

**Sunday / Domingo**

<b>9:00AM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,NS)</b>
<b>10:30AM</b>	<b>A Life of its Own</b> , orlando, FL <b>(JFT,LGBTQ+,VM,SPAD)</b> <a href="https://us02web.zoom.us/j/644654871?pwd=V3NlOWdkdGNPQ3lVenygYDA0WkdQZz09">https://us02web.zoom.us/j/644654871?pwd=V3NlOWdkdGNPQ3lVenygYDA0WkdQZz09</a>
<b>11:00AM</b>	<b>The Breakfast Club</b> , Christian Service Center, 808 west central blvd, Orlando, FL, 32805 <b>(O,WC,NS,SD,SPK)</b> <i>ANNIV Last Sun</i>
<b>NOON</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>NOON</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,VAR,WC,NS)</b>
<b>6:00PM</b>	<b>Living The Dream</b> , Recovery Center, 7912 Forest City Rd, Orlando, FL, 32810 <b>(O)</b>
<b>6:00PM</b>	<b>Recovery At Work (R.A.W. of Orlando)</b> , Real Life Christian Church, 2569 E Kaley Ave., Orlando, FL, 32806 <b>(O,BT,WC,L)</b>
<b>6:30PM</b>	<b>Sunday Skool</b> , First Alliance Church, 3800 Lake Underhill Rd, orlando, FL, 32803 <b>(O,CAN,CW,D,VAR,STP,WC,NS,SPK)</b>
<b>7:00PM</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>7:00PM</b>	<b>By Young Addicts for Young Addicts</b> , Redeemer Lutheran Church, 3377 Aloma Avenue, Winter Park, FL, 32792 <b>(O)</b> <i>last friday of month speaker</i>
<b>7:00PM</b>	<b>Miracles of Faith</b> , The Vine Church, 1003 S John Young Pkwy, Kissimmee, FL, 34741 <b>(O,D,WC,NS,SPK)</b>
<b>7:00PM</b>	<b>Quarantined Florida</b> , Orlando, FL <b>(O,D,GL,JFT,ENG,VM)</b> <a href="https://zoom.us/s/588527778">https://zoom.us/s/588527778</a>
<b>7:30PM</b>	<b>Just For Today</b> , First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 <b>(O,BEG,NS)</b>
<b>8:00PM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,NS)</b> <i>2nd/Last ANV Celebr</i>

**Monday / Lunes**

<b>NOON</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>NOON</b>	<b>New Beginner's</b> , Dr.Velma H. Williams Westside Community Center, 919 Persimmon Ave, Sanford, FL, 32771 <b>(O,LIT,SPK)</b>
<b>NOON</b>	<b>Soul Food at Noon</b> , Holden Heights Community Center, 1202 20th st, Orlando, FL, 32805 <b>(O,D,WC,NS,SPK)</b>
<b>NOON</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,NS)</b>
<b>7:00PM</b>	<b>(Español) Un Nuevo Comienzo</b> , We are meeting Virtual (Zoom) at this time., FL <b>(O,ESP,VAR,VM)</b> <a href="https://us06web.zoom.us/j/87425408610?pwd=L70jI0qHE5V6GMbA3b2xauK013PpF.1">https://us06web.zoom.us/j/87425408610?pwd=L70jI0qHE5V6GMbA3b2xauK013PpF.1</a>
<b>7:00PM</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>7:00PM</b>	<b>Quarantined Florida</b> , Orlando, FL <b>(O,D,GL,JFT,ENG,VM)</b> <a href="https://zoom.us/s/588527778">https://zoom.us/s/588527778</a>
<b>7:00PM</b>	<b>We Came to Believe</b> , West Orange Dream Center, 1136 E Plant St, Winter Garden, FL, 34787 <b>(O,STP,TOP,TRD,RF)</b>
<b>7:30PM</b>	<b>Changing Through the Steps</b> , Community United Methodist, fellowship hall, 4921 S US Hwy 17-92, Casselberry, FL, 32707 <b>(O,WC,LIT,NS,SPK)</b>
<b>7:30PM</b>	<b>Circle of Hope</b> , The Altar St Cloud Vineyard Church, 1215 Old Hickory Tree Rd, St Cloud, FL, 34771 <b>(O,D,STP,TRD,WC,NS,SD,AB,SPK)</b> <i>1st Mon-SD, 2nd Mon-OD, 3rd Mon-STP, 4th Mon-TRD, 5th Mon-AB</i>
<b>7:30PM</b>	<b>Just For Today</b> , First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 <b>(O,NS,AB)</b>
<b>8:00PM</b>	<b>Believing In Miracles</b> , Real Life Christian Church, 2569 E Kaley Ave, Orlando, FL, 32806 <b>(O,CW,IP,M,VAR,W,WC,NS,SD)</b> <i>1rst wk,Ip&amp;swomens,2nd Mens,3rd spkr, 4th womens, wild card</i>

**Monday / Lunes (cont)**

<b>8:00PM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(CW,D,WC,LIT,NS,HY)</b> <i>1-STP,2-TRD,3-Conc,4-SPK,5-D</i>
<b>Tuesday / Martes</b>	
<b>NOON</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>NOON</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,NS)</b>
<b>6:00PM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,W,WC,NS)</b> <i>Women's meeting</i>
<b>7:00PM</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>7:00PM</b>	<b>New Beginnings</b> , First United Methodist, 127 N Boyd St, Winter Garden, FL, 34787 <b>(O,CAN,D,WC,ENG)</b>
<b>7:00PM</b>	<b>Quarantined Florida</b> , Orlando, FL <b>(O,D,GL,JFT,ENG,VM)</b> <a href="https://zoom.us/s/588527778">https://zoom.us/s/588527778</a>
<b>7:00PM</b>	<b>Unconditional</b> , Peace United Methodist Church, 13502 Town Loop Blvd, Orlando, FL, 32837 <b>(O,NS)</b>
<b>7:00PM</b>	<b>We Made A Decision</b> , South Lake Presbyterian Church, 131 Chestnut St, Clermont, FL, 34711 <b>(O)</b> <i>Parking in the rear</i>
<b>7:30PM</b>	<b>By the Book</b> , First Unitarian Church of Orlando, 1901 East Robbinson st, Orlando, FL, 32803 <b>(O,BT,LIT)</b>
<b>7:30PM</b>	<b>Just For Today</b> , First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 <b>(O,D,LIT,NS)</b>
<b>7:30PM</b>	<b>Recovery Matters</b> , First United Methodist, Lake Amph by Cross, 125 N Interlachen Ave, Winter Park, FL, 32789 <b>(O,D,WC,LIT,NS,SPK)</b>
<b>8:00PM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,NS)</b> <i>Split meeting open/shootout</i>

**Wednesday / Miércoles**

<b>NOON</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>NOON</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,VAR,WC,NS,HY)</b>
<b>12:30PM</b>	<b>Soul Food at Noon</b> , Holden Heights Community Center, 1201 20th st, Orlando, FL, 32805 <b>(O,D,WC,NS,SPK)</b>
<b>6:30PM</b>	<b>Rainbow Recovery</b> , The Center, 946 N Mills Ave, Orlando, FL, 32803 <b>(O,CAN,GL,STP,TOP,WC,NS,SPK)</b> <i>LGBTQ+ not meetinf Nov 23rd</i>
<b>7:00PM</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>7:00PM</b>	<b>Brother's Keepers</b> , 1305 Historic Goldsboro Blvd, Sanford, FL, 32771 <b>(O,D)</b>
<b>7:00PM</b>	<b>Keep it Simple</b> , Orlando, FL <b>(VM)</b>
<b>7:00PM</b>	<b>Learning To Live</b> , Grace Covenant Presbyterian Church, 1655 Peel Ave, Orlando, FL, 32806 <b>(O,D,WC,NS,SPK)</b> <i>Conway Hall, 1-SPK, 2-LIT, 3-OPN, 4-Chairperson Choice, 5-OPN, Celebration Last Wed</i>
<b>7:00PM</b>	<b>Living The Steps</b> , First Presbyterian, Left of church, 128 W Wilbur Ave, Lake Mary, FL, 32746 <b>(O,CW,D,VAR,NS,HY,SPK)</b> <i>1-Meditation Zoom ID: 896 8085 0846 Pwd: Welcome, https://us02web.zoom.us/j/896 8085 0846</i>
<b>7:00PM</b>	<b>Mid-Week Groove</b> , West Orange Church, Odom Hall, 1450 Daniels Rd, Winter Garden, FL, 34787 <b>(O,D,VAR,STP,WC,L)</b> <i>1st-Step, 2nd-Basic Text, 3rd-Living Clean, 4th/5th-Chair's Choice/Anniversary</i>
<b>7:00PM</b>	<b>Quarantined Florida</b> , Orlando, FL <b>(O,D,GL,JFT,ENG,VM)</b> <a href="https://zoom.us/s/588527778">https://zoom.us/s/588527778</a>

**Wednesday / Miércoles (cont)**

<b>7:00PM</b>	<b>Recovery On Campus</b> , Jimmie A. Ferrell Student Services Commons, Pride Commons building, 4127 Pyxis Lane, Orlando, 32816 <b>(O)</b> <i>Parking lot B9</i>
<b>7:30PM</b>	<b>Just For Today</b> , First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 <b>(O,NS,LC)</b>
<b>7:30PM</b>	<b>Wednesday Night in Washington Shores</b> , St John the Baptist Episcopal, 1000 Bethune Dr, Orlando, FL, 32805 <b>(C,D,WC,NS)</b>
<b>8:00PM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,WC,NS,SD)</b>

**Thursday / Jueves**

<b>NOON</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>NOON</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,NS,RR)</b>
<b>6:30PM</b>	<b>Show me how to live</b> , Lutheran Trinity Church, 3016 W Vine St, Kissimmee, FL, 34741 <b>(BEG,BT)</b>
<b>7:00PM</b>	<b>(Español) Un Nuevo Comienzo</b> , We are meeting Virtual (Zoom) at this time., FL <b>(O,ESP,VAR,VM)</b> <a href="https://us06web.zoom.us/j/87425408610?pwd=L70jI0qHE5V6GMbA3b2xauK013PpF.1">https://us06web.zoom.us/j/87425408610?pwd=L70jI0qHE5V6GMbA3b2xauK013PpF.1</a>
<b>7:00PM</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>7:00PM</b>	<b>A Train to Somewhere</b> , First Baptist Church, 9284 2nd Ave, Orlando, FL, 32824 <b>(O,CAN,WC,NS,HY,SPK)</b> <a href="https://us02web.zoom.us/j/72790867023?pwd=cEjXdnZrVHFCRk9kZ0lNbnV5TWgyUT09">https://us02web.zoom.us/j/72790867023?pwd=cEjXdnZrVHFCRk9kZ0lNbnV5TWgyUT09</a>
<b>7:00PM</b>	<b>Eastside Recovery</b> , St. Matthew's, 5873 N Dean Rd, Orlando, FL, 32817 <b>(O,TOP,WC,NS)</b> <i>75 min,SPK- Last Thurs of month</i>
<b>7:00PM</b>	<b>No Matter What Group</b> , First United Methodist Church of Orlando, 142 E Jackson St, Orlando, FL, 32801 <b>(C,STP,SD)</b> <i>1st floor parking in underground garage</i>
<b>7:00PM</b>	<b>Not Alone</b> , First United Methodist, 127 N Boyd St, Winter Garden, FL, 34787 <b>(O,D,QA,WC,ENG)</b>
<b>7:00PM</b>	<b>Quarantined Florida</b> , Orlando, FL <b>(O,D,GL,JFT,ENG,VM)</b> <a href="https://zoom.us/s/588527778">https://zoom.us/s/588527778</a>
<b>7:00PM</b>	<b>Recovery in the White House</b> , Church of the Holy Spirit, 601 S Highland Ave, Apopka, FL, 32703 <b>(O,D,WC,NS,SPK)</b> <i>2-SPK, 3-STP</i>
<b>7:30PM</b>	<b>Just For Today</b> , First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 <b>(O,LIT,NS)</b>
<b>7:30PM</b>	<b>We Do Recover</b> , St. Stephen Lutheran Church, 2140 FL-434, Longwood, 32779 <b>(O)</b>
<b>8:00PM</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,VAR,WC,NS)</b>

**Friday / Viernes**

<b>NOON</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>NOON</b>	<b>Still Working On It</b> , 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 <b>(O,CW,D,WC,LIT,NS)</b>
<b>7:00PM</b>	<b>A Message of Hope</b> , 128 East Bay Ave., Longwood, FL, 32750 <b>(O)</b>
<b>7:00PM</b>	<b>Quarantined Florida</b> , Orlando, FL <b>(O,D,GL,JFT,ENG,VM)</b> <a href="https://zoom.us/s/588527778">https://zoom.us/s/588527778</a>
<b>7:00PM</b>	<b>The Only Game in Town</b> , Peace United Methodist, 13502 Town Loop Bl, Orlando, FL, 32837 <b>(O,BT,D,NS,SD,LC,SPK)</b>
<b>7:30PM</b>	<b>Just For Today</b> , First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 <b>(O,CAN,D,NS)</b> <i>Last-Meditation</i>
<b>7:30PM</b>	<b>New Beginner's</b> , New Zion Primitive Baptist Church, 2390 Greenway Ave, Sanford, FL, 32771 <b>(O,LIT,SPK)</b>
<b>7:30PM</b>	<b>The Eatonville Group</b> , St John the Baptist Episcopal, 1000 Bethune Dr, Orlando, FL, 32805 <b>(C,BT,D,WC)</b> <i>Will not be meeting 10/25, 3rd-BT, Last-O</i>

**Friday / Viernes (cont)**

- 8:00PM Friday Night Live**, Grace Covenant Presbyterian Church, Conway Hall, 1655 peel ave, Orlando, FL, 32806 **(O,D,WC,NS)** *ShootOut/Open*
- 8:00PM Never Alone Group**, The Vine Church, 1003 S John Young Pkwy, Kissimmee, FL, 34741 **(O,BEG,BT,CAN,CW,D,SWG,TOP,WC,LIT,SD,ANV)**
- 8:00PM Still Working On It**, 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 **(O,CW,D,WC,NS,SPK)**

**Saturday / Sábado**

- 9:00AM A Message of Hope**, 128 East Bay Ave., Longwood, FL, 32750 **(O)**
- 10:00AM Queens Do Recover (TOP,JFT,VM)**
- NOON Miracle At Noon**, Christian Service Center, 808 W Central Blvd., Orlando, FL, 32805 **(O,D,WC,NS,SPK)**
- NOON Still Working On It**, 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 **(O,CW,VAR,WC,NS)**
- 2:00PM Women of Exhale**, Christian Service Center, 808 West Central Blvd, Orlando, FL, 32805 **(W,WC,NS)**
- 6:30PM Man To Man**, Building 6 Apt. 615, 1000 West Kennedy Blvd, Orlando, FL, 32810 **(O,D,M)** *1st of the month Step Study*
- 7:00PM (Español) Sólo Por Hoy**, Trinity Lutheran Church, 3016 W. Vine Street, Kissimmee, FL, 34741 **(O,VAR)**
- 7:00PM A Message of Hope**, 128 East Bay Ave., Longwood, FL, 32750 **(O)**
- 7:00PM Compass to Hope**, Pine Castle Masonic Lodge # 368, 1216 Hoffner Ave, orlando, 32809 **(O,VAR)** *speaker on 4th Saturday*
- 7:00PM Eastside Recovery**, St. Matthew's, 5873 N Dean Rd, Orlando, FL, 32817 **(C,O,TOP,WC,NS)** *75-min, split mtg : 1st & 3rd W, 2nd C, 4th Chairs choice*
- 7:00PM Practicing Principles**, 127 N Boyd St., Winter Garden, FL, 34787 **(O,D)** *Last Sat, Food @ 6pm SPK @ 7pm*
- 7:00PM Quarantined Florida**, Orlando, FL **(O,D,GL,JFT,ENG,VM)** <https://zoom.us/j/588527778>
- 7:30PM Just For Today**, First Baptist Church of Lake Monroe, 691 Monroe Rd, Sanford, FL, 32771 **(O,D,NS,SPK)**
- 7:30PM Kissimmee Connection**, First Presbyterian Church of Kissimmee, Parking and entrance in the rear, meeting upstairs, 15 Church Street, Kissimmee, FL, 34741 **(C,CW,D,NS,L)** *SPK Last Sat*
- 8:00PM Still Working On It**, 1656 N. Ronald Reagan Blvd., Longwood, FL, 32750 **(O,CAN,CW,D,VAR,WC,NS)**

**Meeting Format Legend**

BEG	Beginners	CAN	Candlelight
CW	Children Welcome	D	Discussion
IP	Informational Pamphlet	M	Men
VAR	Format Varies	QA	Questions & Answers
W	Women	NS	No Smoking
SD	Speaker & Discussion	RR	Round Robin
ANV	Anniversary Night	ASM	Area Service Meeting
O	Open	C	Closed to Non-Addicts
WC	Wheelchair	BT	Basic Text
GL	Gay/Lesbian/Transgender	STP	Step
TOP	Topic	TRD	Tradition
LIT	Literature Study	RF	Rotating Format
L	Literature Study	LGBTQ+	LGBTQ+
AB	Ask-It-Basket	VM	Virtual Meeting
HY	Hybrid	SPK	Speaker Only
SPAD	A Spiritual Principle a Day	ENG	English speaking
SWG	Step Working Guide Study	JFT	Just for Today Study
ESP	Español	LC	Living Clean

**Phonelines**

Bahamas	242-426-5245
Bay Area/Pinellas (Pinellas County)	727-547-0444
Boca Raton/Delray Beach	561-393-0303
Bradenton	941-957-7910
Chain of Lakes	877-782-7657, 352-553-2396
Daytona Beach (Volusia County)	800-206-0731
First Coast Area (Duval County)	904-723-5683
Forest/Ocala (Marion City)	352-368-6061
Gainesville (Uncoast Area)	352-376-8008
Jacksonville	800-576-4357
Heartland Area (Lakeland/Polk County)	863-683-0630
Melbourne/Titusville	321-631-4357
Nature Coast	352-508-1604
New Port Richey/Zephrhills	800-691-5551
North-West Florida	800-467-7314
Palm Coast Area	561-848-6262
Recover Coast Area (Pasco County)	727-842-2433
River Coast Area (Hernando County)	352-754-7200
Suncoast Area (Sarasota)	941-257-5055
South Florida Region	866-288-6262
Space Coast Area (Brevard County)	321-631-4357
St- Petersburg/Clearwater/Pinellas County	727-547-0444
Tallahassee/Big Bend	850-224-2321
Tampa (Hillsborough County)	813-879-4357
Treasure Coast (St- Lucie County)	888-624-6822
Unity Springs (West Volusia County)	888-385-3121

**PLEASE PICK UP THE PHONE BEFORE YOU PICK UP AND USE.**

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**What is our message?**  
**The message is that an Addict,**  
**any addict, can stop using drugs,**  
**lose the desire to use,**  
**and find a new way to live.**  
**Our message is hope**  
**and the promise of freedom.**

**Service Meetings**

**Sunday / Domingo**

- 1:00PM Area Service Committee - 2nd Sunday**, Grand Neighborhood Center, 800 Grand st, Orlando, FL, 32805 **(C,ASM,HY)** *Meeting ID: 853 8867 6492 Passcode: 709693 Monthly Service Meeting. Not a Recovery Meeting. Orientation at 12:30 pm, https://us06web.zoom.us/j/85388676492?pwd=FkczuvLdFnRlSpmHDVMaKlVt2MlxN.X.1*
- 5:00PM Celebration of Unity Biz meeting 1st Sunday**, 7912 Forest City Rd, Orlando, FL, 32810 **(ASM)** *Monthly on First Sunday of month*

**Tuesday / Martes**

- 6:30PM Public Relations Phoneline Subcom - Last Tuesday**, FL **(C,ASM,VM)** *Meeting ID: 882 7640 9634 Password: PRelations Monthly Service Meeting. Not a Recovery Meeting, https://us06web.zoom.us/j/88276409634?pwd=IT7CCbBE7q9eN61t78bQ6ecMBCmSN.F.1*

**Thursday / Jueves**

- 7:00PM Hospitals & Institutions Subcommittee - 3rd Thursday**, Redeemer Lutheran Church, 3377 Aloma Ave, Winter Park, FL, 32792 **(C,ASM)** *Orientation 6:30pm. Monthly Service Meeting. Not a Recovery Meeting*

**Friday / Viernes**

- 6:00PM Activities Subcommittee - Last Friday**, First United Methodist, 127 N Boyd St, Winter Garden, FL, 34787 **(C,ASM,HY)** *Meeting ID: 893 9676 5731 Passcode: 268302 Last Friday Every Month, https://us06web.zoom.us/j/89396765731?pwd=erTeQkXr93RuxiXmN5H0mKvnaFca8.F.1*



# MEETING LIST MAY 2026

## 24 HOUR PHONELINE 407-425-5157 866-579-8333

Florida Relay for the Deaf  
800-955-8771

Greater Orlando Area Service Committee  
PO Box 607225  
Orlando, FL 32860

For up to Date Meeting info visit our Website  
<https://orlandona.org>

**SUGGESTIONS FOR EVERYONE**  
**DON'T USE no matter what**  
**Ask your Higher Power to keep you clean**  
**Come early and stay late**  
**Get a home group**  
**Go to 90 meetings in 90 days**  
**Read NA literature daily**  
**Get and use a sponsor**  
**Use the PHONE**  
**KEEP COMING BACK. IT WORKS**