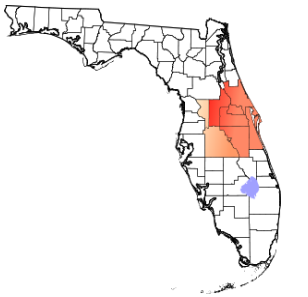


Anniversaries

Intergrupper



Psychic Change	Meghan F	7 Years	Stephen M	2 Years	Ryan F.	8 Years	Joe K.	3 Years
Liza S	1 Year	Bobby C	7 Years	Diana J	2 Years		Brenda M.	3 Years
Kelly L	6 Years	Andrew H	8 Years	Maxine W	2 Years	Central Orlando Group	Ralph C.	3 Years
Christina J	7 Years	Karina K	11 Years	Kellie P	2 Years	December	Carlos A	12 Years
		Patti B	12 Years	Bapu	2 Years	Frankie T	1 Year	
Crossroads	Carol L	14 Years	Fredrich P	2 Years	January		Altamonte Springs Group	
December	Kevin S	14 Years	Ranell H	3 Years	Stony P	21 Years	Jim D.	8 Years
Jessica C.	2 Years	Lou W	17 Years	John N	3 Years	Claire G	Judy J.	10 Years
Scott W.	2 Years	Jennifer R	18 Years	Chris K	4 Years		Tom P.	46 Years
		Cory M	21 Years	Robert D	4 Years	Pine Hills Grace Group		
How It Works	Starr M	22 Years	Sue D	8 Years	Angela G	1 Year	Sober Won	
Gizzelle R.	1 Year	Mike M	24 Years	John D	11 Years	Teresa H	Kathy L	38 Years
Milt W.	2 Years	Ed P	29 Years	Timo O	20 Years	Frank L	Gary R	23 Years
Nicole W	4 Years	Charlie R	33 Years	Chris C	22 Years	Barbara S	Tom M	15 Years
		Larry M	35 Years	Herb H	25 Years	Dawn M	Michael R	8 Years
College Park Triangle	Joy	36 Years	Dick S	31 Years	Paul	6 Years	Kelly M	5 Years
Diane T	2 Years	Linda D	38 Years	December	Ken J	8 Years	Rik M	3 Years
Chung K	3 Years			Donald V	1 Year	Jenny C	Robert R	3 Years
Ryhan C	5 Years	Three Legacies		Elaine D	1 Year	Brenda G	Marie K	2 Years
		November		Will B	2 Years	Ron K	Rachelle T	2 Years
Winter Park Group	Audrey S	6 Years	Christine H	2 Years	Rick P	23 Years	Stephan G	2 Years
Jen	1 Year		Duke C	2 Years			Samy M	1 Year
June L	1 Year	High Noon Group	Bill N	2 Years	Decisions		Bob M	1 Year
Chrissy M	1 Year	Babs	3 Years	Jeff J	2 Years	Chuck C	Mark M	1 Year
Jj F	2 Years	Karen G	6 Years	Tracey E	2 Years	Bob M		
Ray S	2 Years	Laura N	16 Years	Ken H	2 Years	John M	Ponderosa Group	
Andrea M	2 Years	Greg C	22 Years	Cyndi D	2 Years	Jocelyn F	Don L	27Years
Ken H	2 Years	Jacqueline	23 Years	Matthew D	3 Years	Megan M	Maria M	12 Years
Nathan J	3 Years	David C	24 Years	Jenny O	3 Years	Karl R	James M	16 Years
Billy S	3 Years	Ralph L	36 Years	Stan P	3 Years		Cathy M	6 Years
Beth M	3 Years		Kay S	3 Years	Clean Air Group		Cliff R.	4 Years
John V	3 Years	Pass It On	Joe C	3 Years	Steve B	2 Years		
Lucy B	3 Years	January	Mario P	4 Years	Karen G.	6 Years	From The Heart	
Jerry P	3 Years	Doug K	1 Year	Sheri W	4 Years	Maritza A	Cynthia C	1 Year
Jasmine M	3 Years	Kurt W	1 Year	Carolyn H	4 Years	Phil T	Katy T	1 Year
Robin K	3 Years	Jimmy T	2 Years	Sal C	5 Years	Lou W	Lori R	1 Year
Jennifer S	4 Years	Richard A	3 Years	Jordan N	5 Years	Doris V	Jennifer C	7 Years
Michael C	4 Years	Walter H	10 Years	Jim W	5 Years	Jim G	Cindy R	16 Years
Thomas G	4 Years	Carlos	13 Years	John L	6 Years	John D	Christine S	21 Years
Laura S	4 Years	Roy J	14 Years	Susan S	6 Years		Wendy W	25 Years
Josh C	4 Years	December	Jessica B	7 Years	Apopka Living Sober Group			
Carolyn G	4 Years	Ken P	1 Year	Mike F	8 Years	December		
Cydney	4 Years	Lorraine M	1 Year	Kevin G	10 Years	Greg D.	2 Years	
Terry R	4 Years	Susie I	1 Year	Tim G	10 Years	Lee B	2 Years	
Lauren	4 Years	Toni S	1 Year	Keith B	11 Years	James W.	2 Years	
Keith D	4 Years	Paul H	2 Years			Jose R.	2 Years	
Arlene R	5 Years	Bob C	3 Years	Friendship Group		Keltie Z	2 Years	
Bob J	5 Years	Jeanne B-T	3 Years	Ken J.	40 Years	Nancy A	2 Years	
Mariel M	5 Years	Mary-Beth R	3 Years			David M.	3Years	
Sean C	5 Years	Darcy W	6 Years	South Sanford Group		Frank M	3 Years	
Shelley J	5 Years	Sharon M	6 Years	Jill J	4 Years	Michelle V	5 Years	
Daguanno	5 Years	Don O	7 Years	Gary Y	8 Years	Star R.	5 Years	
John D	5 Years	Linda T	30 Years	Laura A	14 Years	Rick G.	6 Years	
Sheila L	5 Years	Bette H	35 Years	Dorothy A	15 Years	Robert L.	7 Years	
Jacque N	5 Years			Gary R	23 Years	Paul Mc	16 Years	
Doris D	5 Years	The Greenhouse		Ralph L	36 Years	Dianne V	22 Years	
Kathy L	5 Years	November				January		
Kelly M	5 Years	Keith M	2 Years	Jaywalkers		April G.	1 Years	
Cathy M	5 Years	Cheryl S	2 Years	Van V.	1 Year	Tamara	1 Years	
Karen G	6 Years	Dan N	2 Years	Dennis A.	4 Years	Christina	2 Years	
Mary Beth D	6 Years	Kimberly M	2 Years	Mary Anne S.	5 Years	Will C.	2 Years	

January 2011 Orlando, Florida

My Experience Is Toxic

I am a *recovered* alcoholic. I am the kind of person who has a healthy sense of curiosity and I frequently challenge, in a respectful and appropriate way, the things I do in life. So after a particularly disturbing A.A. meeting one night I had reason to pause and in quiet contemplation consider why and how I share my experience, strength, and hope. What does it mean for me to tell what it was like, what happened and what I am like now?

I have come to realize that a large part of my sixteen year career in the cycle of alcohol abuse revolved around comparison and denial. Anytime I became lucid enough to start to realize that my drinking was not normal I would immediately seek out someone who drank like I did or, preferably, someone who drank worse. I could then contrast myself to the other person and list the many and varied reasons why my drinking was OK and why theirs was not. The result of my comparison would allow my warped mind to draw the fallacious conclusion that I did not have a problem and was, therefore, not an alcoholic.

Comparison and denial did not disappear from my life simply because I recovered. This same issue was easily carried forward. What I do find helpful is when another alcoholic speaks from the heart about the pain of his or her life and how that pain was so seemingly unbearable that an escape was needed. An escape that could only be found through alcohol – never mind the type or amount. I too found that escape with alcohol, until the alcohol quit working for me. It doesn't matter the variety or quantity, no need to be so specific.

While comparison and denial helped me feel justified in my drinking, those psychological games also postponed any real chance I had of discovering an actual solution to my problems (both valid and perceived).

I have found it helpful to listen much more than I speak and to discover the things in another person's journey that I can identify with, rather than the things that I can deny.

I am next told that my story should tell "what happened." Now I get to share with others who want what I have about the person, reason, or event that brought me to A.A. This is my alcoholic bottom. This is the turning point. This is the place where I got off that down elevator that was destined for jails, intuitions, and death.

Lastly, my story contains information about 'what I am like now.' So often at this point of a sharing opportunity I speak passionately of the hope and gratitude that completely fills my life today as a direct result of the A.A. way of life. I get to share that I am not alone anymore. I found out that I am a worthy, loveable and successful person. The multitude of promises in the book *Alcoholics Anonymous* continue to come true in my life – as I work for them.

These are the three elements that help me to avoid the snare of comparison and denial that can lead me to return to drinking alcohol.

Let me illustrate in another way.

My "experience," or "what I was like," is like a corrosive toxin. If all I do in A.A. is ruminate about my experience, a.k.a. drunkalogues, then what I am really doing is continually spreading corrosive toxin on others and myself. With every application of the corrosive, the damage becomes even more

severe and more difficult to heal.

I do feel it is important to share just enough of my experience – in a general way – to qualify myself, so that others will know that I have been there too and that I do speak the language of the heart. However, that corrosive toxin needs to be neutralized.

Neutralization begins with the application of a remedy. This is "what happened." This is the "strength" part of my story. What happened that stopped the continual self application of the corrosive toxin – alcohol? What brought me to A.A.? What strength was given to me? What Power have I found that continues to help me? So I talk about those things.

Nevertheless, even when a toxin is neutralized, the wound still requires time to heal and it requires monitoring and medicine. This is the "hope." This is the "what I am like now" part of my journey. And presently I have a good supply of hope to share.

The monitoring is in regularly meeting, and being completely honest, with my sponsor or other spiritual advisor. The medicine is the remedy in the

Step One
We admitted we were powerless over alcohol—that our lives had become unmanageable

Tradition One
Our common welfare comes first; personal recovery depends upon AA unity

Concept One
Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship

book *Alcoholics Anonymous*. The remedy is in actively taking the Twelve Steps, working with others, and in attending A.A. meetings. Decades of experience have proven that if you are a real alcoholic, then meetings alone are not enough.

I suppose these thoughts beg the question, "How does a newcomer share when they do not have all three elements?" "Is the newcomer supposed to just sit there like a bump on a log?" By no means.

What this does mean for me as a recovered alcoholic is that I must share my healing with those who want it and who do not yet have their own. I must temper my ego by limiting my sharing to a reasonable length. I must not monopolize meetings with "sermons." I must share my ability to monitor the wounded by making myself available as a sponsor. I must not engage in crosstalk. I must continually apply the remedy in my life by staying active in my personal spiritual growth. For me this comes about by attending and participating in meetings,

and by continuing to meet regularly with my sponsor. I consider it my duty, a requirement, and an honor in order to continue my life of sobriety and spiritual development.

I have been given a second chance. A compassionate stranger presented this chance to me and literally changed the course of my life. He saved my life. The only way I can repay that stranger is to be a compassionate stranger to other alcoholics. With courage given to me by my Higher Power I get to practice random acts of kindness and freely give back what was freely given to me. It is my privilege to uphold, protect, and guide others through the A.A. Twelve Steps of recovery and the Twelve Traditions.

Every day is a new day of re-entering my state of being recovered. I understand and embrace that being recovered is contingent upon daily growth in my spiritual condition.

So where am I *today*? Am I a corrosive toxin? Or have I developed into a healing balm for others and myself? I believe that I strive for the latter. . . I pray that you can too. . . One day at a time.

Thank you to all of the Volunteers that gave of their time and talents to help make our Inter-group Office a better place in 2010. Also, we would like to express our Appreciation to all of Our Customers and Contributors that make our Central Office possible.

~ Central Florida Intergroup Staff

Events Calendar & Hotline Schedule

Thank you to all of the Volunteers that gave of their time and talents to help make our Intergroup Office a better place in 2010. Also, we would like to express our Appreciation to all of Our Customers and Contributions that make our Central Office possible.
~ Central Florida Intergroup Staff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Sober Won Group will be hosting California Rob & Vic L. conducting a Big Book Study starting Friday, January 28th from 7:15 - 9:15 PM at the Sahara Club 2587 S Sanford Ave Sanford 32773 call 407-321-9122 for info	1 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
2 Christine ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	3 Joel ----- 6-9 Richard L. --- 9-1 Nikki ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	4 Brenda ----- 6-9 Hugh ----- 9-1 Eric ----- 1-4 Anne K. ----- 4-10 ----- 10-6	5 Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	6 Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	7 Mark L. ----- 6-9 Lance ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	8 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
9 Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 C.P.T. ----- 5-10 G.H. ----- 10-6	10-INTERGROUPEE SUBMISSIONS DUE Joel ----- 6-9 Richard L. --- 9-1 Nikki ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	11-D 18 6:30PM ST STEPHENS LUTHERAN CHURCH Brenda ----- 6-9 Hugh ----- 9-1 Eric ----- 1-4 Anne K. ----- 4-10 ----- 10-6	12 Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	13-Treatment Committee Mtg @ WPG, 6:30 PM Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	14-NFAC St. Augustine Mark L. ----- 6-9 Lance ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	15 - NFAC St. Augustine Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
16—NFAC St. Augustine Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	17-DISTRICT 11 6:45PM EASTSIDE Joel ----- 6-9 Richard L. --- 9-1 Nikki ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	18 Brenda ----- 6-9 Hugh ----- 9-1 Eric ----- 1-4 Anne K. ----- 4-10 ----- 10-6	19-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	20 Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	21 Mark L. ----- 6-9 Lance ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	22 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
23 Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 C.P.T. ----- 5-10 G.H. ----- 10-6	24 Joel ----- 6-9 Richard L. --- 9-1 Nikki ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	25—DISTRICT 9 6:30PM ODAT Brenda ----- 6-9 Hugh ----- 9-1 Eric ----- 1-4 Anne K. ----- 4-10 ----- 10-6	26 Phil T. ----- 6-9 Cynthia ----- 9-1 Betty ----- 1-4 Lee B. ----- 4-10 Liam G. ----- 10-6	27 Brenda ----- 6-9 Sam P. ----- 9-1 Jean ----- 1-4 L.S. ----- 4-10 Steve ----- 10-6	28 Mark L. ----- 6-9 Lance ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	29 Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
30 Delegate's Mtg 11:30 AM Central Christine ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	31-DISTRICT 10 6:30PM WPG Joel ----- 6-9 Richard L. --- 9-1 Nikki ----- 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	ALL SUBMISSIONS DUE BY 10TH OF MONTH		

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

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

Announcements

The Group on the Edge

Join us for an old fashioned Open AA speaker meeting on
Friday nights at 7pm
First meeting January 7th, 2011

Enjoy coffee, laughter, fellowship and a true sense of carrying the message as we meet at the Church on the Edge, corner of N. Hampton Ave and Central Blvd in Orlando.

"He stands at the edge of new mysteries, joys, and experiences of which he had never even dreamed." 12&12 p. 110 *Step Twelve*

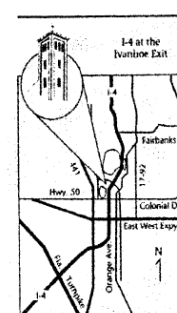
From Colonial Drive (rte 50) take Hampton south to Central Blvd. From Robinson, take Hampton, church in on the left, parking on the right by Langford Park.



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"

Budget Summary

Year To Date Revenue Vs Budget
\$92,981.00 (Revenue)
\$90,800 (Budget)
\$2,182.00 Ahead of Budget

4th Step Seminar

(Held on the 3rd Saturday of every month)

Next session: 01/15/2011
2:00 p.m. to 5:00 p.m.

Location: **Central Orlando Group**

310 East Colonial Drive
Orlando, FL. 32806

Crossroads Group is having a movie night each month!!
Please contact Intergroup for further information

On January 7th, the **Friends of Bill W. Big Book Meeting** in Apopka will be moving to a new location: 601 S. Highland Avenue, Apopka, FL (The Church of the Holy Spirit.)

Big Book Workshop

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

Three Legacies Group of Winter Garden

Friday Jan.14 6-9:30
Saturday Jan.15 9-5:00
(Lunch from 1-2)
Sunday Jan.16 9 -1:00

Bring your Big Books and 12&12 Pens & Highlighters
The AA Program of recovery as presented in the Big Book of Alcoholics Anonymous
Three Legacies Group
260 N Woodland St
Winter Garden, FL 34787
@The Church of the Messiah
All are Welcome

Apopka Big Book Speakers Meeting
January 2011

01/06	John G.	College Park Triangle
01/13	Debbie B	Decisions
01/20	Randy J	Inlanders
01/27	Hilon S	Pass It On

Thursdays at 8pm, Behind Barnhill's
261 South McGee Ave, Apopka, FL 32703