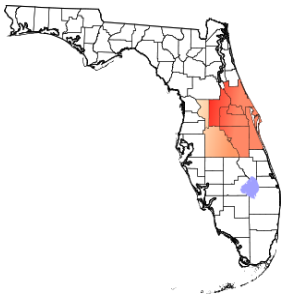


# Anniversaries

# Intergrupper



<b>Psychic Change</b>	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	<b>Central Orlando Group</b>	Ralph C.	3 Years	
Christina J	7 Years	Karina K	11 Years	Kellie P	2 Years	<b>December</b>	Carlos A	12 Years	
		Patti B	12 Years	Bapu	2 Years	Frankie T	1 Year		
<b>Crossroads</b>	Carol L	14 Years	Fredrich P	2 Years	<b>January</b>		<b>Altamonte Springs Group</b>		
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	<b>Pine Hills Grace Group</b>			
<b>How It Works</b>	Starr M	22 Years	Sue D	8 Years	Angela G	1 Year	<b>Sober Won</b>		
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	
<b>College Park Triangle</b>	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	<b>Three Legacies</b>		Elaine D	1 Year	Brenda G	Marie K	2 Years	
		November		Will B	2 Years	Ron K	Rachelle T	2 Years	
<b>Winter Park Group</b>	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	<b>High Noon Group</b>	Bill N	2 Years	<b>Decisions</b>		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			
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	<b>Clean Air Group</b>	Cliff R.	4 Years	
John V	3 Years	<b>Pass It On</b>		Joe C	3 Years	Steve B			
Lucy B	3 Years	<b>January</b>		Mario P	4 Years	Karen G.	6 Years	<b>From The Heart</b>	
Jerry P	3 Years	Doug K	1 Year	Sheri W	4 Years	Maritza A	9 Years	Cynthia C	1 Year
Jasmine M	3 Years	Kurt W	1 Year	Carolyn H	4 Years	Phil T	11 Years	Katy T	1 Year
Robin K	3 Years	Jimmy T	2 Years	Sal C	5 Years	Lou W	17 Years	Lori R	1 Year
Jennifer S	4 Years	Richard A	3 Years	Jordan N	5 Years	Doris V	20 Years	Jennifer C	7 Years
Michael C	4 Years	Walter H	10 Years	Jim W	5 Years	Jim G	29 Years	Cindy R	16 Years
Thomas G	4 Years	Carlos	13 Years	John L	6 Years	John D	33 Years	Christine S	21 Years
Laura S	4 Years	Roy J	14 Years	Susan S	6 Years		Wendy W	25 Years	
Josh C	4 Years	<b>December</b>		Jessica B	7 Years	<b>Apopka Living Sober Group</b>			
Carolyn G	4 Years	Ken P	1 Year	Mike F	8 Years	<b>December</b>			
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			Keltie Z	2 Years		
Bob J	5 Years	Jeanne B-T	3 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	<b>South Sanford Group</b>		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	<b>The Greenhouse</b>		Ralph L	36 Years	Dianne V	22 Years		
Kathy L	5 Years	November				<b>January</b>			
Kelly M	5 Years	Keith M	2 Years	<b>Jaywalkers</b>		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
					<b>Sober Won Group</b> will be hosting California Rob & Vic L. conducting a <b>Big Book Study</b> 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	<b>10-INTERGROUPEE SUBMISSIONS DUE</b> Joel ----- 6-9 Richard L. ----- 9-1 Nikki ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	<b>11-D 18 6:30PM ST STEPHENS LUTHERAN CHURCH</b> 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	<b>14-NFAC St. Augustine</b> Mark L. ----- 6-9 Lance ----- 9-1 Tom G. ----- 1-4 H.A.G. ----- 4-10 Dan ----- 10-6	<b>15 - NFAC St. Augustine</b> Kelly ----- 6-9 Mike ----- 9-1 Central ----- 1-5 J.W.G. ----- 5-10 Sheryl ----- 10-6
<b>16—NFAC St. Augustine</b> Kerry ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	<b>17-DISTRICT 11 6:45PM EASTSIDE</b> 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	<b>19-Service Committee Mtg @ CFI, 6:30 PM</b> 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	<b>25—DISTRICT 9 6:30PM ODAT</b> 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
<b>30 Delegate's Mtg 11:30 AM Central</b> Christine ----- 6-9 Gray ----- 9-1 P.G. ----- 1-5 Chris ----- 5-10 G.H. ----- 10-6	<b>31-DISTRICT 10 6:30PM WPG</b> Joel ----- 6-9 Richard L. ----- 9-1 Nikki ----- 1-5 F.T.H. ----- 5-10 Jerry ----- 10-6	<b>P.G. Princeton Group F.T.H. From the Heart P.I.O. Pass It On L.S. Living Sober</b>	<b>J.W.G. Jay Walker Group G.H. Green House C.P.T. College Park Triangle</b>	<b>ALL SUBMISSIONS DUE BY 10TH OF MONTH</b>		

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 7<sup>th</sup>, 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*

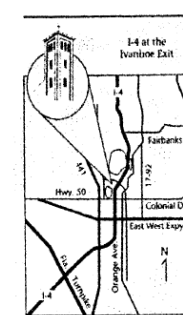
From Colonial Drive (rte 50) take Hampton south to Central Blvd. From Robinson, take Hampton, church in on the left, parking on the right by Langford Park.



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