

Office Hours
9-4 M-F
10-2 Saturday
Closed Sunday

Central Florida Intergroup Services, Inc.
283 Live Oaks Boulevard, Building 6
Casselberry, FL 32707

✉ email: cfi@embarqmail.com 🌐 www.cflintergroup.org

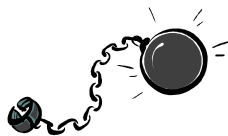
P (407) 260-5822
F (407) 260-5604
☎
24 Hour Hotline
(407) 260-5408

Freedom from Bondage

— *Anonymous*

Bondage is a word that can be used to describe slavery, captivity, suppression or oppression. This strong and powerful language can create images of chains, handcuffs, back breaking work, or even prison bars; yet one of the strongest types of bondage is by way of alcohol addiction. The image of slavery to alcohol is different, but, all around us.

This is a picture of my bondage by way of alcohol. I became a prisoner of alcohol practically from day one. Initially, I liked everything it did for me, like imparting feelings of confidence and courage. Later I learned these feelings were false and temporary.



Alcohol was sneaky; it made me feel that I was in control and that I could stop drinking at any time. What I thought to be true was not. It was all lies, to me, about me and alcohol. My life became a delusion, like doctor Jekyll and Hyde. The effect of alcohol would lure me into a state that felt warm and wonderful. I drank to relax and feel better. One day I woke up to realize that the warm wonderful feeling was a hoax. In reality, I was in a dark whirlwind courtship with the devil.

My life was out of control and I had lost the ability to choose. Steady employment didn't exist. There was no way I was capable of having a meaningful relationship. I had little self-control and could not manage my life. In every sense, I was incarcerated in my mind and body by alcoholism. I had to drink every

day so I would not get violently sick. I couldn't function because I was hung over most of the time. Friendships and relationships were a thing of the past because I had become a taker. I had no compassion for anyone unless they were buying me drinks.

Where had my once normal life gone? How did alcohol take over my life? I have seen movies where prisoners talk about losing their freedom. They are locked up and unable to see the sun from behind the walls of their jail. I could no longer see life's light from the jail that I had created. I was alone in a very dark and lonely place. Addiction had me trapped in my mind and body; I was hooked on alcohol. The good ole me had died, only not in the traditional sense.

When I came to AA, it was my last shred of hope. My ability to understand was limited, but I was ready to change. I listened intently to everything that was said. I learned how it works by listening. During meetings, I listened to The Promises being read. I heard them and really felt for the first time there may be hope. Eventually, I admitted that I was powerless over alcohol and that my life was unmanageable. I came to believe that there was a power greater than myself that could restore me to sanity. I made a decision to turn my will and my life over to God as I understood him. AA gave me my life back.

These words still ring true every time I hear them, "you are going to know a new freedom and a new happiness"... Thank God for the AA program.

AA's Twelve Steps are principles for personal recovery. The Twelve Traditions ensure the unity of the Fellowship. The Twelve Concepts for World Service provide a group of related principles to help ensure that various elements of AA's service structure remain responsive and responsible to those they serve.

Step One: "We admitted we were powerless over alcohol — that our lives had become unmanageable." **Tradition One:** "Our common welfare should come 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.



My Disease was Killing Me!

— Anonymous

I have a disease, one that is cunning and baffling, it is called alcoholism. It had be believing that it was making me feel good at the same time that it was really killing me. It was destroying my body like a cancer, diabetes, or drugs. This disease is very powerful; it had my brain thinking that I was getting better while it ate away at my life. I became so sick that while I was standing in front of a judge for my second D.U.I., I thought everything was alright.

Oh my God, what happened to my life? While drinking, I would think “one more for the road,” and would wind up sleeping in my car or maybe under it. I became a social outcast. My friends stopped inviting me to social gatherings. Often they would only let me know about boy’s night out at the last minute hoping I would not participate.

Physically and mentally, I was worn down and eventually lost my self-worth. I became afraid of everything; the only friend left was John Barleycorn. Why did I insist on continuing this downhill spiral? My disease was telling me, “don’t worry; be happy!”

Alcoholism destroyed my teens, twenties, and most of my thirties. My ability to make rational decisions was fleeting at best, but, by the grace of God, my disease met a cure one day. That is when I found the wonderful and glorious program of AA. Alcoholism is a disease that thrives on the misery of many. It kills people. If you, or someone you know is suffering from alcoholism, doesn’t hesitate, call the AA hotline or come to an Alcoholics Anonymous meeting.

BOOK of the MONTH!

Experience, Strength & Hope (\$9 plus tax)



A collection of 56 stories that were included in either the 1st, 2nd, or 3rd editions of Alcoholics Anonymous’ THE BIG BOOK but were not included in the 4th edition.

“Enhances my knowledge of Big Book history as I trudge my Road of Happy Destiny. Fills in the gaps and shows the progress of the Program.”
Anonymous

Available now at the Intergroup Bookstore; your source for AA literature and gifts!

Mentor A Veteran



Outreach, Twelve Step work, PIC, Prisons, Half-way Houses are all opportunities to carry the message. Five years ago Buffalo City Court Judge Russell established the first Veterans Court. The use and abuse of alcohol among troubled veterans led the courts to suggest treatment and recovery, not prison as a solution. The VA estimates that 70% of vets in trouble are due to abuse.

In addition to police officers and staff mental health professionals provided by the VA the program in Judge Russell's court has mentors. A mentor is a volunteer, usually but not always a veteran, typically with solid long term recovery and or other leadership experience. The mentor is a resource (temporary sponsor) who can

add the benefit of his/her experience while the veteran goes through the alternative to incarceration counseling and abstaining from alcohol and/or other mind altering substances.

Recently Judge Woodard of Seminole County has established a Veterans Court. The court needs mentors. The program is brand new and it is looking for volunteers to get in on the ground floor. The requirements for a mentor: being a vet helps with identification but not mandatory, established life in sobriety, and finally willingness and lots of patience.



If you are interested contact Central Florida Intergroup @ [407-260-5822](tel:407-260-5822) or send an e-mail to cfi@embarqmail.com.

THANK YOU

At this time of the year, it is usual to reflect on the many reasons we have to be grateful. Sobriety is always at the top of an AA member's gratitude list. This year our gratitude also extends to the many who made our Gratitude Banquet an outstanding success and an enjoyable expression of its theme, "the journey, not the destination." Those who took the journey will agree that the volunteers led by the Decisions Group put together a delightful evening.

The contributions of time and talent by the volunteers and to all those who gave incredible items for the silent auction surpassed all expectations. The speaker successfully carried the AA message of experience, strength, and hope. And the raffle blew out all the stops. On behalf of everyone serving at the Central Florida Intergroup, thank you for making this a banquet to remember.

DID YOU KNOW?

According to the Center for Disease Control, Alcohol use by persons under age 21 years is a major public health problem.¹ Alcohol is the most commonly used and abused drug among youth in the United States, more than tobacco and illicit drugs¹, and is responsible for more than 4,700 annual deaths among underage youth². Although drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States.³ More than 90% of this alcohol is consumed in the form of binge drinks.³

Source: <http://www.cdc.gov/alcohol/factsheets/underage-drinking.htm>

Financials

Intergroup Abbreviated Profit & Loss Statement

	Jan-Nov	Budget	\$over/under
Gross Revenue	90,979	106,688	(12,709)
Cost of Goods Sold	39,901	44,091	(4,190)
Gross Profit	51,079	59,599	(8,519)
Total Expense	72,053	71,352	701
Net Fundraising/ Activities	8,238	8,711	(473)
Net Income	(12,736)	(4,504)	(8,232)

GROUP CONTRIBUTIONS

November 2012

Apopka Big Book	\$40.00
Basic 164	\$150.00
Central Orlando	\$100.00
First Things First	\$25.00
Geneva Trailblazers	\$80.00
Happy Hour	\$30.00
Jay Walker's Group	\$50.00
Lost Bicycle Group	\$200.00
Oviedo Group	\$300.00
Ponderosa	\$75.00
Upper Room	\$500.00
Winter Park	\$542.17
Young By the Book	\$46.75
TOTAL	
GROUP CONTRIBUTIONS:	\$2,138.92



INDIVIDUAL CONTRIBUTIONS:

Anonymous/Anniversary	\$25.00
Anonymous	\$10.00
TOTAL	
INDIVIDUAL CONTRIBUTIONS:	\$35.00

TOTAL

MONTHLY CONTRIBUTIONS \$2,173.92

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. The Trustees and the Editor have the editorial authority over all newsletter content. cfi@embarqmail.com.

North FL Area Conference Assembly — January 18-20 Marriott Lake Mary

Happy New Year Everyone!

The North Florida Area Conference will be holding our Assembly at the Orlando Marriott Lake Mary, 1501 International Parkway, Lake Mary, FL 32746, for the next two years. Our first Assembly will be held January 18-20. There is no charge to attend! All the meetings are open and will cover the various areas we love to serve in, such as, Accessibilities/Special Needs, Archives, Cooperation with the Professional Community, Corrections, Intergroup, Literature, Public Information and Treatment. Come out and bring your experience or find out if you might be interested in service in any of these areas.

**FREE ADMISSION
Open to ALL!**

January 18-20

**Orlando Marriott Lake Mary
1501 International Parkway
Lake Mary, FL 32746**

Topics include: Accessibilities/Special Needs, Archives, Cooperation with the Professional Community, Corrections, Intergroup, Literature, Public Information and Treatment.

Fri., Jan. 18, 8 p.m.

open meeting hosted by District 25, NE FL

Sat., Jan. 19, all day workshops

Traditions, Concepts and Service Manual, plus much more!

Sun., Jan. 20, 9 a.m.

business meeting

On Friday, January 18th at 8:00 pm we will be having an open meeting, chaired by host District 25 from Northeast Florida. This is a time where experience, strength and hope are shared by many. Come and listen or come and participate!

Saturday will be filled with workshops on the service entities above, and in addition, you will find workshops on the Traditions, Concepts and Service Manual. You never know what you may find on the Agenda when you get to the hotel.

Sunday is the business meeting, beginning at 9am. Here is an opportunity to see how we serve in the General Service Structure so that we can continue to have Alcoholics Anonymous available for the still sick and suffering alcoholic that may or may not have found our rooms yet!

As the late Bernard Smith, non-alcoholic Trustee and Chairman of the Board said in 1954, "We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life".

Looking forward to seeing you at the Orlando Marriott Lake Mary! Please come and say hello.....

— Vivian F., NFAC Chair, Panel 63

**FREE &
Open to All**

Fun Events with AA Fellowship

Anniversary Celebration The Group on the Edge

Friday, January 4th

6:00 p.m. Doors Open

6:30 p.m. Dinner Buffet

Followed by

Lyle P., Stockbridge GA,
guest speaker

Redeemer Lutheran Church
3377 Aloma Ave, Winter Park



Ponderosa Group Annual Birthday Celebration

Thursday, February 7th

6 p.m. Fellowship

7 p.m. Dinner

8 p.m. Speaker "Jennifer F."

Entrée provided by the Ponderosa Group
Please bring salads, desserts, breads,
casseroles or vegetables dishes to share.
Bring the family and enjoy the evening!

Central Christian Church,
250 SW Ivanhoe Blvd.

Sat., Jan. 12
7-9 Movie
9-12 Dance
Redeemer Lutheran Church
3377 Aloma Ave, Winter Park



JAMES JOBETH JAMES
WOODS WILLIAMS GARNER



7-9 pm — Movie

"My Name is Bill W."
starring James Woods
as Bill W. and James
Garner as Dr. Bob

Admission is free

Popcorn, drinks and snacks
Will be available for purchase

Arrive early and get a great seat!

9-12 pm
Themed Costume Dance

"First 100 Friends of Bill W."

Admission is \$5 per person

Dress up as your favorite person from AA
history. Come as Bill W. or Louis Wilson.
Prizes will be given for best male and
female costumes.

Sodas, pizza, energy drinks and more
Will be available for purchase

Win prizes throughout the night.
Raffle Tickets \$1 Must be present to win!

Look Who's Celebrating Years of Sobriety!

Altamonte Springs

Tom P. — 48
 Judy J. — 12
 Patrick C. — 3
 Charles C. — 3
 Scott A. — 1

Apopka Big Book

Scott M. — 13

Basic 164

Kay P. — 30
 Faye T. — 23
 Mark A. — 5
 Wade E. — 5

Central

Kevin S. — 10
 Christine S. — 7
 Jaime S. — 5
 Steve M. — 2
 Jonny H. — 1

Clean Air Group

Doris V. — 22
 Lou W. — 19
 Phil T. — 13
 Maritza A. — 11
 Karen G. — 8
 Steve B. — 4
 Kristen J. — 3
 Tim I. — 3
 Steve J. — 2
 Tatia O. — 2

College Park Triangle

Debbie K. — 24
 Anne S. — 11
 Ryhan C. — 7
 Chung K. — 5
 Charlene L. — 3

Crossroads

Jamie A. — 2
 Gary D. — 1
 Aaron L. — 1
 Carolyn — 1

Decisions Group

Lisa M. — 16
 Karl R. — 14
 Mark S. — 8
 Frank F. — 8
 John M. — 5
 Bob M. — 4
 Chuck C. — 3
 Cathy B. — 1

Friendship Group

Ken J. — 42

Greenhouse

Larry M. — 37
 Mario P. — 6
 Ken H. — 4
 Pat V. — 2

High Noon

Ralph L. — 38
 David C. — 26
 Laura L. — 18
 Karen G. — 8
 Samy M. — 3
 Leslie K. — 2
 Pam B. — 1

Home Group

Bonnie C. — 11
 Christine M. — 2

Jaywalkers

Jimmy W. — 12
 Ryan F. — 9
 Marianne S. — 6
 Dennis a. — 5
 Van V. — 2
 Andi R. — 2
 Tom M — 1

Just Do It

Joanne S. — 7
 Currie C. — 3

Pine Hills Group

Rick P. — 24
 Pat P. — 22
 Ron K. — 12
 Brenda — 11
 Jenny C. — 10
 Ken J. — 8
 Dawn — 6
 Paula S. — 6
 Walter Mc. — 3
 Angela — 2
 Harold C. — 2
 Barbara J. — 2
 Frank L. — 2
 Teresa H. — 2
 William M. — 2

Sober Won

Kathy L. — 40
 Gary R. — 25
 Michel R. — 10
 Mike S. — 7
 Stephen G. — 4
 Mark M. — 3
 Lellie L. — 2
 Johnny — 2
 Kellie L. — 1

Three Legacies

Nicole N. — 6
 Jim C. — 6
 Drake B. — 3

West Lake Group

Tom P. — 47
 David B. — 5
 Steve B. — 3

Winter Park

Larry M. — 37
 Charlie R. — 35
 Cory M. — 23
 Lou W. — 19
 John M. — 12
 Meghan F. — 9
 Kelly M. — 7
 Rob O. — 6
 Billy S. — 5
 Beth M. — 5
 Ken H. — 4
 Ray S. — 4
 Cyndi D. — 4
 Laura V. — 3
 David D. — 2
 Bob O. — 1
 Marlene C. — 1
 Melissa N. — 1
 Mark H. — 1
 Tyler G. — 1
 Chantelle Y. — 1



Congratulations!

©3pod illustrationsOf.com/25017

2013 Central Florida AA Service Fair



Groups from all over Central Florida
 gather for fun, games, and food

Showing and Celebrating
 "Unity Through Service"

Saturday, February 23
 10 a.m. to 2 p.m.



Redeemer Lutheran Church, 3377 Aloma Avenue, Winter Park 32792

Announcements

On The Edge January Speakers Fridays @ 7 pm

Jan. 4, Lyle P., Georgia
Jan. 11, Robert M., Stuart
Jan. 18, John G., Stuart
Jan. 25, Gayle H., Orlando

3377 Aloma Ave., Winter Park 32792

New address for
AA Treasurer of North FL Area Conference

North Florida Area Conference
P. O. Box 360831
Melbourne, FL 32936


Please make checks payable to NFAC!

Apopka Men's Group Mondays @ noon

St. Paul's Lutheran Church
261 S. McGee Ave., Apopka

Central Orlando Group Newcomers Meeting Sundays at 6pm

Open meeting where only those with less than 1
year of sobriety can share their solutions.
Anybody and everybody welcome to attend.
Homemade cookies provided.

310 E. Colonial Drive, Orlando, FL 32803 



We have a new website!



www.cflintergroup.org/

Looking to Be of Service?

Apopka Beginners Group Needs Support
8 p.m. Monday Nights

Looking for men and women who have completed their
steps and have at least 1 year of sobriety to share their
experience strength and hope with men and women from
local rehabilitation centers that are new to the program.

6th and Highland in Apopka
The Episcopal Church of the Holy Spirit
601 Highland, Apopka 32702

Please call Shawne (407) 668-2556

Apopka Big Book January Speakers Thursdays @ 8 pm

Jan. 3, Scott M., Apopka Big Book
Jan. 10, John G., College Park Triangle
Jan. 17, Susan W., 164 Group
Jan. 24, Randy J., Inlanders
Jan. 31, Steve McC., Men's 226

St. Paul's Lutheran Church, 261 S. McGee Ave., Apopka

NEW MEETING for Young People

Forever Young
6 pm Saturdays—Open Discussion

Rebos Club 
130 Normandy Road, Casselberry FL 32707
3 blocks North of state roads 436 & 17-92

Bridging the Gap serves local drug and alcohol rehab
clinics as well as the recovery community by providing con-
tacts to those being released from the centers.

These contacts may be used for program call, temporary
sponsorship or sponsorship. Speaking dates are available at
the Tuesday 4 pm AA meeting held at SCCD a.k.a. Cross-
roads in Sanford, 669 W. Lancaster, Orlando 32809, South-
side Club, Lancaster Square .  Contact Shaun Of The
Clean Air Group @ Intergroup /cfi@embarqmail.com

January 2013 Events Calendar & Hotline Schedule

24 Hour Hotline



(407) 260-5408



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 William 6-9 Shannon 9-1 Anne K. 1-5 Barbara D 5-10 Hank 10-6	2 David J 6-9 Cynthia 9-1 Kay S. 1-4 William 4-10 Beth 10-6	3 Peter 6-9 Sam 9-1 Jean 1-4 L Sober 4-10 Holly 10-6	4 Maggie L 6-9 Ann H. 9-1 Tom G. 1-4 Just Do It 4-10 Joni 10-6	5 Kelly 6-9 Derek 9-1 Central 1-5 Jaywalkers 5-10 Jaywalkers 10-6
6 Kerry 6-9 Rob L. 9-1 Princeton 1-5 Chris 5-10 GH 10-6	7 Ronnie Z. 6-9 Christine 9-1 Joe S. 1-5 FTH 5-10 Suzy 10-6	8 William 6-9 Shannon 9-1 Anne K. 1-5 Billie A 5-10 Hank 10-6 Dist. 18 @ 6:30	9 David J 6-9 Cynthia 9-1 Kay S. 1-4 William 4-10 Beth 10-6	10 Peter 6-9 Sam 9-1 Jean 1-4 L Sober 4-10 Adrianna 10-6	11 Maggie L 6-9 Ann H. 9-1 Tom G. 1-4 Pass It On 4-10 Longwood 10-6	12 Kelly 6-9 Beth D. 9-1 Jeff 1-5 Jaywalkers 5-10 Jaywalkers 10-6
13 Kerry 6-9 Denise M 9-1 Keith F. 1-5 CPT 5-10 GH 10-6	14 Ronnie Z. 6-9 Christine 9-1 Joe S. 1-5 FTH 5-10 Suzy 10-6	15 William 6-9 Shannon 9-1 Anne K. 1-5 Barbara D 5-10 Hank 10-6	16 David J 6-9 Cynthia 9-1 Kay S. 1-4 William 4-10 Beth 10-6 Service Comm. @6:30	17 Peter 6-9 Sam 9-1 Jean 1-4 L Sober 4-10 Holly 10-6	18 Maggie L 6-9 Ann H. 9-1 Tom G. 1-4 Just Do It 4-10 Joni 10-6	19 Kelly 6-9 Derek 9-1 Central 1-5 Jaywalkers 5-10 Jaywalkers 10-6
20 Kerry 6-9 Rob L. 9-1 Princeton 1-5 Chris 5-10 GH 10-6	21 Ronnie Z. 6-9 Christine 9-1 Joe S. 1-5 FTH 5-10 Suzy 10-6 Dist. 11 @ 6:45	22 William 6-9 Shannon 9-1 Anne K. 1-5 Billie A. 5-10 Hank 10-6 Dist. 9 @ 6:30	23 David J 6-9 Cynthia 9-1 Kay S. 1-4 William 4-10 Beth 10-6	24 Peter 6-9 Sam 9-1 Jean 1-4 L Sober 4-10 Adrianna 10-6	25 Maggie L 6-9 Ann H. 9-1 Tom G. 1-4 Pass It On 4-10 Longwood 10-6	26 Kelly 6-9 Beth D. 9-1 Jeff 1-5 Jaywalkers 5-10 Jaywalkers 10-6 <u>Hotline Training</u> <u>10:00 am</u>
27 Kerry 6-9 Denise M 9-1 Keith F. 1-5 CPT 5-10 GH 10-6 Delegates @11:30	28 Ronnie Z. 6-9 Christine 9-1 Joe S. 1-5 FTH 5-10 Suzy 10-6 Dist. 10 @ 6:30	29 William 6-9 Shannon 9-1 Anne K. 1-5 Barbara D 5-10 Hank 10-6	30 David J 6-9 Cynthia 9-1 Kay S. 1-4 William 4-10 Beth 10-6	31 Peter 6-9 Sam 9-1 Jean 1-4 L Sober 4-10 Holly 10-6	Have A Happy New Year One Day At A Time 	

♥ Thanks to all of the Hotline & 12 Step volunteers and to the AA groups: Jaywalkers, From The Heart, Greenhouse, Pass It On, Longwood, Central, College Park Triangle, Living Sober, Just Do It, and Princeton!

District 9 meets at 6:30 p.m. on the 4th Tuesday at ODAT, 4971 W. Colonial Dr., Orlando.
 District 10 meets at 6:30 p.m. the last Monday at the Winter Park Group, 5407 Lake Howell Rd., Winter Park.
 District 11 meets at 6:45 p.m. the 3rd Monday at the Eastside Club, 2017 N. Goldenrod Rd., Orlando.
 District 18 meets at 6:30 p.m. the 2nd Tue. at St. Stephen's Lutheran Church, 2140 W. S.R. 434, Longwood.
 Delegates meet at 11:30 a.m. the last Sunday at Central, 310 E. Colonial Dr., Orlando.
 Service Comm. meets at 6:30 p.m. at Intergroup office on the Wed. 10 days before the Delegates' Meeting.