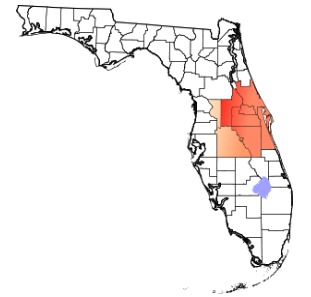


# Anniversaries

# Intergruper



<b>Pine Hills Grace Group</b>	Macci G 2 Years	Jim C 4 Years	Mimi S 19 Years	Paul B 1 Year
Matt J 1 Year	Don H 3 Years		Ray R 21 Years	Bette S 2 Years
Robert N 1 Year	Marty P 3 Years	<b>Winter Park.</b>	Denise F 21 Years	Derrick R 3 Years
Jaquita T 1 Year	Shannon S 4 Years	Joe W 1 Year	Bill H 24 Years	George 10 Years
Sharon M 1 Year	Susan C 14 Years	Jon R 2 Years	Elaine H 24 Years	Chauncey W 22 Years
Traci R 1 Year		Kimi B 2 Years	Jack B 25 Years	Anne K 23 Years
Cody W 1 Year	<b>Decisions</b>	Jackie J 2 Years	Mary Alice V 25 Years	Betty P 28 Years
Robert S 1 Year	Chuck C 1 Year	Kevin O 3 Years	Brady 25 Years	
Lewis A 2 Years	Anne C 1 Year	Sarah S 3 Years	Mike P 28 Years	<b>Ponderosa Group</b>
Mark J 2 Years	Elizabeth C 1 Year	April B 4 Years	Frank S 33 Years	John R 17 Years
Costella P 2 Years	John A 2 Years	Erica D 4 Years	Carolyn P 38 Years	
Kristy L 3 Years	Pilar O. 4 Years	Greg S 4 Years		<b>College Park Triangle</b>
Maggie R 3 Years	Bert B 14 Years	Les 4 Years		Karen S 1 Year
Les P 4 Years	Glen T 19 Years	Kevin B 5 Years	Sam D. 1 Year	Susan L 6 Years
Brad S 4 Years	Pam B 23 Years	Peter M 5 Years	Betty A. 2 Years	John G 25 Years
Andy S 17 Years	Tom C 33 Years	Alain S 5 Years	Dawn B. 2 Years	
		Tom P 5 Years	Beth N. 3 Years	<b>Wake Up Call</b>
<b>The Greenhouse</b>	<b>Living Sober Group</b>	Henry M 5 Years	Paul H. 3 Years	<b>DECEMBER</b>
James F 2 Years	Robbie 2 Years	Tig M 5 Years	Sherry B. 8 Years	Tammy K 2 Years
Jane P 2 Years	Jeff C 2 Years	Tracie F 5 Years	Patty H. 12 Years	Tom T 4 Years
Jerry S 3 Years	Bill G 2 Years	Cheri N 5 Years	Bev R. 24 Years	Bradley H 4 Years
April M 3 Years	Don L 2 Years	Daryl H 5 Years		Marty P 5 Years
Patrick O 3 Years	Robert C 3 Years	Dale F 5 Years	<b>Sober Won</b>	Mike T 6 Years
Jenn M 3 Years	Creighton 4 Years	Spencer W 6 Years	Jeff L 2 Years	Mike L 8 Years
Dina E 6 Years		George P 6 Years	Jim M 3 Years	John W 19 Years
Chris L 7 Years	<b>Seagulls</b>	Bob O 6 Years	Russ L 4 Years	
John R 7 Years	Bill G 28 Years	Barry M 6 Years	Jimmy J 4 Years	<b>JANUARY</b>
Chuck H 7 Years		Michael P 6 Years	Sue E 9 Years	Rochelle K 1 Year
Adriane 11 Years	<b>Three Legacies Group</b>	John S 7 Years	Mary V 25 Years	Ed A 3 Years
Sally 11 Years	<b>DECEMBER</b>	Kathy R 7 Years		Michael C 3 Years
George W 11 Years	Trisha S 2 Years	John L 8 Years	<b>Altamonte Springs Group</b>	
Mary 19 Years	Michael H 2 Years	Liane L 8 Years	Tricia A 1 Year	<b>The Homegroup</b>
Josh 24 Years	Bob S 3 Years	Dave N 8 Years	David B 4 Years	<b>FEBRUARY</b>
	Tom B 21 Years	Jason M 9 Years		Basia H. 50 Years
<b>Just Do It</b>	J.D. 26 Years	Adriane T 11 Years	<b>Apopka Big Book</b>	
Currie C 1 Year		Dan S 12 Years	Scott M 11 Years	
	<b>JANUARY</b>	Eilene K 17 Years		
<b>Central Orlando Group</b>	Drake 1 Year	John R 17 Years	<b>South Sanford Group</b>	
Maureen T 2 Years	Jeremy B 1 Year	Janine F 18 Years	Chris C. 1 Year	

## February 2011 Orlando, Florida

### What I Fear I Didn't Say....

I had the opportunity to speak at a young people's meeting last night, and although I felt connected to the group at the time, I woke up in the middle of the night filled with remorse. I reminded myself that I had prayed before I spoke, asking God to speak through me, and went back to sleep; however, I was troubled by the same remorse the next morning. I asked God to relive me of the self-centered fear and turned my attention to the moment. Yet something about the experience still troubled me. Finally, I spent some time in meditation, asking God to show me what I was not seeing. What became clear was that I was afraid I had missed an opportunity to share what felt like a crucial part of my story. I knew I had touched on these things, but that morning I kept thinking about a truth in my story that I feared I had not expressed clearly. That's when the idea came that I should do that here:

As I shared last night, after sobering up in a treatment center when I was 22 years old, I began attending Alcoholics Anonymous meetings in the small coastal Florida town in which I lived. At the time, there were only two AA meetings in the entire county, and there was only one sober member even close to my age. However, I was immediately embraced by an older group of sober alcoholics who demonstrated through their actions the essence of what is best about Alcoholics Anonymous. They grabbed onto me and carried the message of AA with a sincerity that brings tears to my eyes even today. Through these people, AA did everything AA could possibly do for me; but I did not do what I needed to do for myself.

next day and renewed my sober journey. However, I still had not learned the lesson: I continued speaking of honesty in the rooms while living as a liar, a cheat and a thief outside the meetings, and I again tucked up my sleeve the idea that if things got too rough, I could always have another drink. Thanks to powerful sponsorship, I faithfully attended meetings, read the literature, appeared to take the steps, made the coffee, and fooled myself into thinking I was working the program. However, the pain from my past and now my present became too great, and I drank again; this time I went on a three-day bender and found that what I had been told is true: alcoholism is progressive, and AA ruined my drinking. I could get physically drunk and pass out, but the guilt, the shame, the pain of self-loathing grew sharper than ever. Perhaps even more devastating, I began to fear that I was beyond help and that AA would not work for me. Perhaps I was one of those our book explains is "not at

**Step Two**

Came to believe that a Power greater than ourselves could restore us to sanity.

**Tradition Two**

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**Concept Two**

The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

fault, they seem to have been born that way." Fortunately, I was so trained to go to meetings that I went anyway, sometimes drinking before, sometimes after, but I did not pick up a white chip because I was not willing to let go of the bottle. I was living in a world where I felt connected to nothing and no one; I no longer felt like I belonged in the bars, but I didn't feel like I belonged in AA either because I was still drinking. Thank God the woman who was to become my sponsor did not wait for me to pick up a white chip, ask her for help or even show up to the meetings sober. Instead, she followed me home from a meeting one night, uninvited, and confronted my lies. She told me it was impossible to be undecided: I either was drinking or I was not

Rather than seeking a solution in the steps and a relationship with God, I sought comfort in people, in sex, and in the bars. Once I put down the drink, all of the feelings I had been soaking with alcohol rose to the surface. I was a 22-year-old woman with the maturity level of an 8<sup>th</sup> grader, at best, and I hated myself. I longed to be the good person I thought these people believed I was, but I sat in meetings knowing that I was involved in behaviors that were dishonest, and I kept those things secret. But the biggest secret I did not share was that I still thought that if things got too bad, I could drink; I still believed a drink could take away my pain. Of course, I can see now that I had not really taken the First Step because I was unwilling or unable to be completely honest with another human being about what I was thinking and how I was living. I said what I thought my sponsor wanted to hear, pretended to be who I thought people at the meetings wanted me to be, and kept secret those things I was ashamed to reveal.

drinking, and that if I wanted to not drink, she would help. I can't explain why I surrendered to this virtual stranger, but today, over 26 years later, I remain grateful that I took her hand and finally started telling someone the whole truth. That does not mean that I was relieved of my self-loathing, fear, or suicidal fantasies; in fact, my growth was excruciatingly slow so my behavior did not change right away - I was still a liar, a cheat and a thief - but I stopped lying in AA and to my sponsor. I told her the truth, constantly and completely, and she continued to love me until I could ever so slowly begin to change and come to believe that I too could recover.

Alcoholics Anonymous has never let me down, and I have been saved by sober AA's who have practiced the principles of our program to the best of their ability, persistently showing me what we do, rather than just telling me what must be done. Slowly, in spite of myself, my self-destructive behaviors, erratic emotions and the fear that I was beyond saving, the truth has set me free and placed me in the hands of a loving God who I serve today in the best way I know how.

Linda N., From the Heart Group

## PINE HILLS GRACE GROUP

### VALENTINE'S PARTY

**SATURDAY FEBRUARY 12<sup>TH</sup>  
AFTER THE 8PM MEETING  
MUSIC, KARAOKE, GAMES  
ALL ARE INVITED**

#### Budget Summary

Year To Date Revenue Vs Budget  
\$4,445 (Revenue)  
-\$11,172 (Budget)  
\$15,617 Ahead of Budget

## SOBRIETY PLUS GROUP SPEAKER MEETING

SATURDAY NIGHT

8:00 P.M.

AT EASTSIDE CLUB

2017 N. GOLDENROD

FUN, FELLOWSHIP, 50-50 RAFFLE

SPEAKERS

FEBRUARY 5 ERIC J.

FEBRUARY 12 RITA C.

FEBRUARY 19 DON H.

FEBRUARY 26 KATHLEEN B.

# Events Calendar & Hotline Schedule

# Announcements

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ALL SUBMISSIONS DUE BY 10TH OF MONTH</b>		1 Brenda ----- 6-9 Hugh ----- 9-1 ----- 1-4 Anne K. ----- 4-10 Carla B. ----- 10-6	2 Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	3 Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	4 Mark L. ----- 6-9 ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	5 Kelly ----- 6-9 ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
6 Christine ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 C.P.T. ----- 5-10 G.H. ----- 10-6	7 ----- 6-9 Richard L. ----- 9-1 Joe C. ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	8- D 18 6:30PM ST STEPHENS LUTHERAN CHURCH Brenda ----- 6-9 Hugh ----- 9-1 ----- 1-4 Anne K. ----- 4-10 Carla B. ----- 10-6	9 Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	10—Treatment Committee Mtg @ WPG, 6:30 PM Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	11 Mark L. ----- 6-9 ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	12 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
13 Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	14 ----- 6-9 Richard L. ----- 9-1 Joe C. ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	15 Brenda ----- 6-9 Hugh ----- 9-1 ----- 1-4 Anne K. ----- 4-10 Carla B. ----- 10-6	16-Service Committee Mtg @ CFI, 6:30 PM Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	17 Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	18 Mark L. ----- 6-9 ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	19 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
20 Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	21-DISTRICT 11 6:45PM EASTSIDE ----- 6-9 Richard L. ----- 9-1 Joe C. ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	22—DISTRICT 9 6:30PM ODAT Brenda ----- 6-9 Hugh ----- 9-1 ----- 1-4 Anne K. ----- 4-10 Carla B. ----- 10-6	23 Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	24 Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	25 Mark L. ----- 6-9 ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	26 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
27 Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	28-DISTRICT 10 6:30PM WPG ----- 6-9 Richard L. ----- 9-1 Joe C. ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	P.G. PRINCETON GROUP F.T.H. FROM THE HEART P.I.O. PASS IT ON L.S. LIVING SOBER J.W.G. JAY WALKER GROUP G.H. GREEN HOUSE C.P.T. COLLEGE PARK TRIANGLE				

**Central FL Intergroup Needs Your Help!**

Would you like to help us make a difference? We need people like you to donate time, energy & experience!

Please call **407-260-5822** to find out more about how you can help or visit us at 283 Live Oaks Blvd in Casselberry!

**Sober Won Big Book Workshop**

Message Carriers "California" Rob M. & Vic L.

**SESSION 1** Introduction, History, Preface, Forwards  
**SESSION 2** Dr's Opinion, Bills Story (Step 1)  
**SESSION 3** There Is A Solution (step 2)  
**SESSION 4** More About Alcoholism  
**SESSION 5** We Agnostics  
**SESSION 6** How It Works (Step 3)  
**SESSION 7** How It Works (Step 4)  
**SESSION 8** Into Action (Steps 5-9)  
**SESSION 9** Into Action (Steps 10 & 11)  
**SESSION 10** Working With Others, These Principles (Step12)

A journey through the program of recovery as presented in the Big Book of Alcoholics Anonymous

**Highlights of the Workshop:**

- Deeper Understanding of the AA Program;
- Common Misconceptions; Historical Perspective;
- Taking the 12 Steps; Sponsorship & More!

**Bring your Big Book, 12 & 12, Pens & Highlighters to:**

The Sahara Club  
 2587 S Sanford Ave.  
 Sanford 32773  
 Call for Info: 407-321-9122

**Sobriety Plus Group** invites **you** to help us celebrate our **4<sup>th</sup> Anniversary!**

Please join us the first Saturday in February (2/5/2011) at 6:30 PM for food and fellowship followed by our speaker at 8:00pm

**Sobriety Plus Group** meets at the **Eastside Club** located at **2017 N. Goldenrod**

There is **no** cost to you so please come and celebrate recovery and fellowship

**THE "PONDEROSA" GROUP OF AA**  
 FOUNDED 2/6/1997  
**ANNUAL BIRTHDAY DINNER / SPEAKER MEETING**  
**THURSDAY, FEBRUARY 3rd 2011**  
**CENTRAL CHRISTIAN CHURCH**  
**250 SW IVANHOE BLVD, ORLANDO**

**BRING THE WHOLE FAMILY, HAVE AN EVENING OUT WITH FRIENDS IN THE FELLOWSHIP**

**COME, SAMPLE THE FOODS YOUR FRIENDS PREPARE, YOU WILL BE PLEASANTLY SURPRISED EAT, ENJOY, HAVE FUN**

**THIS IS A COVERED DISH DINNER**

**MAIN ENTREE PROVIDED BY THE HOST GROUP**  
 PLEASE BRING SALADS, DESSERTS, BREADS, CASSEROLE OR VEGETABLE DISHES

**FELLOWSHIP BEGINS AT 6:00PM, DINNER AT 7:00PM, SPEAKER AT 8:00PM**

**AA SPEAKER "PAM O"**

*The Intergrouper's primary purpose is to connect alcoholics to local AA resources, specifically to give priority to office news and events, group information, committees served by Intergroup, highlights of the Service Committee minutes and financial statements and that the Trustees and Editor has the editorial authority over all content*



**CENTRAL FLORIDA INTERGROUP**

Phone: 407-260-5822 Fax: 407-260-5604 email: cfi@embarqmail.com website: www.cflintergroup.org  
 Monday—Friday: 9:00 a.m. to 4:00 p.m. Saturday: 10:00 a.m.—2:00 p.m. Sunday: Closed  
 283 Live Oaks Blvd. Bldg. 6 Casselberry, FL 32707

