a nearby hotel that had power. We had many reasons for staying put. There was the expense of the hotel and the fact that we have pets that needed our care and would not have been welcomed at a hotel. We both also had been called back to work and our home was close to both our workplaces. My husband and I had talked about this and we had an action plan. We were staying put.

One night toward the end of the period without power, I awoke to a twilight consciousness. The air was not moving and I was hot, sticky and sweaty. My mind was like a runaway locomotive. I felt a compulsion to get up, put on my clothes and leave my house, my husband and my dogs and go to a hotel so I could enjoy air conditioning and better sleep. I wanted to get the hell out of dodge. It was a compulsion so strong that I felt NOT getting up and going was not even a choice for me. I felt panicked and unable to be still with the feelings. I tried to forget that my husband and I had agreed that we were staying put. My mind was planning the lies I was going to tell him when he awoke the next day and I wasn't in bed. I couldn't come up with a plausible lie for leaving and this panicked me even more. My thoughts were random, chaotic and insane and they frightened me.

In that same moment, somewhere in my neighborhood, someone's generator began to hum and this snapped me out of the fixation I was experiencing. The simple shift brought me an awareness of the power of my mind, my disease and my compulsive personality. I began to see in a tiny way that I had a choice about the trajectories of my thought patterns—not just in this moment but every day. With the food, with the shopping, with the daily resentments that surface for me. I had a choice about letting the runaway locomotive of my mind drag the rest of my body down the railroad tracks to a painful destination OR I could ask HP to help me with my thoughts, my compulsions and my mind. In that strange twilight place of half-awake and half asleep, I saw with perfect and blinding clarity the powerful force of both sides of this coin—the hazardous nature of my compulsive thoughts and mind and the astounding surrender and restoration of sanity and balance when I turned to HP. I realized I had a choice about my thoughts thanks to OA and working the steps.

Eventually our power was restored, the fallen limbs and debris were picked up and cleared away and life became more "normal" for us and our neighbors. But that experience, of seeing with clarity that night just how powerful my obsessive mind can impact me—that was the true gift of the hurricane. It was a gift of sacred awe and hope.

—Susan H.

The Whole Shebang

Today is the beginning of day 15 of clean abstinence. It's a miracle. I feel differently about food. I didn't create this new feeling about food myself. It came from a power greater than me. I tried and tried to get abstinent, but for years I couldn't. I'd get an abstinent day or maybe just a meal and then I'd give it away with barely a thought. The time between my thought to eat something compulsively and my action to actually do it—had become mere seconds. I could not put any space between thought and action.

Today, it feels like God is working with me—not just with food but in other areas of my life. I feel like I'm having a spiritual and emotional growth spurt. It's not something I could will to happen because God knows I tried. I think it is happening as the result of actions I'm taking and with God's grace.

I must notice and remember this and say it out loud: "I cannot will myself to abstinence. Abstinence is the product of God's grace AND my actions—working the steps, preparing abstinent food, going to meetings, reading and writing, being of service to others and many other things. Today, I notice God's hand at work and I take time to feel grateful when I see it. I think this is helping me too.

—Anonymous

"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 OA 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.



Exuberance!

In the early days of OA in Central Florida the members of one group were so enthusiastic at finding a common solution to their seemingly insoluble problems with food and eating that they cheered, clapped and carried on so boisterously that they were asked to leave the community center where they had been meeting. They were not a glum lot!

These are different days—ones of podcasts, online and telephone meetings. However, face-to-meetings are still the greatest show on

earth. We take a good look at the first timer, knowing that if that person returns and takes the steps, he or she will never be the same again. We get the privilege to be eye witnesses to miracles.

What about your meetings? Is there enthusiasm? Are members working on their steps with sponsors, surrendering their food to their Higher Power, and giving service to the meeting? Is your group a glum lot? A little wild fire is better than no fire at all. Give some consideration of how to make your meeting so joyous that you are in danger of getting kicked out of your meeting space.

Here are some suggestions:

- Have everyone present say their name. They can pass after that if they want to but this one act can break isolation and encourage those shy persons present to get involved in sharing.
- Have sponsors qualify with length in program and weight change to give hope to those needing it.
- Invite someone you know in program who does not attend your meeting but who is working a strong program to be a speaker at your meeting. Speaker meetings are powerful!
- Designate someone to welcome newcomers but know it is everyone's job to reach out to newcomers.
- Make an effort to contact those who have stopped coming. Let them know that they are missed and that you care.
- Encourage group members who are working the program to become sponsors. Stepping up ceremonies with a plant or a book used to be a common practice. Can your group think of something to do like that?

Whatever your meeting decides to do by group conscience to put some more spirit into your gathering, support the effort wholeheartedly. You will get back more than you give!

—Jacqueline R., with thanks to Claudia

2018 Florida State Convention

We held the 28th annual FSC of OA in Tampa, FL over Unity Day weekend, February 23-25. The theme this year was “Together We Can ...Fully Rely on God (FROG).” It’s true--we can. We listened to stories of recovery and heard how this incredible program is helping others live a life beyond anything they might have anticipated. Their experience and strength gave each of us hope that we, too, can recover from the desire to eat compulsively.

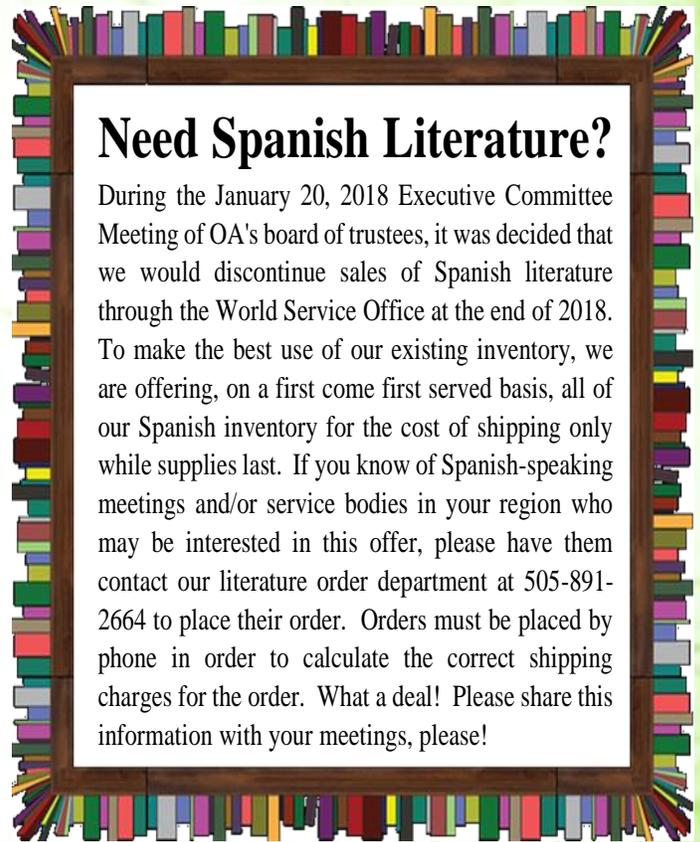
People traveled from as far away as Canada and Guatemala to attend. Unity Day is always celebrated with a special session and speaker. We finished with the Serenity Prayer in multiple languages: English, French, Dutch, and Spanish. Talk about diversity! The Florida State Convention is a money-making endeavor. All Intergroups that participate in the planning and committee responsibilities share the profits from the event. This year, each of the nine participating Intergroups earned \$800 to spend as they see fit to carry the message.

For 2019, the FSC will be held in Cocoa Beach, FL at the Hilton Oceanfront. The theme for next year is “Together We Can ... Believe, Achieve, Receive.” The Chair is Jacquelyn R. (Central Florida IG), Vice-Chair is Andi S. (Gold Coast IG), Secretary is Linda M. (Pinellas Traditions IG), and Treasurer is Barb C. (New Freedom IG). Everyone—even if your IG is not participating—is invited to provide service for this convention. You may join the planning committee which meets five times a year, or volunteer when you register to perform service at the convention itself. If you would like more information please contact any of the planning committee members (ask around, you’ll find one).

In the meantime, schedule February 22-24, 2019 on your calendar and put it in your Action Plan. Registration information will be coming out later. Don’t miss it.

For future planning: Region 8 will be hosting the World Service Recovery Convention at the Renaissance Hotel in Orlando, Florida—August 20-22, 2020. The Florida State Convention of OA will not be held in 2020 so that we can direct our attention to this convention, which is held every five years. We would like as many people from Region 8 to attend (and provide service) as possible.

—Barbara C.
Treasurer, FSC 2018 and 2019



Need Spanish Literature?

During the January 20, 2018 Executive Committee Meeting of OA's board of trustees, it was decided that we would discontinue sales of Spanish literature through the World Service Office at the end of 2018. To make the best use of our existing inventory, we are offering, on a first come first served basis, all of our Spanish inventory for the cost of shipping only while supplies last. If you know of Spanish-speaking meetings and/or service bodies in your region who may be interested in this offer, please have them contact our literature order department at 505-891-2664 to place their order. Orders must be placed by phone in order to calculate the correct shipping charges for the order. What a deal! Please share this information with your meetings, please!

CALLING ALL OA MEMBERS!

Region 8 is Hosting a Contest

Region 8 has been selected to host the next World Service Convention at the Renaissance Hotel in Orlando, Florida—August, 20-22, 2020.

To make this a winning event in our Region, a lot of planning is required and we will need many volunteers! This is a great opportunity to provide service.

One of our first tasks is to pick a theme for the event, so we are hosting a contest. Here’s how it will work:

- All submissions must be sent to R8Trustee@gmail.com before the deadline of June 15, 2018.
- The Region 8 Board will review all the submissions and pick three semi-finalists.
- The themes from the semi-finalists will then be submitted to the Board of Trustees for final approval of one theme.
- The winner will be announced Sept. 1, 2018 and receive the prize that has not yet been determined.

Good Luck!! We look forward to seeing your creativity. Our wide world of recovery is waiting! Thanks for your service!

—Linda H., Region 8 Trustee



The Florida Food & Nutrition Symposium

PIPO OUTREACH FACT SHEET

Participation of all OA members in Florida needed
July 14-16 at Renaissance Orlando at Sea World



Event The Florida Food & Nutrition Symposium (FANS) is an annual 4-day conference bringing together professional nutritionists, registered dietitians and educators from all over the state of Florida, offering continuing education credits and exhibits to learn about products and services to complement their practice. The OA outreach will maintain a table in the Exhibitors Hall to provide OA literature, information and meeting lists from all Florida intergroups. For details about the Symposium, visit www.eatrightflorida.org.

Venue It will take place at the Renaissance Orlando at Sea World, 6677 Sea Harbor Drive, Orlando FL. Discounted hotel rates are available; see contact below for information.

Dates/Times Exhibit Installation Dates
Saturday, July 14 start at 3:00 pm
Sunday, July 15 start at 9:00 am

Exhibit hours
Sunday, July 15 5:00pm – 7:30 pm
Monday, July 16 9:30 am – 12:30 pm

Exhibit Dismantle Date
Monday, July 16 must be vacated by 1:30 pm



Support Needed

| | |
|---------------------------|---|
| OA members from all areas | Form committee to organize and oversee details Bring announcement about event to your groups and intergroup Provide housing and transportation for out-of-towners Be present during exhibit hours Help set-up and dismantle OA table |
| Intergroups | Provide updated intergroup meeting lists for July Provide OA literature Provide share of funding for table display and promotional items Contribute to travel expenses to Orlando for volunteers |
| OA World Service | The Professional Tradeshows Committee has already granted \$886.36 toward this outreach for volunteer's meals, mileage, parking, professional folders, photocopies and exhibit table fee. The grant covers 100% of the exhibition fees but not all of the material and volunteers' costs. |

Tentative Deadlines

| | |
|----------------|---|
| On-going | Sign up individual members as volunteers and assign tasks |
| By end March | Form oversight committee |
| By end April | Communicate specific needs to intergroups |
| By end May | Receive commitments of support from intergroups |
| By end June | Order and receive all literature and promotional materials and table displays |
| Beginning July | Receive updated meeting lists from intergroups |

Contact Kit S. OAspacecoastPIPO@gmail.com

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. Include your name, phone number and home meeting.

Important Dates in 2018

July 14th-16th Outreach at the Food & Nutrition Symposium in Orlando at the Renaissance SeaWorld. Symposium organizers expect 550-650 nutrition professionals to be in attendance. For more information see page 6 and contact Kit S. to volunteer OAspacecoastPIPO@gmail.com.

September 28th-30th CFI's Annual Fall Retreat at Lake Yale

October 12th-14th SOAR 8 Business & Recovery Convention "Rocking the Promises" in Little Rock, Arkansas

CFI Literature Sales

To pre-order literature that you or your groups would like to purchase through CFI intergroup e-mail 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.

March Treasurer's Report

| Number | Day | Group | Contributions |
|----------------------------------|-------|---|--------------------|
| 48951 | Sun | 7 th Day Adventist Church | |
| 16681 | Mon | Gloria Dei Lutheran Church of Leesburg | 90.00 |
| 39211 | Mon | FI Hospital, Orange City | |
| 39535 | Mon | Central Christian Church 12pm | 10.00 |
| 45648 | Mon | Casa De Fe Y Bendición, Kissimmee | |
| 48859 | Mon | Grace Presbyterian, Winter Springs | 44.50 |
| 53479 | Mon | Holy Spirit-Voices of Recovery, Apopka | 30.00 |
| 56041 | Mon | Pimlico | |
| 38320 | Mon | St. Mark's Church, Palm Coast | 90.00 |
| 46213 | Tue | Asbury United Methodist Church | 138.00 |
| 50209 | Tue | Chatham Rec Ctr., The Villages | |
| 53032 | Tues | YMCA, Lecanto | |
| 54196 | Tue | Central Christian Church | 10.00 |
| 25110 | Wed | 1st UMC Ocala | 83.00 |
| 39536 | Wed | Central Christian Church | 10.00 |
| 48700 | Wed | Lady Lake UMC | |
| 52613 | Wed | FL Hospital Celebration Health, Kissimmee | |
| 53744 | Wed | House Next Door, Deland | |
| 54703 | Wed | Unity Spiritual Center | 61.78 |
| 15171 | Thurs | Flagler Beach Fire Department | |
| 18502 | Thurs | Church of the Messiah, Winter Garden | 25.00 |
| 38170 | Thurs | Asbury UMC | 51.00 |
| 52586 | Thurs | Wekiva Springs Presbyterian, Longwood | 60.00 |
| 52976 | Thurs | Grace Episcopal, Port Orange | |
| 54195 | Thurs | Central Christian Church | 5.00 |
| 54798 | Thurs | Dunnellon Library Group | |
| 00936 | Fri | Tuskawilla UMC, Casselberry | 50.00 |
| 20088 | Fri | St. Luke's UMC | 25.00 |
| 45611 | Fri | Lady Lake Library | 60.00 |
| 53167 | Fri | Central Christian Church | 9.00 |
| 54669 | Fri | Church of the Messiah | |
| 09016 | Sat | Central Florida Intergroup | 54.00 |
| 37491 | Sat | Cathedral Church St. Luke | 25.00 |
| 38611 | Sat | St. Richards Episcopal, Winter Park | |
| 39883 | Sat | Asbury Methodist Church | 97.50 |
| 46851 | Sat | Men's Meeting, St. Marks Presbyterian | 30.00 |
| 46887 | Sat | Ascension Church | 105.04 |
| 48952 | Sat | Union Congregational Church, Holly Hill | 35.00 |
| 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 | |
| Total Group Contributions | | | \$ 1,198.82 |

CENTRAL FLORIDA INTERGROUP

CFI Board Members

Chair: Rita S.
 Vice-Chair: Phyllis D.
 Treasurer: Lyne C.
 Secretary: Susan H.

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

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

Coming Intergroup Meetings
10 a.m. Saturday, April 14th & May 12th
 St. Mark's, 1021 Palm Springs Drive
 Altamonte Springs, FL 32701
 All OA Members are welcome to attend.

The OA Responsibility Pledge:
 "Always to extend the hand and heart of OA
 to all who share my compulsion;
 for this, I am responsible."

CENTRAL FLORIDA INTERGROUP MEETING DIRECORY

Meeting Changes and Additions in Bold

| Time | Type | Group # | Location | Contact | Phone |
|------------------|------|---------|--|------------|-------|
| MONDAY | | | | | |
| 10AM | | 54041 | Pimlico Recreation Center, 530 Belvedere Blvd, The Villages 32162 | Rosemarie | |
| NOON | SS | 39535 | Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804 | Robin C. | |
| 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) | Paul | |
| 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 | Bob T. | |
| 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 Road, 32819 (Room 102) | Jacqueline | |
| TUESDAY | | | | | |
| 10AM | | 50209 | Chatham Rec Ctr 7415 SE 172 Legacy Ln., The Villages 32159 (Open to Non-Residents) | Leslie | |
| 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 Avenue, Maitland 32751 (Room 16-17) | Kathy M. | |
| 7:30PM | SF | 53165 | 806 West Verona Street, Kissimmee 32714 (Spanish Speaking) | Marta | |
| WEDNESDAY | | | | | |
| 10AM | BB | 48700 | Lady Lake UMC, Corner of Hwy 27/441 & McClendon St., Lady Lake 34731 | Barb R. | |
| 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 | |
| 6PM | V | 54703 | Unity Spiritual Center, 509 County Road 468, Fruitland Park 34731 | Deborah H. | |
| 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) | Gerri B. | |
| THURSDAY | | | | | |
| NOON | L | 54195 | Central Christian Church, 250 SW Ivanhoe Blvd., Orlando 32804 | Mary L. | |
| 4PM | V | 54798 | Dunnellon Public Library, 20351 Robinson Rd. Dunnellon 34432 | Lisa B. | |
| 6PM | V | 38170 | Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 (Room 16-17) | 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 Presbyterian, 211 Wekiva Springs Lane, Longwood 32779 (Reformation Room) | Phyllis D. | |
| FRIDAY | | | | | |
| 9AM | V | 54490 | Shepherd of the Hills Lutheran Church, 13600 Caspian Lane, Clermont 34711 | Dee | |
| 10AM | V | 45611 | Lady Lake Library, 225 West Guava Street., Lady Lake 32159 | Nancy | |
| 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 (Office Conf. Rm in Bld. C) | Jacqueline | |
| SATURDAY | | | | | |
| 8AM | V | 46887 | Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108) | Gerri B. | |
| 8:30AM | N | 51130 | Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm) | Karen | |
| 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. | |
| 9:15AM | D | 51142 | 1614 Orange Avenue, St. Cloud 34769 (Intersection of Orange and 17 th) REBOS Clubhouse | Sandie | |
| 9:30AM | D | 39883 | Asbury UMC, 220 Horatio Avenue, Maitland 32751 (Room 16-17) | 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) | Leslie 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 | |
| SUNDAY | | | | | |
| 4:30PM | N | 51353 | 7 th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital) | Chery K. | |
| 5PM | V | 48951 | 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, L - Literature, SF - Special Focus www.oacfi.org for most recent list