

# intergr<sup>o</sup>uper

July 2009 Orlando, Florida



## I Came To Scoff

But I stayed to Pray

(A story written in the Writer's Workshop May 9th, 2009)

I had felt alone my entire life.

I had a lot of acquaintances but not too many friends, and the friends I had weren't very good friends. I tried everything I could think of to feel like I belonged somewhere. I would dress differently, hang out at different places, and start hobbies that I didn't even enjoy. I had also tried several religions and couldn't find anything that I believed in. I had no friends and no faith. It was miserable, life was horrible and I had no reason to hope that it would get any better. I would put on a face when I was around people then go home and cry myself to sleep. I hated the person I had become, I hated the people I hung out with and I hated the things that I did. I was depressed and thought about suicide.

Then I discovered alcohol. It was the miracle cure. I suddenly didn't have a care in the world, everyone around me was suddenly my best friend.

That feeling didn't last very long and things quickly got worse than they had been before and I continued to chase that feeling through alcohol for years. It was like the "good feelings" were stuck at the bottom of a bottle and I could never figure out which one it was in. In my quest for belonging, I abandoned everyone and everything that I had cared about for alcohol.

I felt betrayed by it. Why couldn't I have that feeling back? Why couldn't I have what everyone else seemed to have?

I remember a friend once asked what everyone wanted out of life. There were answers like money, wanting to be remembered, and to make a difference. All I could think of was being happy. I pretended to be happy but I hadn't actually felt that way in a long time. Life was becoming increasingly difficult, and I no longer had any reason to get up in the morning. I prayed every night that I would die in my sleep but I never did. That was when I fully abandoned

God. I thought that if God really existed, he wouldn't put me through this. I thought that He had abandoned me but thinking back I had been the one to turn my back on Him. I now know that the bad things continued happening so I could realize that I needed to change my life.

Luckily, I did get the message and attended a meeting of Alcoholics Anonymous. I didn't really want to be there but

one of my friends had asked me to go. I was so desperate, and I didn't want to upset one of the few friends I had left, but I was convinced that Alcoholics Anonymous was not for me. I figured it couldn't hurt and if nothing else I could laugh at the crazy people who actually thought it worked, so I went.

I sat and listened to what everyone was saying and was amazed. It was like these people were talking about me! They'd gone through similar experiences and feelings and knew exactly what was going on in my life. For the first time since I had started drinking I had that feeling of hope that I'd been chasing. I had always thought I was different and no one would ever be able to understand what I was going through, but these drunks did.

Today, I can go into any meeting and feel like I'm surrounded by family. No one at meetings judges me or tells me what to do, they help me come to decisions that keep my life on track. The fellowship I've found

has saved my life. I went into the rooms desperate and unbelieving and I stayed with a family that I know will accept me no matter what.

A.A. is the unconditional love I've yearned for my entire life. And even though I came to scoff, I've stayed to pray.

### Step Seven

Humbly asked Him to remove our short comings.

### Tradition Seven

"Every A.A. group out to be fully self supporting, declining outside contributions."

### Concept Seven

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

~Heather G.

Women Getting Better,  
Orlando

July 2009

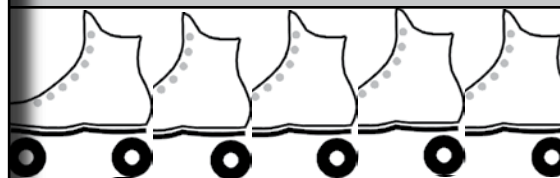
## The Florida 53rd State Convention is coming up!

July 29th - Aug 2nd, 2009  
Hyatt Regency Jacksonville  
225 East Coastline Dr  
Jacksonville, Florida 32202  
For more information on the convention,  
go to [flstateconvention.com](http://flstateconvention.com)

### SAVE THE DATE!!

For a Halloween Dance being  
sponsored by Intergroup  
October 31st.  
Details TBA!!

## Announcements / Business



## We're Having A Party At The Semoran Skateway!

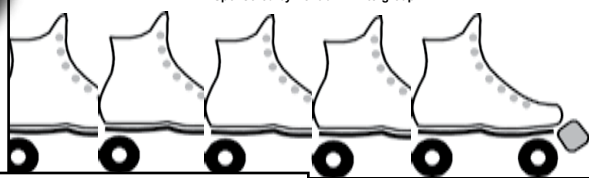
Here is an activity you can do with your family & kids this summer. Get out of the August heat and come skating with us at Semoran Skateway in Casselberry!

### When Is This?

August 23rd from 5pm to 7:30pm  
2670 Cassel Creek Blvd  
Casselberry, FL 32707

It's totally free.. even the skate rentals are free!  
Snacks and drinks can be purchased at the snack bar at the skateway. See you there!!

Sponsored by Central FL Intergroup



### Join the Winter Park Group for Bowling

on Friday Nights @ 9:15 pm  
Everyone is Welcome!

Aloma Bowl

2530 Aloma Avenue, Winter Park, 32792

\$2.50 per game.

Regular bowl first hour, rock n bowl after that.

Please call CFL Intergroup @ 407-260-5822

for information to RSVP Peggy and reserve your spot!



## 46th International Women's Conference

February 11th - 14th, 2010  
In Orlando, Florida

The next meeting will be Sunday, July 26 at 2 PM  
at the Doubletree Hotel.

Questions, call Intergroup  
407-260-5822

### Y.E.S. it's Friday!

Young People Experiencing  
Sobriety on Fridays!

When: Fridays @ 9:30 pm

Where: 621 Wilks Avenue

Pine Castle Community Service Center

### Delegate's Report

North FL Area 14 Delegate, Chet P. will give a Report from the General Service Conference Saturday, September 12, from 11 AM to 3 PM at the Community Service Center, 621 Wilks Avenue, Orlando (Pinecastle) 32809, lunch to be provided

## 7th Tradition Workshop

Saturday, August 29th 1-4 PM  
St Matthews Episcopal Church  
5873 N Dean Rd,  
Orlando, FL

"Every AA group  
ought to be fully self  
supporting, declining  
outside contributions"

## Big Book Workshop

At the Sober Won Group  
7:30-9:30 Every Friday Night for 10 weeks  
Beginning June 12th

### Message Carrier: "California" Rob M.

SESSION 1 Introduction, History, Preface, Forwards

SESSION 2 Dr's Opinion, Bill's Story (part 1)

SESSION 3 Bill's Story (part 2), There Is A Solution

SESSION 4 More About Alcoholism,

SESSION 5 We Agnostics

SESSION 6 How It Works, Step 3

SESSION 7 Step 4

SESSION 8 Into Action, Steps 5-9

SESSION 9 Steps 10 & 11

SESSION 10 Step 12, Working With Others, These Principles

The AA Program of recovery as presented in the Big Book

Highlights of the Study:

Deeper Understanding of the Program; Misconceptions;

Historical Perspective; the 12 Steps;

Personal Empowerment via Sponsorship & More!

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

The Sober Won Group

Sahara Club

2587 S Sanford Ave.

Sanford, FL 32771

(407-321-9122)

~ALL SESSIONS WILL BE NON-SMOKING ~

July 2009 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2.	3. <b>Week 4</b> Big Book Workshop, by "California Rob" @ Sober Won Group See Flier & announce- ment page 2	4. CFI Bookstore Closed
5.	6.	7.	8.	9. CFL Treatment Committee will be at the Greenhouse, 990 Lewis Dr. Winter Park 6:30 - 7:30PM All are welcome & encouraged to attend	10. <b>Week 5</b> Big Book Workshop, by "California Rob" @ Sober Won Group See Flier & announce- ment page 2	11.
12.	13.	14. District 18 6:30pm @ St. Stephen's Lutheran Church 2140 W. SR 434 Longwood	15. Service Committee Meeting @ Intergroup 6:30 pm	16.	17. <b>Week 6</b> Big Book Workshop, by "California Rob" @ Sober Won Group See Flier & announce- ment page 2  North FL Area Assem- bly Gainesville	18. 4th Step Seminar 2PM-5PM at The Central Group <hr/> North FL Area Assem- bly Gainesville
19. North FL Area Assem- bly Gainesville	20. District 11 7:30pm @ Made a Beginning Group First Unitarian Church 1901 E. Robinson St. Orlando	21.	22.	23.	24. <b>Week 7</b> Big Book Workshop, by "California Rob" @ Sober Won Group See Flier & announce- ment page 2	25. Hot Line Training at CFI 10 AM
26. Delegate's Meeting Central 11:30AM <hr/> IWC Meeting 2 PM @ Doubletree Orlando	27.	28. District 9 Meeting ODAT 4971 W Colonial Dr. Orlando same time 6:30 PM	29. 53rd FL State Conven- tion Jacksonville	30. 53rd FL State Conven- tion Jacksonville	31 53rd FL State Conven- tion Jacksonville <hr/> <b>Week 8</b> Big Book Workshop, by "California Rob" @ Sober Won Group See Flier & announce- ment page 2	

Chet P, North Florida Delegate Area 14, Panel 59 will present the Delegates report from attendance at the April New York **General Service Conference** Sunday, August 23, 2009 from 2-4 pm. Presentation will be held at 310 Colonial Drive, corner of Broadway and Colonial All groups in the area are welcome to come and participate. There will also be an ice cream social.  
  
Sponsored by the Central Orlando Group.

**SAVE THE DATE**  
Saturday, September 26, 2009 10:00 am to 3:00 pm  
  
The Bright Spot of Our Lives  
2<sup>nd</sup> Annual Service Fair  
  
Loch Haven Neighborhood Center  
Central Florida Intergroup, Districts 9, 10, 11, 18, 31 and 33  
Please direct any questions to Rosemary - rcubbedge@gmail.com

**You're Invited !!!**  
4th of July Picnic Winter Park Group  
Red Bug Lake Park in Casselberry, FL  
11 a.m. til dusk Saturday, 11 July 2009  
Please bring family, friends, &  
a covered dish to share!  


July 2009 Hotline Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 4-10 Jeff-----10-6	2. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham----- 4-10 Laurie----- 10-6	3. Mark L----- 6-9 David J----- 9-1 1-5 HAC----- 5-10 Val----- 10-6	4. 6-9 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C----- 10-6
5. Peter----- 6-9 Gary----- 9-1 Steve A----- 1-5 Chris----- 5-10 GH----- 10-6	6. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S-----10-6	7. Brenda----- 6-9 Hugh----- 9-1 Jimmie----- 1-5 Anne K----- 5-10 Chuck----- 10-6	8. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 4-10 Jeff----- 10-6	9. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham----- 4-10 Laurie----- 10-6	10. Mark L-----6-9 David J-----9-1 1-5 HAC-----5-10 Val-----10-6	11. 6-9 Blake----- 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C----- 10-6
12. Peter----- 6-9 Gary----- 9-1 Steve A----- 1-5 Chris----- 5-10 GH----- 10-6	13. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	14. Brenda----- 6-9 Hugh----- 9-1 Jimmie----- 1-5 Anne K----- 5-10 Carla----- 10-6	15. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 4-10 Jeff-----10-6	16. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham----- 4-10 Laurie----- 10-6	17. Mark L----- 6-9 David J----- 9-1 1-5 HAC----- 5-10 Val----- 10-6	18. 6-9 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C----- 10-6
19. Peter----- 6-9 Gary----- 9-1 Steve A----- 1-5 Chris----- 5-10 GH----- 10-6	20. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	21. Brenda----- 6-9 Hugh----- 9-1 Jimmie----- 1-5 Anne K----- 5-10 Chuck----- 10-6	22. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 4-10 Jeff----- 10-6	23. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham----- 4-10 Laurie----- 10-6	24. Mark L----- 6-9 David J----- 9-1 1-5 HAC----- 5-10 Val----- 10-6	25. 6-9 Blake----- 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C----- 10-6
26. Peter----- 6-9 Gary----- 9-1 Steve A----- 1-5 Chris----- 5-10 GH----- 10-6	27. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	28. Brenda----- 6-9 Hugh----- 9-1 Jimmie----- 1-5 Anne K----- 5-10 Carla----- 10-6	29. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 4-10 Jeff-----10-6	30. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham----- 4-10 Laurie----- 10-6	31. Mark L----- 6-9 David J----- 9-1 1-5 HAC----- 5-10 Val----- 10-6	

The hotline is needing volunteers currently. If you're interested in signing up to work the **HOTLINE** or to be a **BACK UP** for the hotline, please email or call Intergroup at **407-260-5822**



## MAY 2009 Group Donations

12 to Life.....	\$60.00	Problems and Solutions.....	\$175.00
Basic 164.....	\$275.00	Sober Won.....	\$240.00
Blue Bottoms .....	\$100.00	The Home Group .....	\$100.00
Country Air .....	\$50.00	Turning Point .....	\$31.64
Dr Phillips .....	\$166.95	Wekiva Women's .....	\$240.00
Happy Hour.....	\$150.00	<b>TOTAL GROUP DONATIONS:</b> .....	<b>\$2,447.13</b>
Hi Sobriety .....	\$65.00	<b>INDIVIDUAL DONATIONS:</b>	
Hope & Courage .....	\$57.54	Anonymous/Anniversary .....	\$22.00
Jay Walkers .....	\$50.00	Anonymous .....	\$22.00
Lake Underhill .....	\$20.00	Anonymous .....	\$50.00
Maitland Beginners .....	\$500.00	<b>TOTAL INDIVIDUAL DONATIONS:</b> .....	<b>\$94.00</b>
Pink Clouds.....	\$20.00	<b>TOTAL DONATIONS:</b> .....	<b>\$2,541.13</b>
Positively Sober .....	\$146.00		

**May****FROM THE HEART GROUP**

Angela S.....2 years  
 Jennifer M..... 1 year  
 Kelly J.....17 years  
 Kelly L.....13 years  
 Linda K.....7 years  
 Pilar E.....9 years

**June****THE HOMEGROUP**

Jacqueline C.....24 Years

**THREE LEGACIES GROUP**

Laura S.....6 Years

**THE WESTLAKE GROUP**

Reneen G.....7 years  
 Cricket V.....11 years

**July****THREE LEGACIES GROUP**

Debbie M..... 1 Year  
 Ed D.....5 Years  
 Sally.....4 Years  
 Willie R.....14 Years

**WOMEN IN RECOVERY**

Amy..... 1 Year  
 Heather G..... 1 Year  
 Iraida S..... 1 Year  
 Carol C.....20 Years  
 Darlene G.....6 Years  
 Laurie C..... 1 Year  
 Erin H.....2 Years  
 Victoria R.....9 Years  
 D.J..... 1 Year

**THE LONGWOOD GROUP**

Churck P.....28 Years  
 Burt L.....18 Years  
 Bob C.....22 Years  
 Lynn.....2 Years  
 Anthony R..... 1 Year  
 Jay W.....34 Years  
 Linda S..... 20 Years  
 Nancy D.....27 Years

**THE WINTER PARK GROUP**

Brenda M..... 1 Year  
 Christina S..... 1 Year  
 Beth T..... 1 Year  
 Robin A..... 1 Year  
 Sallie P..... 1 Year  
 Donna K..... 1 Year  
 Saundra S..... 1 Year  
 Mike S..... 1 Year  
 Matt K.....2 Years  
 John K.....2 Years  
 Barbara D.....2 Years  
 Greg Y.....2 Years  
 Chelsea H.....3 Years  
 David R.....3 Years  
 Bryce H.....3 Years  
 Dion R.....3 Years  
 Mark O.....3 Years  
 Tommy D.....3 Years  
 John A.....3 Years  
 Martin S.....3 Years  
 Michele V.....3 Years  
 Christy M.....3 Years  
 Kathy B.....3 Years  
 Jason T.....3 Years  
 Linda S.....4 Years  
 Robert D.....4 Years  
 Craig Y.....5 Years  
 Cheryl K.....5 Years  
 Jena C.....6 Years  
 David D.....7 Years  
 Ricardo R.....8 Years  
 Sarah D.....8 Years  
 Dawn C.....10 Years  
 Hal S.....10 Years  
 Angie.....16 Years  
 Annalen M.....16 Years  
 Susan W.....16 Years  
 Mark S.....18 Years  
 Carol T.....19 Years  
 John M.....19 Years  
 Scot S.....21 Years  
 Mike D.....21 Years  
 Robbyn F.....21 Years  
 Julie C.....21 Years  
 Betty S.....35 Years

**ALTAMONTE SPRINGS****GROUP**

James T..... 4 Years  
 Michael K.....13 Years  
 Jim P.....20 Years  
 James K..... 21 Years  
 Bill R..... 33 Years  
 Lenny D..... 37 Years

**SOUTH SANFORD GROUP**

Lon H.....2 Years  
 Deborah K.....3 Years  
 Debra J..... 10 Years

**THE FRIENDSHIP GROUP**

Jim M.....39 Years

**COLLEGE PARK TRIANGLE****GROUP**

Pam R.....12 Years  
 John W.....16 Years  
 Chet P.....25 Years

**PONDEROSA GROUP**

Tom D.....35 Years  
 Le Roy L.....25 Years  
 Jose C.....21 Years  
 Peter G.....4 Years

**HIGH NOON GROUP**

Bud R.....24 Years  
 Robert C.....22 Years  
 Matt B.....9 Years  
 Joe T.....7 Years  
 Glen F.....1 Year

**APOPKA BIG BOOK GROUP**

Doris McT..... 1 Year

**SEAGULLS GROUP**

Mike D.....21 Years

**SOBER WON GROUP**

Jim E.....3 Years  
 Billy M.....3 Years  
 Cohen R.....3 Years  
 Judy G.....4 Years  
 Joe T.....7 Years  
 Sy M.....17 Years  
 Harold K.....18 Years  
 Bob H.....22 Years  
 Carolyn M.....23 Years  
 Jerry C.....37 Years

**THE HAPPY HOUR GROUP**

Laura..... 1 Year  
 Joe M.....22 Years  
 Judy S..... 24 Years

**PASS IT ON GROUP**

Carole S.....12 Years  
 Jeannine P.....2 Years  
 Leah R.....2 Years  
 Lisa M.....2 Years  
 Lois Y.....3 Years  
 Bill S.....21 Years  
 Dave R.....3 Years  
 Jim C.....1 year  
 Pete B.....23 Years

**THE GREENHOUSE GROUP**

Sara B..... 1 Year  
 Jack M.....2 Years  
 Dan C.....2 Years  
 Bradley F.....24 Years  
 Darlene S.....5 Years  
 Emer F..... 1 Year

**CLEAN AIR GROUP**

Phil D.....36 Years  
 Tim B.....12 Years  
 Bill D.....26 Years  
 Andrew W.....2 Years  
 Cindy W.....22 Years  
 Brian R.....12 Years  
 John M.....27 Years  
 Jay W.....34 Years

**NEW HOPE GROUP**

Mary F.....4 years  
 Alexia S.....7 years  
 Brian R.....12 years

**Note to delegates:**

If anniversary lists are 3, 4, and 5 or more months behind, no guarantees will be made that there will be room to post them. The most current months take precedence.

## It's Good To Be Normal

(A story written in the Writer's Workshop May 9th, 2009)

I went to a meeting tonight. Sat next to a nice man about my age.

Sitting in the big room is kind of a random thing. Some folks seem to gravitate to their specific spot; especially if they get there early enough. Others seem to locate to an area in the room that feels more comfortable or familiar to them. Most ladies seem to go to the far west end of the room...kind of where the semi-circle hits its pinnacle. If you looked down from the sky, the recliners they sit in would look as if there were ladies sitting in a smiley pattern. They only go that far in the pinnacle. Then whatever men move out from there. It's quirky.

The nice man next to me introduced himself before the meeting started. He's got a serene face...salt 'n pepper hair, a well trimmed goatee, round glasses with wire rims fit his face dimensionally perfect. Really quite well proportioned. He's an engineer. It figures. Symmetry is important to most engineers.

The meeting begins and we all say a silent prayer. Then there's a prayer everyone says aloud. It's a well known prayer...not particular to this group. We spend our hour talking about 1/2 the 12th chapter's content. I actually say something because 1) it's my turn and "passing" isn't an option for me (That's a self-imposed rule for now and good for growth) and 2) there's part of that chapter I'm relating to.

It's good to be able to relate, see some potential pitfalls and bring up something on my mind without feeling that people are going to judge me.

See, lots of those 40 or so people have been there, too. Some, like the man next to me, are even newer than me so he'll get his chance to experience what this chapter is about. Back to the Future.

Wait, he's already feeling like he wants to help someone. Someone close. Older.

Intervention seems to be a good idea. A successful recovery is based on self recovery first. It takes a lot of internal, spiritual strength to go into that battle. We newbies would probably lose. That's OK by me. Even though I want to help others too, I'm not trained, ready or strong enough. I'll get there, though. And I'm getting my feet wet by offering words of encouragement to folks. I'm good at that.

When the meeting is over, the nice man next to me and I start to talk. He's been here about 2 months. He's feeling better. There's a sense of control he now feels in the morning. I ask him if he meant "clarity" and not control. Hey, we may see and experience things differently. It's not uncommon. He looks at me and says "Yeah, that's what it is. I couldn't put it in words. Thanks, that's it". Clarity is nice, isn't it? We discuss a couple of other things. How life is changing. How good it feels to be stable. We give hi-fives and head on to our respective homes.

As I'm driving home, I think of all the things I have in common with these folks. Another man in the group who started the same time as me was giving his perspective to the group and it was like hearing my thoughts verbalized. Then, I thought isn't it interesting that we who seem to have "problems" in life...those things that happened, those decisions we made, those actions we did...all the bad ones...how we become so possessive of our problems. They're almost like honorarium or awards to our victimization. Then I thought, isn't it interesting how we keep drinking and drugging and running away and repressing those problems/negative thoughts/distorted perceptions...when we do that, we get to keep them.

It's comforting to know OUR problems are unique to US. They define us, they make us different, something special, something that no one can take away from us if we don't want to let them go. We get to stand out in a crowd with our problems!!!!

Heaven forbid if someone else has the same problem...or something like it. That makes OUR problems just common. Lots of folks have 'em, feel the same way about them, deal or dealt with them in the same

ways. If I acknowledge that, then I become common and just ordinary. Nope, can't have that.

Then I realized, boy, I'm glad there are people here who have the same kinds of problems from childhood, the recent past, and right now even in sobriety. It's normal.

It feels good to be just normal.

~Carrie  
Dr. Phillips Group  
Orlando

## "I Couldn't Figure Out How To Take a Shower"

She dropped me off at detox early on the morning after Easter in 2002. She apologized for forgetting to take some cash out of her account to leave with me, but gave me a bank card, stating she would put some money in the bank upon her return to Ft. Lauderdale. There was an ABC liquor store right next door and she said she did not see any reason the people in the detox wouldn't let me run over there in the next day or so to get cash. Alcohol isn't really your problem she said, is it? Oh no, I assured her. It's the other stuff. The alcohol I could take or leave alone. Thus began my journey into the ocean of recovery and out of the river of de Nile.

This was my plan. I was going to get out of the clutches of the demon world and out from under that dark cloud that hovered over me and caused me to be homeless and hopeless and hungry. Once I was detoxified and returned to my normal self I would go back home and just be more sensible. I just needed help to get back on track and then I would be on my merry way. That was my plan and I

thought it was a sensible one.

The problems began that first night. After almost 30 years of altering my state of mind I found that I could not function without my crutches. I was special, different you see, not like those others. I had a plan. I was only there to get my demons down to a manageable size and I would be good to go. I did not sleep that night or any other night of my stay but that was not unusual for me and I was o.k with that. Another problem I found out I had was I could not figure out how to take a shower. I mean I know you get yourself under the water somehow. But how do get my clothes off? Where do I put them? The soap, the shampoo and conditioner, the razor, shaving crème, water temp, clean clothes? I would set my mind to it and end up in a puddle on the floor. After almost a week I asked for help.

One of my roommates was a girl of the cheerleading type, the kind I never had any use for. Even though she was as miserable as I was she was clean, hair, clothes and all and I wanted that. So I gathered up my courage and asked her for help. She seemed to know exactly what I needed. She told me which shower stall to use, in what order to take my clothes off and where to put them, where to set the nozzle, what to wash first..... and all I had said was "I can't figure out how to take a shower, will you help me?"

While I took my shower her voice sang in my head, do this and use that. She had given me her toiletries to use and told me exactly how to use them. I cried with gratefulness for the gift she gave me that day.

As the days went on I found the people in the detox very willing to help if I just asked. I had to humble myself and admit that I didn't know anything about anything and that my way was killing me.

~Martha P.  
Central Group  
Orlando

## Humility and the Seventh Step

After working Step 1 through Step 6, I came to Step 7 and I thought I understood the action required... humbly asking God to remove our shortcomings. OK, so I'll try: "Please, I am not worthy, but please remove my shortcomings." Is that it? That is all I do? Well, maybe I didn't understand.

Now, I think I understand humility; it is the opposite of boastful, egotistical – a lack of false pride. But the minute that I think I may be humble, I am automatically not humble. Humility requires that I do not know that I am, or, by definition, I am not. So, how do I know I am working this step successfully? I know because I am in pain and I turn away from alcohol and self-will and ask my Higher Power for help. I know because I feel so utterly aware of my need – my need to stay sober, my need to go to meetings, my need for my sponsor, the Big Book, this program. I am humbled by my complete and utter dependence on God – not only to stay sober, but to navigate the treacherous waters of my life.

The Twelve and Twelve states with regard to Step 7 that "As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing." So, we learned the Seventh Step Prayer:

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen"

By now my compulsion to drink has been arrested, but I am still compulsive in action, thought and deed. I still have defects of character. "A whole lifetime geared to self-centeredness cannot be set in reverse all at once." But when I learned that I needed to ask God to help me stay sober and I stayed sober, something happened. Hope and faith entered my life. (Steps 2 and 3) I found the courage to start telling the truth and then started to act with integrity again. (Steps 4 and 5) I became willing to do the things that I did

not want to do. (Step 6). Thus, I learned in Step 7 that when I ask God, as I understand Him, to remove my shortcomings, I am becoming humble, letting go of ego and control and surrendering to a power that makes things happen as great as removing my compulsion to drink. If that could be done, anything is possible.

I began to learn that "Pain" became the greatest motivator for growth and change. I began to welcome pain as something to welcome as I would exercise, healthy eating, right action and right thinking. Not necessarily fun, but good for me. I begin to understand when the Twelve and Twelve explained that "Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity." In other words, where acceptance became the answer to all my problems, humility served as the chief remedy for the elimination of pain and discomfort. Pain created my opportunity to understand my need and seek the solution that had worked to get me sober – asking God to relieve my pain by removing my shortcomings. Pain became the source of my spiritual growth. "Refusing to place God first, we had deprived ourselves of His help." By learning that in my pain, I can now turn to God for direction, healing and Divine wisdom-dare I say it-grace; and I find humility in my need and I learn that I can be at peace.

Humility takes on a whole new meaning and importance. I become aware of my need through pain which gives me the recognition of my dependence on God. My shortcomings are then released to God and to the Universe. My ego is deflated then my need turns into a willingness to submit my obsessions, my compulsions, my self-centered drives to my Higher Power in service. So, I welcome the pain, reluctantly, as my motivation to change, to ask for help, to be willing to let my Creator have all of me because I learned that here is where it worked and where it can work again, over and over, when I humbly ask...

~Stephen T.  
The Wake-Up Call Group  
Orlando



# Memorials

## **In Celebration of the Life of Myrtle "Myrt" Rump January 2, 1925 – May 10, 2009**

**I**t wasn't the bright and fashionable clothes or the sparkling diamonds that one always associated with Myrt that I wanted when I came to this program.

It was the light in her eyes, the genuine caring she conveyed to everyone she met and the laughter she brought to our lives. Sobriety was just plain fun if Myrt was present.

She always said she came to AA the easier, softer way...in an alcoholic coma for her first eight days without a drink. When she came to, the first words she heard were "it's a miracle that she is alive". She carried the bumper sticker "I Am a Miracle" for the rest of her life. She went from that hospital to AA and that is where she stayed.

Service was her middle name. The Wekiva Women's Group was her home group for over 17 years. She sponsored hundreds of women over the years, volunteered at the Intergroup office and worked the hotline; She chaired the 1991 International Women's Convention and was Program Chairman on our state convention shortly thereafter. She was frequently invited and always said yes to speak at meetings and events.

Her home was open to AA's where she hosted Big Book studies and meetings or wonderful parties and celebrations of special events.

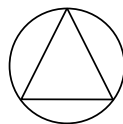
She was my sponsor for 20 years. Failing health caused her to move to Washington state four years ago to be near her daughter. Of course she insisted that I get a sponsor here but she continued to be my friend and confidant even though she lived far away.

I was blessed to visit her in Washington . I was not the least bit surprised that she had won the hearts of the local AA members very quickly. She was still "walking the walk" even though she was carrying an oxygen pack on her back! She celebrated 32 years of sobriety on April 19, 2009 with her new found AA friends.

Myrt was all about love and giving and having fun living. That is why she was so loved by everyone.

She died on Mother's Day, May 10, 2009 . She had been progressively ill over the last few years. She left the world peacefully and without pain with her beloved daughter holding her hand and her dog Nick by her side. She was 84 years old and sober to the last breath.

I know she would want us all to celebrate her life and not be too sad for too long...until we meet again.



**Central Florida Intergroup**  
283 Live Oaks Blvd. Bldg 6  
Casselberry, FL 32707

**Hours:** Monday - Friday 9:00 A.M. to 4:00 P.M.

Saturday: 10:00 A.M. to 2 P.M.

Sunday: Closed

**Phone:** 407-260-5822 **Fax:** 407-260-5604 **Hotline:** 407-260-5408

**Email:** cfi@embarqmail.com **Website:** www.cflintergroup.org