

NEW BEGINNINGS



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

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



My OA Story

In 2006 I went to my very first Overeaters Anonymous Meeting. I had been invited by a friend, and after that meeting my response was, “That’s very nice... *for you.*” Then I went on with my unhealthy life.

In 2012 I was diagnosed with a type of liver failure called NASH (Non-Alcoholic Stedeo Hepatitis) and sent to a liver transplant specialist. He was the first doctor in my adult life that did not give me medication to cure my woes. I was clinically depressed and had a host of metabolic disorders and now my liver was failing with stage 3 of 4 cirrhosis of the liver. Of course, I had been told many times along the way that I needed to lose weight, but for the most part, I ignored that bit of information. Each ailment came with a new magic pill to cure my woes, and then eventually there came pills to counteract the side effects of all this medicinal magic.

My liver was failing. This doctor told me that there was no drug to fix this, but he gave me hope by saying that I still had the power to change my fate, *by changing my diet.*

I had a very close friend, who’d been attending Overeaters Anonymous with great results, but I had watched her weighing and measuring her food, and thought, “What a pain. I could *never* to do that.” I needed a bit more convincing. Time was ticking, but I still wanted to do more research. Fortunately, not too much more before I realized how powerless I had become.

(Continued on page 2...)

CALENDAR EVENTS

July 4th ~ 8 am to midnight EST

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



Independence Day—Abstinence Equals Independence

For info or to volunteer 2018oamarathons@gmail.com

July 14th ~ 10:00 am www.oacfi.org

Central Florida Intergroup Meeting

1021 Palm Springs Dr., Altamonte Springs, FL 32701

July 15th-16th ~ Professional Outreach Event

Food & Nutrition Symposium Orlando at SeaWorld

To volunteer contact OAspacecoastPIPO@gmail.com

August 11th ~ 10:00 am www.oacfi.org

Central Florida Intergroup Meeting

1021 Palm Springs Dr., Altamonte Springs, FL 32701

August 18th ~ 8 am to midnight EST

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



Sponsorship Day—This is a “WE” program not an “I”

For info or to volunteer 2018oamarathons@gmail.com

September 28th-30th www.oacfi.org (see page 5)

CFI’s Annual Fall Retreat at Lake Yale Retreat Center

#OA Strong: Connected, Committed, Courageous

October 12th-14th www.oaregion8.org

SOAR 8 Business & Recovery Convention

Rocking the Promises in Little Rock, Arkansas

(...Continued from page 1)

So, I decided to go to a gastric bypass surgery seminar, where I discovered that surgery would compromise my body's ability to absorb nutrients, and with a bum liver I was already there, so that didn't seem like such a good choice for me. I also learned that after surgery I would have to weigh and measure my food for the rest of my life, and each of those meals would be around 4oz. each. AND I knew for a fact that my girlfriend was eating way more than that!

Hello my name is Dawn. I am a compulsive overeater; and even in my choice enter recovery for food addiction and binge eating disorder the amount of food in a given meal was the determining factor. I guess in some ways I took Step One before I collected my white chip, but on October 12th 2012 I entered the fellowship and this new way of life with my best friend and *former binge buddy* beside me.

Since then I've released 120 pounds and lost that suitcase of medications I used to take three times a day. And I am very happy to say I still have my liver!

I love carrying the OA message and just the other day I was shopping and decided to try on a ring. I found myself marveling at the fact that a size 7 ring fits my finger these days. Size 7 is the norm—in the old days there was nothing about me that fit the norm. The sales woman asked me some questions, and it turned into a moment where I could share my story. She shared very openly with me about her struggles with food, and I with her; then I gave her one of our newsletters. This being her first-time hearing about OA, she may not choose to enter the rooms, but I had some lag time between my first and second meetings too.

— Dawn K.

The Problem

"If hunger is not the problem... then eating is not the solution."—VA Move

When many first come into the rooms of OA, we are searching for help. Unable to understand why we continue to struggle despite multiple diets, we are told we have a "disease". We balk and some of us refuse to admit we are weak. No one likes to give up control! Kicking and screaming some of us go defiantly away from the doors, only to come back ready to admit our powerlessness over food and asking for help.

It is through completion of the Fourth Step that we begin to realize that the truth of this program is not in the food. We find that it is in each individual and their relationships between themselves, others and their Higher Power.



Once we discover our character defects, we become aware of some of the reasons we compulsively overate, binged, restricted, purged or otherwise used food to deal with emotions and life. It is through continuing on through the Steps that we attain a new way of living, a "joyous, happy and free" life where food is not the center of the universe.

I know that I eat three healthy, nutritious meals a day with a snack that satisfy my hunger. If I'm late eating, I become "hungry". If I'm not late with a meal but "feel" hungry, then I know it's cravings. I diffuse these cravings by acknowledgement and acceptance of the cravings; then I make an active commitment to take actions other than eating. Most

importantly, I try to figure out what's going on around me or in my life that is causing me to be drawn to food. Picking up my tools verses the food, I always figure it out.

Food used to be my panacea... the end all to be all. Now, it keeps this body running so that I can enjoy living life physically, emotionally and spiritually. I am "lighter" than I ever would have thought possible through any weight loss program. Weight is no longer an issue. It's all about taking Steps to walk through life being "happy, joyous and free"!

—Peggy B.

Fitting In

“The speaker said, “If you are an apple, you can be the best apple you can be, but you can never be an orange. I was an apple, all right, and for the first time I understood that I had spent my life trying to be an orange. I looked around a room filled with apples and, if I was understanding the speaker, most the them were no longer trying to be oranges.” — The Big Book of Alcoholics Anonymous, Window of Opportunity, pg. 427



Wow, do I ever relate to this. When I was morbidly obese, I worked as a corporate sales manager for a small hotel in Orlando. My two peers were fashionable, delicate little things, and dressed like they were posing for magazines. I tried so hard to emulate them, but back then, there were very few plus size stores, and most of the dresses were black, navy or looked like picnic tablecloths. I'd pair my somber frock with a gay scarf or costume jewelry, but I was still obese and they looked like models.

When I arrived in OA, I saw all kinds of people, but none seemed too preoccupied in what they wore. At my first convention, there was a 'boutique', where members brought in things that no longer fit so people like me who were on their way down in weight had a nice selection of used things to buy for a dollar or two!

The bottom line feeling here is that I never felt like I fit in at that job, but I sure fit in here! People were comfortable in their own skin, no matter their size. You see, even on successful pre-OA diets, I still felt like an imposter, who didn't belong. I never thought I'd say I'm a grateful compulsive eater, but that's my truth. Thank you for making me feel so welcome all these twenty-five years.

“Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.” That is the OA pledge. I reach out to newcomers, to members who are struggling, and try to make myself available to those who reach out to me. I sponsor. Sometimes we're not a good fit and go back to our previous relationship of mutual support. But bottom line, you can't beat the love and acceptance here in OA.

My husband and I live full time in a Recreational Vehicle, so I have the opportunity to visit many face-to-face meetings. Quite often, I'm made to feel very welcome. There have been times where after the meeting, members broke off into their comfortable little circles and I was left looking at backs. Not good. I made a point of not returning to those meetings. I wonder how many newcomers were turned off by such behaviors?

Facebook Group Meetings

Find these registered Non-Real-Time meetings search:

[The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#)

[OA \(Overeaters Anonymous\) 100-Pounders Meeting #99033](#)

[Overeaters Anonymous Heart to Heart Meeting](#)

[Overeaters Anonymous Australia Meeting](#)

And then request to join, and you are on your way!

On the non-real-time meetings, it's a little more challenging. When a newcomer posts confusion and questions, I try to reach out with a private message, rather than too much commenting, which can be cross talk and advice giving. We're finding our way on how to make new folks feel welcome while honoring the group conscience.

I'm a compulsive overeater, which means I must often say, "no thanks" when offered food that isn't mine. I don't get into big explanations anymore, because people don't get it, nor do they care. I cannot participate in anyone's 'love on a plate' and try to express my love and appreciation to the giver in other ways than eating their food. I'm happy to be an apple and no longer try to be an orange.

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

Spirituality

*“Humbly asked Him to remove our shortcomings.”
—Step Seven*

The key word in this Step is “humbly.” We are not asking for this strength to come solely from ourselves. In fact, we’ve already admitted through Steps One, Two and Three that we’ve been beaten by our food addiction and need our Higher Power in order to find a new way of life in abstinence. We need help to steadily transform our character and live a life that is happy, joyous, and free. Knowing this fact gives us hope, and learning humility is a spiritual practice which serves us well. It is a strong concept which gives new life to those who practice it. The spiritual realm opens a new world within, giving us the strength we need to form healthy new habits. Our diligence and trust in our Higher Power brings us through Step Seven.

—Tony B.

Step Seven:
Humbly asked Him to remove
our shortcomings.

Tradition Seven:
Every OA group ought to be
fully self-supporting,
declining outside
contributions.

Non-Commercial

*“Every OA group ought to be fully self-supporting,
declining outside contributions.”—Tradition Seven*

If the cause is worthwhile, the goodness of humanity will provide the need. We should have faith in this principle. It is only the desire to stop eating compulsively that holds each group together, and Overeaters Anonymous is therefore not advertised, sold, or marketed. The members support the needs of the group to allow it to continue to exist. It is because of this noble service that OA Groups cannot be destroyed by being commercialized. The spirit of recovery is strong in order to support the suffering addict; thus, recovery is possible.

—Tony B.

Non-Scale Benefit

I’ve been a member of Overeater’s Anonymous since 1986. I came for the vanity but stayed for the sanity. When I started the program, meetings were regularly attended by twenty to thirty people, the room was set up classroom style, and only members with at least one month of abstinence were allowed to share. I got a sponsor, went on the food plan in use at the time and lost weight.

The Steps were not as emphasized back then as they are now, but I did make a start on them. Joining the program and doing the work I did made a dramatic change in my life. At that time, I was a single mom of a 16-year-old boy and communicating with him before program had been a challenge. As I learned more about myself and began turning to a Power Greater than myself, I discovered help in all areas of life. I was able to use the principles behind the steps to better relate to my Higher Power. Now I have an 11-year-old granddaughter and I am able to be there for her also.

The program has changed through the years. Face-to-face meetings are smaller but there are many more of them in the Central Florida area.

Also, the internet and phone meetings are spreading the message in ways unimaginable in 1986. I really like that we now sit in a circle and are less rigid about food plans these days. The *Dignity of Choice* pamphlet gives us the freedom we need to find our own way with our individual food plans. We are mindful in following Tradition Three about only needing a *desire* to stop eating compulsively, and Tradition Seven which keeps our focus on OA and the Twelve Steps.

—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 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.

OA Central Florida Intergroup
FALL RETREAT

#OA STRONG:

Connected, Committed, Courageous

Speakers, Workshops, Meetings, Meditation, Rest, Relaxation,
Boutique, Baskets, Fundraisers, Fellowship & Fun!

 **OA STRONG:**
Connected, Committed, Courageous

Friday, September 28th

- 2:00 p.m. Registration Opens
- 4:00 p.m. OA Meeting
- 5:30 p.m. Supper Time
- 7:00 p.m. Opening Ceremony

Saturday, September 29th

- 8:45 a.m. Workshops Begin
- 7:00 p.m. Celebrating #OA Strong!

Sunday, September 30th

- 9:00 a.m. Closing Ceremony

Workshops

The Steps, Traditions and the Tools of Recovery; OA literature and The Big Book, as well as healthy practices to keep your program strong.

Meal Information

Five meals provided, Friday night through Sunday breakfast—**lunch is not included on Sunday.** Come join us at CFI's 2018 Fall Retreat!

SCHOLARSHIPS AVAILABLE

Questions: oaclfalfallretreat@aol.com



September 28th-30th 2018
LAKE YALE RETREAT CENTER
39034 County Rd. 452, Leesburg, FL 34788

Online Registration Link

<https://oaclfalfallretreat.eventbrite.com>

Early Bird Registration Fees

Postmarked by 8-27-2018*

- Double room (2 people per room \$165 each)
- I would like a single room (\$215)

Late Registration Fees

Postmarked AFTER 8-28-2018*

- Double room (2 people per room \$185 each)
- I would like a single room (\$235)

Room Details

***NO REFUNDS AFTER 9-21-2018**

- I will room with _____
- I need a first-floor room (limited availability)
- I am looking for a roommate
- I need a scholarship

Service Opportunities

- I am willing to speak or lead a workshop
- I am willing to chair a committee
- I will donate a basket
- I will work in the boutique
- I will do service of any kind

Badge Name: _____

Address: _____

Phone: _____

Email: _____

Send this form with check or money order to:
Fall Retreat, Central Florida Intergroup
P.O. Box 180293, Casselberry, FL 32707



Permanent Recovery

“Continued to take personal inventory...”—Step Ten

October is my favorite month for many reasons including that it is fall and it is the time of year my partner and I celebrate falling in love. It is also when I began working with my sponsor. She and I have been together for ten years now. I recently realized that if I were not calling her daily, I likely would have been less inclined to make my spiritual practices a daily habit. With the exception of the 2-3 times that I have forgotten due to a change in routine, I have called her every day for ten years. I call her on weekdays and weekends, on holidays and when I travel. Calling her enables me to work the steps and it is a form of surrender. I am deeply grateful for my sponsor and the longevity of our relationship. Yet, I am also very clear that our relationship works because we both continue to be abstinent and work the steps.

I need people in my life who demonstrate how they get through life abstinely—through the ups and the downs, the ebbs and the flows. I have years of experience using food as my solution. I don't need that anymore. We all know how to eat compulsively. As a friend shared this week, when I am in a challenging place I need to hear from other people how they get through their difficulties using the Steps. This is the experience that I value the most, from which I gain hope and strength. Yes, OA is for everyone and anyone who wants to stop eating compulsively. Yet recovery comes to those who put down the food, keep it down and continue working the Steps—no matter what! Thank you to all who show me that through repetition, permanent recovery is possible.

—Atiya M.



Lifeline subscribers find and maintain their abstinence. Squeeze more service from your online writing by emailing your story to info@oa.org with subject “Lifeline” and enjoy a complimentary copy of *Lifeline* when your story is published.

Did you recently share a small gem of recovery wisdom or a carefully crafted story of experience, strength, and hope? That same story can help thousands of



Chairperson: Janet T.
Vice-Chair: Cynthia M.
Program Chair: Gloria L.
Registration: Dara S.
Boutique: Cheryl S.
Fundraising: Jan B.
Entertainment: Jaimilee
Decorations: Phyllis D.
Greeters:
Literature: Nicole
Clean Up: Jacqueline R.



Join the retreat crew and sign-up for service TODAY!

We need people willing to work on the committees as well people willing to chair, please contact:

oacfi@fallretreat@aol.com



Read all the world service news in the Third Quarter issue of *A Step Ahead*, is now available to download and share in the [interactive digital edition](#) or in [printer-friendly black and white](#).



Read the latest about ‘Becoming a Region’ in the Third Quarter issue of *OA Virtual News*, now available to download and share in the [interactive digital edition](#) or go to www.oavirtualservices.org



Available in LARGE PRINT!

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition is now available in large print **solely through Amazon**. Find it at www.amzn.to/2MiqxWS and be sure to click the “Paperback \$17.84” option when you purchase.

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.

Open Service Positions

The ‘Next Gen Committee’ needs a chair—formerly named ‘Young Persons’ this committee addresses the future needs of the fellowship and the young among us.

Positions up for election: Vice-Chair, Secretary, World Service Delegate #2, Region Reps #2 & #4, Contact List Administrator, and Web Master. Nominations open in October. For more information about positions and responsibilities go to CFI’s [Policies & Procedures Manual](#) or contact an Intergroup Member.

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.

June Treasurer’s Report

Number	Day	Group	Contributions
48951	Sun	7th Day Adventist Church	92.00
16681	Mon	Gloria Dei Lutheran Church of Leesburg	
39211	Mon	FI Hospital, Orange City	60.00
39535	Mon	Central Christian Church 12pm	20.00
45648	Mon	Casa De Fe Y Bendición, Kissimmee	
48859	Mon	Grace Presbyterian, Winter Springs	82.00
53479	Mon	Holy Spirit-Voices of Recovery, Apopka	48.00
56041	Mon	Pimlico	
38320	Mon	St. Mark’s Church, Palm Coast	
46213	Tue	Asbury United Methodist Church	100.00
50209	Tue	Chatham Rec Ctr., The Villages	60.00
53032	Tues	YMCA, Lecanto	
54196	Tue	Central Christian Church	20.00
25110	Wed	1st UMC Ocala	
39536	Wed	Central Christian Church	20.00
48700	Wed	Lady Lake UMC	40.00
52613	Wed	FL Hospital Celebration Health, Kissimmee	45.00
53744	Wed	House Next Door, Deland	47.50
54703	Wed	Unity Spiritual Center	
18502	Thurs	Church of the Messiah, Winter Garden	25.00
38170	Thurs	Asbury UMC	
52586	Thurs	Wekiva Springs Presbyterian, Longwood	
52976	Thurs	Grace Episcopal, Port Orange	
54195	Thurs	Central Christian Church	53.98
54798	Thurs	Dunnellon Library Group	
00936	Fri	Tuskawilla UMC, Casselberry	59.00
20088	Fri	St. Luke’s UMC	25.00
45611	Fri	Lady Lake Library	48.00
53167	Fri	Central Christian Church	
54490	Fri	Cooper Memorial Library, Clermont	
54669	Fri	Church of the Messiah	
09016	Sat	Central Florida Intergroup	65.16
37491	Sat	Cathedral Church St. Luke	25.00
38611	Sat	St. Richards Episcopal, Winter Park	100.00
39883	Sat	Asbury Methodist Church	120.00
46851	Sat	Men’s Meeting, St. Marks Presbyterian	
46887	Sat	Ascension Church	149.00
48952	Sat	Union Congregational Church, Holly Hill	80.00
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			\$ 1,384.64

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](http://oacfi.org/bylaws)
 Policies and Procedures: [oacfi p & p](http://oacfi.org/p&p)

Coming Intergroup Meetings
10 a.m. Saturday, July 14th & Aug. 11th
 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 11)	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)	Gerl 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 11)	Betty	
6PM	L	56259	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer	
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 Ln, 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)	Gerl B.	
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	Karen	
8:30AM	D	51142	1614 Orange Avenue, St. Cloud 34769 (Intersection of Orange and 17 th) REBOS Clubhouse	Sandie	
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 UMC, 220 Horatio Avenue, 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)	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