NEW BEGINNINGS

OVEREATERS ANONYMOUS® Central Florida Intergroup

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

September 2018: Inside This Issue

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

CALENDAR EVENTS

September 3rd ~ 8 am to midnight EST
Labor Day—We Cannot Rest on Our Laurels

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

September 8th ~ 9:30 am-12pm www.oaspacecoast.org
Workshop "Steps 4-7" Holy Name of Jesus Community
3050 Highway A1a N, Indialantic, Florida 32903

September 10th ~ 8 am to midnight EST
Rosh Hashanah—Beginning Spiritual Awakening

September 19th ~ 8 am to midnight EST
Yom Kippur—Making Amends

September 28th–30th www.oacfi.org *(see pages 4-5)*
CFI's Annual Fall Retreat at Lake Yale Retreat Center
#OA Strong: Connected, Committed, Courageous

October 12th–14th SOAR 8 www.oaregion8.org
Rocking the Promises in Little Rock, Arkansas

October 13th ~ 10:00 am www.oacfi.org
Central Florida Intergroup Meeting

November 3rd ~ 7:30 am www.oacfi.org
Heart Walk (OA PI/PO Outreach) at UCF

December 7th–9th www.oanfig.org
New Freedom Intergroup's Winter Convention
Big Book Weekend in Jekyll Island, GA

Feb 22nd–24th 2019 fscregister2017@gmail.com
29th Annual Florida State Convention, Cocoa Beach, FL
Together We Can… Believe, Achieve, Receive!

Phone Marathons: 712-432-5200 Pin: 4285115#
For info or to volunteer 2018oamarathons@gmail.com

CFI's Annual Fall Retreat

September 28th–30th

The Fall Retreat, #OA Strong, Connected, Committed, Courageous is only weeks away! Be sure to register for the retreat by September 13th as we cannot guarantee space.

Scholarship Donations. To donate a scholarship (partial or full), go to https://oacfifallretreat.eventbrite.com, click on 'tickets' and then select 'donation'. If you would prefer to mail a check instead, send to OACFI Fall Retreat, PO Box 180293, Casselberry, FL 32707.

Basket Donations. If your group is planning to contribute a basket to the retreat, now is the time! Baskets from groups and individuals should be sent to the retreat with someone from your group who is going to the retreat.

Boutique Donations. The CFI Boutique will once again be successful with the help of all of your donations of gently used clothing, accessories and goods. Bring items to your meeting to give to a designated 'boutique gatherer' or even better, bring it with you when you come! When you register for the retreat you can volunteer for an hour or two! The Boutique will be closed during meetings and meals, so all can attend. Many hands are needed Friday afternoon to sort clothing and Sunday to pack up. Please be willing to carry a bag of unsold items to donate to charity on your way home. Thank you!

Email oacfifallretreat@aol.com to volunteer, and for more program information and flyer details see pages 5 and 6.

—CFI Fall Retreat Committee

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 to need do is send an email to newbeginnings-subscribe@oacfi.org

Prudent Action

"Made direct amends to such people wherever possible, except when to do so would injure them or others."—Step Nine

About a week ago, I received an email from someone asking for guidance on making an amend. I read through the email, then paused. When I finally responded, I shared that Step Nine, unlike Step Ten, does not contain the word "promptly." I wrote about a recent experience I had with making an amend. During meditation about two weeks ago I became clear that it was time to make direct amends to a roommate I lived with about 20 years ago, for behavior I engaged in at that time. I followed my intuitive guidance and have arranged a meeting with my former roommate for this Monday.

Making Step Nine amends have brought me more freedom and peace than I ever imagined possible. In fact, I was so afraid before the first one that I bit my tongue while finishing dinner before making the call. Once I started making amends, my feelings and beliefs about myself and other people changed. And in time, as I continued to work the steps, I experienced all of the promises of Step Nine that are described on pages 83 and 84 of the A.A. Big Book.

Due to the changes I experienced, it would be tempting to use this step to take premature action to feel better. However, that is not the nature of this step. In my experience, if I act rashly, there is a greater likelihood I will cause harm. Restraint of tongue and pen comes to mind.

I am grateful for the opportunity to make a Ninth Step amend on Monday and grateful for the knowledge that it was not time to make this amend before now. This ability to act prudently is a gift of practicing spiritual principles daily.

—Atiya M.

Step Nine:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine:

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The Heart Behind Forgiveness

"Made direct amends to such people wherever possible, except when to do so would injure them or others."—Step Nine

Some who know me personally are aware of the broken and harsh relationship I have with my father. Yes, he loves me. I am aware of that fact and know it's true. Nevertheless, there were some strong mistakes which happened as I was growing up that left permanent scars in our relationship. This is not to say in any manner that I was an easy child to raise. However, today when I look at my Dad, I talk to him: man-to-man, father to father, a married man to another married man. I look at the scars from my childhood as my personal testimony, although I know it's not all my fault. I consider it a cross which I have to carry. I no longer try to make amends to my Dad as a son to his father.

This is a strong lesson to share. There will be people in our lives we will never be able to make complete amends to, and that is okay. If we consider Step Nine along the lines of our Higher Power's will for our lives, we will experience comfort, grace, mercy and unconditional love. This will create a foundation from which to grow. We aren't always able to make everything perfect.

We must learn how to love and forgive ourselves first. This is the heart behind the Twelve Steps. When we do this, we can grow and reach out and truly love others. We can develop strong, solid relationships with our loved ones, friends and family, and this is one of the amazing gifts of our program.

—Tony B.

Abstinence Breathes

"OA, as such, ought never be organized;
but we may create service boards or committees directly responsible to those they serve."— Tradition Nine

It's good to do service work in the program. This is the way we learn how OA is governed. As we grow in discipline we may discover deeper spiritual areas of our recovery. Working within the structure of our fellowship, we can learn to be organized, to manage money, to deal with public relations within the community, and to serve on a central committee to oversee the local groups. This is healthy and beneficial for everyone involved when we work together for the common good. Sometimes people don't understand how an organization can possibly be governed, and yet have no actual "government." Our fellowship endures because we want it to be there for the future compulsive eater. We are grateful for our recovery and the support we have been freely given, and have found that we truly must give it away in order to keep it. Because of this our message continues to grow. And as long as there are people who continue to serve the program of Overeaters Anonymous, it is alive and breathes recovery for members who will walk through the doors one day.

—Tony B.

Responsibility

"...I am responsible."—The OA Responsibility Pledge

My day started early. I awakened before 5 a.m., having slept a solid eight hours. After morning meditation, I went to work out and go to the farmer's market, returned home to shower and eat breakfast, then was out the door again for my OA meeting (which I led), then to another program meeting. After my meetings, I went to the grocery store, then to my apartment (in Raleigh) to have lunch. After lunch I went to a second grocery store, then headed to my home (in Durham). After unloading all of my groceries, I spent about forty-five minutes with my partner as we decided which movie to see tonight, and I still had this writing to do. As I sat down for my evening meditation, the above phrase came to me. *"...I am responsible."* There are times when this phrase comes across as a burden, and times when I say it as a positive affirmation of a developed trait.

The OA Responsibility Pledge:

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

In these rooms, I learned that I am responsible for myself, after a lifetime of expecting other people to take care of me—and feeling self-pity and resentment when they didn't do it, or didn't do it "right". I learned how to show up for myself and for my life. Today I celebrate that *I am responsible* as well as dependable in my very human way.

Today was a full day and there is more to come as we head out for the movies and dinner. I am grateful that I am present for all! Thank you for letting me share!

—Atiya M.

My Story

"Only much later, when I started listening to other people and what happened to them and when and how, did I realize what those things were in my past also."
—Big Book of Alcoholics Anonymous, fourth edition, 'A Drunk Like You', p. 398

I remember how surprised I felt when I heard 'my story' in the rooms of OA. I listened from the very beginning, intrigued by the parallels to what I'd done, and what was in store for me if I didn't change those ways. I listened to the newcomers like me, stringing days together and lamenting the loss of our good friend, food. I listened to those who were returning from relapse and the pain they'd endured. All were my teachers—some sharing what works while others what I should steer away from.

But I heard my story! Never before had anyone shared what I was thinking, feeling and especially, doing with food. That was my secret life—suddenly light shined on it and I didn't have to hide anymore. That was such a relief.

In the early days, I whined and cried a lot in meetings, but I heard that I should take my mess to my sponsor and my message to the meeting. I could share life's ups and downs, but more importantly, what I did to get through them without using food. That made sense and I've been sharing that way ever since.

I'm so transparent now and don't need to hide or feel ashamed. The Steps offer such an amazing, transformative process, which has totally changed my life. Perhaps someone will be able to read my share today and feel a connection too. I write for me but if it helps someone else too—well, all the better, eh?

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

My Food, My Abstinence

I'm fortunate that most days I don't romance the thoughts of non-abstinent food. That's a gift of abstinence I didn't have when I was in relapse; however, in abstinence, gratefully, those nagging, compulsive thoughts are rare. But here's what still happens to me—even in abstinence. I find myself thinking about extra abstinent food; and this happens often especially if I eat something like soup or stew that contains both vegetables and protein and cannot be weighed or measured in my routine way. Here's what my mind says: "Did I really get 3oz. of protein? Was that a full two cups of vegetables? Maybe not. Maybe I need something more. And since I don't know how much more, what's the point in weighing or measuring the supplement?" And…we're off!

So, what's the solution since I'm probably not giving up eating soup, stew or other mixtures of abstinent food that make weighing and measuring a challenge? Here are a couple thoughts:

If I weigh and measure the protein, vegetables and carbs that go into the pot and they are in the proportions I eat those things, then I know how many portions I should get from the pot and I can divide it up ahead of time and I'm done. Another way is to simply commit, with my sponsor's agreement, to eating say three cups of soup or stew. The key is the commitment to a measurable amount—the commitment to myself AND to my sponsor. For me, the exact quantity is less important (within reason, of course!) than the commitment I make to it. For me, there must be a crystal-clear clarity about the abstinent portion size. If I eat that portion size, I'm abstinent. If I don't, I'm not. It's that simple. I can't have wiggle room because when I do, I lose my serenity. My mind begins to think of ways to justify eating more. I'm a compulsive OVEReater. It's what I do!

Since I know this about myself, I plan for it by thinking through portion size every time I eat something that isn't straight forward to weigh and measure. It's an action step that is part of my committing to abstinence every day.

—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 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.

OA Central Florida Intergroup

FALL RETREAT

#OA STRONG:

Connected, Committed, Courageous

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

September 28th-30th 2018

LAKE YALE RETREAT CENTER

39034 County Rd. 452, Leesburg, FL 34788

#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: oacfifallretreat@aol.com

OVEREATERS ANONYMOUS®
Central Florida Intergroup

Online Registration Link

* NO ADDITIONAL COST for Online Registration

https://oacfifallretreat.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

The 2018 Central Florida Intergroup
Fall Retreat at Lake Yale

#OA Strong: Connected, Committed, Courageous

What is #OA Strong?

#OA Strong is a selfless strength. It doesn't mean we are strong for ourselves or to protect ourselves from pain. Paradoxically, it is weakness, not strength, that binds us; our strength comes from a Higher Power. Being #OA Strong means doing the next right thing that Higher Power would have us do so we can fulfill OA's primary purpose of helping the compulsive eater who still suffers. We stay #OA Strong because we know there are others out there who need our help!

Being #OA Strong works on two different levels: first, on a personal level. We need a way to stay #OA Strong to maintain our personal abstinence so we can carry the message of recovery through the 12 Steps of OA to the compulsive eater who still suffers.

Second, #OA Strong works on a community and world-wide level. I do what I must to keep #OA Strong so it will be there for all those to come who may need us. I stay connected to OA World Service and/or support the efforts of other OA'ers to do so.

How do We stay #OA Strong?

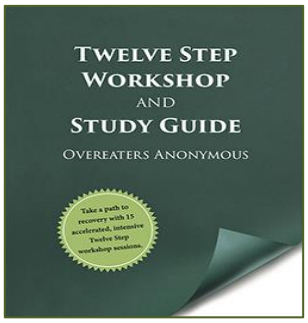
We stay #OA Strong personally and as a community by staying: **Connected, Committed and Courageous.**

Connected: Our disease is a disease of isolation; we were never meant to face this disease alone. Together we get better. We stay connected to our fellows, our sponsors, our Higher Power.

Committed: We must be willing to go to any lengths for recovery. Half measures availed us nothing. We must thoroughly follow the path. We work the Steps, use the tools, follow the Traditions, live by the Concepts of OA service.

Courageous: The principle of the 4th Step is courage. We show courage when we make a searching and fearless moral inventory, make amends to those we have harmed and become entirely ready to have God remove our defects of character.

This Year's Fall Retreat Program: 2 Tracks



One track will be a Study of the Twelve Steps of Overeaters Anonymous using the *OA Twelve Step Workbook and Study Guide* (spiral bound). It will be helpful—but not essential—for those attending the Twelve Step track to have the Workshop and Study Guide and bring an *AA Big Book* and *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Copies of Handouts referenced in the Workshop and Study Guide will be provided to attendees.

The other track will be a series of workshops utilizing this year's theme: "#OA Strong: Connected, Committed, Courageous". For example, one workshop will highlight how one OA recovered from relapse by getting and staying connected, and being committed and courageous. Other topics will include what makes an #OA Strong program and the many ways we stay connected personally, spiritually, digitally, etc.

—Gloria L.

OA STRONG

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

Join the retreat crew and sign-up for service TODAY!
All CFI Fall Retreat Committees currently have leaders but more help always is needed and greatly appreciated. To sign-up contact the person above or email:

oacfifallretreat@aol.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.

Open Service Positions

Positions to be filled *immediately*: CFI Treasurer and the 'Next Gen Committee' Chair—formerly named 'Young Persons' this committee addresses the future needs of the fellowship and the young among us.

Positions for fall elections: Nominations open in October for Vice-Chair, Secretary, Treasurer, World Service Delegate #2, Region Reps #2 & #4. For more information about these 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.

CENTRAL FLORIDA INTERGROUP

CFI Board Members

Chair:	Rita S.
Vice-Chair:	Phyllis D.
Treasurer:	
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, Sept. 8th & Oct. 10th
St. Mark's, 1021 Palm Springs Drive
Altamonte Springs, FL 32701
All OA Members are welcome to attend.

Treasurer's Report …?

Number	Day	Group	Contributions

Central Florida Intergroup does not currently have a treasurer. There will be no report until the position has been filled. If you would like to do service as treasurer, please contact a CFI Board Member.

Total Group Contributions	**$?.??**

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	**L**	**56481**	**Coronado Hospitality House, 200 S. Peninsula Ave., New Smyrna Beach 32169**	**Peggy B.**	
5:45PM	V	54471	UCF Research Pavilion Bldg., 12424 Research Pkwy, Orlando 32826 (Room 135)	Jacqui	
6:30PM	D	53479	Holy Spirit Episcopal, 601 S. Highland Avenue, Apopka 32703	Laura F.	
6:30PM	V	39211	The House Next Door, 804 N. Woodland Blvd., DeLand, FL 32724 (Location Changed)	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)	Geri 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.	
5PM	L	56259	YMCA, 4127 West Norvell Bryant Highway, Lecanto 34461	Jennifer	
6PM	V	38170	Asbury United Methodist, 220 Horatio Avenue, Maitland 32751 **(Room 11)**	Betty	
6PM	SS	52976	Grace Episcopal, 4110 Ridgewood Avenue, Port Orange 32127 (St John's Room)	Tom H.	
7PM	BB	18502	Church of the Messiah, 241 N. Main Street, Winter Garden 34787	Jacqueline	
7PM	BB	52586	Wekiva Springs Pres., 211 Wekiva Springs Lane, Longwood 32779 (2nd floor, 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 **(Bldg. B Room 202 - 2nd floor)**	Jacqueline	
			SATURDAY		
8AM	V	46887	Ascension Church, 4950 Apopka Vineland Road, Orlando 32819 (Room 108)	Geri B.	
8:30AM	N	51130	Hibiscus Village Rec Ctr., 1740 Bailey Trail, The Villages 32162 (Jasmin Card Rm)	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.	
9:30AM	D	39883	Asbury UMC, 220 Horatio Avenue, Maitland 32751 **(Room 11)**	Gloria	
9:30AM	D	51142	1614 Orange Avenue, St. Cloud 34769 (Intersection of Orange and 17th) REBOS Clubhouse	Sandie	
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	7th Day Adventist Church 2800 N Orange Avenue, Orlando 32804 (Across from FL Hospital)	Chery K.	
5PM	V	48951	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, L - Literature, SF - Special Focus **www.oacfi.org for most recent list**