

intergr@per

June 2009 Orlando, Florida



What It Means to Have Hope

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

My love affair with liquor began when I was twenty and lasted sixteen years. There was no courtship or casual dating with alcohol, I leapt into a full blown affair from the very first drink.

I loved drinking. I loved the feeling of independence and maturity that came from pouring the drink after a long day at work. I loved feeling like the drink was allowing me to fit into a world of successful adults, making connections and moving forward in my career and relationships.

But over time, the intimacy of my affair quickly began to control and destroy my life. I was drinking almost all the time and it was getting noticed at work.

Fear of consequences would creep into my mind and I would promise myself that I would cut back. I never kept those promises to myself and I hated that.

I came to a point where I had to stop lying to myself. Something had to change. Once I became honest with myself, hope flooded in and felt like a sheer and simple feeling of surrender for me. I finally had the freedom to admit exactly how much I drank and how it was affecting my life and I didn't feel like I had to lie about it anymore. Hope was in the simple act of seeing that I could get through 24 hours, then forty-eight, then twenty-two, then ninety-six without a drink. That was something I had not done in a very long time.

Hope came from one of the first sober conversations I had that first week of meetings with a man named Roger.

Roger saw how scared I was and came over to me and said, "You look like you could use a cup of coffee".

We sat off to one side of the club meeting room and talked for a little while. Although I don't remember a word of the conversation I do remember the sense of relief. The feeling that my problems weren't nearly as unique as I thought they were. The sense that it might be possible to make real connections with others and rebuild my life without alcohol.

I surrendered easily to the program of recovery. It was relief

to be able to focus on the problem at hand; why I drank, how I drank, how my experiences were so similar to other's experiences.

With each day of sobriety, I knew I'd made the right choice. Small things reinforced that. Although I didn't feel "well" for about three weeks, I did wake up without a hangover my first day, and then the next and the next. I didn't obsess about drink-

ing--where, when, with whom, how much--because the possibility of actually living without it existed.

The language of the AA 12 step program can be repetitive and right from the start I heard the same cliches and catchphrases and slogans over and over and over. But I welcomed the consistency.

I also knew my brain could use a good housecleaning, as it says in the Big Book of Alcoholics Anonymous, and I was both frightened and desperate enough to set aside any biases I might have had and just listen, to absorb. I believed what I was told and I believed I belonged there, and every time I heard someone tell his or her story at an AA meeting, I connected with a part of it.. I could see a piece of myself in everyone in AA.

The people I heard in meetings had a confidence, and a calm self acceptance and I wanted what they had. What they had was not perfection, it was serenity.

I held on to the things people in meetings told me. One day at a time. You don't have to tell yourself you're never

going to drink again.. Just today. Just do it today. I clung to stories about people whose lives got better. I heard the phrase, "if you're new, keep coming back," and I kept coming. Just as when I drank, I didn't know what else to do.

People do get and stay sober without AA. But as for me, I'm certain I couldn't stay away from alcohol without AA, without the support and the sense of camaraderie and the knowledge that AA is out there. A place where I can constantly be reminded of what I am, where I came from, what I need to do in order to continue to change and grow in my new found life of sobriety.

After a month or so in AA

Continued on page 6

Step Six

"Were entirely ready to have God remove these defects of character"

Tradition Six

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Concept Six

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

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.

The Florida 53rd State Convention is coming up!

July 29th - Aug 2nd, 2009
Hyatt Regency Jacksonville
225 East Coastline Dr
Jacksonville, Florida 32202
www.jacksonville.hyatt.com
For more information on the convention, go to flstateconvention.com

If you're interested in signing up to be a **BACK UP** for the hotline, please email or call Intergroup at **407-260-5822**



The New Life Group in Altamonte & **South Orlando Solution Group** in Orlando no longer meets, effective immediately.

FCYPAA
(Florida Conference of Young People in AA)



BBQ!!!

Orlando's FCYPAA Bid Committee is having a BBQ...
Join us for food*, FUN and fellowship!
(*some vegetarian options to be included)
A volleyball game will be played.
Bring the kids!
\$5 Donation

Saturday June 6, 2009
One PM - Dusk
Red Bug Lake Park
3600 Red Bug Lake Rd.
Casselberry, FL 32707
Pavilion C



For questions and comments please e-mail: FCYORL09@gmail.com

SAVE THE DATE!!

Saturday, September 26, 2009
10:00 am to 3:00 pm
The Bright Spot of Our Lives
2nd Annual Service Fair
Loch Haven Neighborhood Center
Central Florida Intergroup,
Districts 9, 10, 11, 18, 31 and 33
Please direct any questions to Rosemary
cfi@embarqmail.com

Movie Night

Saturday, June 13, 2009 8:00 PM
Showing:
"Young People in Recovery"
Rebos Club
130 Normandy Rd.
Casselberry, FL 32707
(407) 767-9666



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 ~

7th
Tradition Workshop
Saturday, August 29th, 1 - 4 PM
Location TBA
Presented by District 11

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

June 2009 Calendar of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.	2.	3.	4.	5. Winter Park Group for Bowling on Friday Nights @ 9:15 pm	6. Founder's Day-See announcement details on the back page
7.	8.	9. District 18 6:30pm @ St.Stephen's Lutheran Church 2140 W. SR 434 Longwood	10.	11. CFL Intergroup Treatment Committee will be at the Greenhouse, 990 Lewis Dr. Winter Park 6:30 - 7:30PM	12. Winter Park Group for Bowling on Friday Nights @ 9:15 pm See announcement on the back page	13. Movie Night "Young People In Recovery" at Rebos- See flier/ announcement on page 2
14.	15.	16. District 11 7:15pm @ Made a Beginning Group First Unitarian Church 1901 E. Robinson St.Orlando	17. Service Committee meeting @ Intergroup 6:30 pm	18.	19. Winter Park Group for Bowling on Friday Nights @ 9:15 pm	20. 4th Step Seminar 2PM-5PM at The Central Group
21.	22.	23. District 9 Meeting ODAT 4971 W Colonial Dr. Orlando same time 6:30 PM	24.	25.	26. Winter Park Group for Bowling on Friday Nights @ 9:15 pm	27. Hot Line Training at CFI 10 AM
28. Delegate's Meeting Central 11:30AM	29. District 10 6:30pm @ The Greenhouse 990 Lewis Dr Winter Park	30.				



Memorials

IN MEMORY OF EVERETT (BUD) MOORE

I am not a biblical or religious person, but in thinking of how to remember Bud, the phrase that immediately ran through my mind was: "Well done, thou good and faithful servant."

Good and faithful to Mary, his wife of 56 years, who preceded him in death.

Faithful to his home group, the Tanglewood Group, and to other groups at which he attended meetings regularly.

Faithful as an Intergroup Delegate through many years of his sobriety (from 1994 until his death).

And faithful, along with Mary, in making sure that the Brown Baggers Group on the Navy base was in session each week for three years for those young people in uniform who might need a meeting.

But most of all, he was faithful to his life of sobriety in Alcoholics Anonymous, his church, his family, and his friends. Many of us spend years trying to mend that which we tore asunder during our active alcoholism. Some do better than others: I think Bud was one of those, during his 25 years & 10 months of sobriety. May he rest in peace, and in our memories.


Life notes:

Born July 23, 1921

Sobriety date June 1983

Died March 30, 2009

June 2009 Hotline Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	2. Brenda -----6-9 Hugh-----9-1 Jimmie-----1-5 Anne K----- 5-10 Carla ----- 10-6	3. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 ----- 4-10 Jeff----- 10-6	4. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham-----4-10 Laurie-----10-6	5. Mark L----- 6-9 David J----- 9-1 Tom G----- 1-5 HAC----- 5-10 Val----- 10-6	6. Paul----- 6-9 Blake----- 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C.----- 10-6
7. Christine----- 6-9 ----- 9-1 Steve A----- 1-5 Chris -----5-10 GH----- 10-6	8. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	9. Brenda -----6-9 Hugh-----9-1 Jimmie-----1-5 Anne K-----5-10 Carla -----10-6	10. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 ----- 4-10 Jeff----- 10-6	11. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham-----4-10 Laurie----- 10-6	12. Mark L----- 6-9 David J----- 9-1 Tom G----- 1-5 HAC----- 5-10 Val----- 10-6	13. Paul----- 6-9 Blake----- 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C.----- 10-6
14. Christine----- 6-9 ----- 9-1 Steve A----- 1-5 Chris -----5-10 GH----- 10-6	15. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S-----10-6	16. Brenda -----6-9 Hugh-----9-1 Jimmie-----1-5 Anne K-----5-10 Carla -----10-6	17. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 ----- 4-10 Jeff----- 10-6	18. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham-----4-10 Laurie----- 10-6	19. Mark L----- 6-9 David J----- 9-1 Tom G----- 1-5 HAC----- 5-10 Val----- 10-6	20. Paul----- 6-9 Blake----- 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C.----- 10-6
21. Christine----- 6-9 ----- 9-1 Steve A----- 1-5 Chris -----5-10 GH----- 10-6	22. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	23. Brenda -----6-9 Hugh-----9-1 Jimmie-----1-5 Anne K-----5-10 Carla -----10-6	24. Phil T----- 6-9 Joe S----- 9-1 Betty----- 1-4 ----- 4-10 Jeff----- 10-6	25. Brenda----- 6-9 Sam P----- 9-1 Jean----- 1-4 Graham-----4-10 Laurie----- 10-6	26. Mark L----- 6-9 David J----- 9-1 Tom G----- 1-5 HAC----- 5-10 Val----- 10-6	27. Paul----- 6-9 Blake----- 9-1 Central----- 1-5 J.W.G----- 5-10 Kevin C.----- 10-6
28. Christine----- 6-9 ----- 9-1 Steve A----- 1-5 Chris -----5-10 GH----- 10-6	29. Ronnie----- 6-9 Tom----- 9-1 Cindy----- 1-5 FTH----- 5-10 Carol S----- 10-6	30. Brenda -----6-9 Hugh-----9-1 Jimmie-----1-5 Anne K-----5-10 Carla -----10-6	<p>Thanks to "The HOTLINE & 12TH STEP VOLUNTEERS in June. AA Groups: FTH-From the Heart •PIO-Pass It On• LWD-Longwood Group GH-Greenhouse•CPT-College Park Triangle•LSA-Living Sober Apopka•Central• HAC-Hope & Courage.</p>			

2009 April Group Donations

226 Men's.....	\$83.58	Jay Walker's Group.....	\$25.00
Anonymous Group.....	\$130.00	Lake Underhill	\$20.00
Apopka Big Book	\$40.00	Longwood Group.....	\$50.00
Blue Bottoms	\$100.00	Pass It On	\$500.00
Central Orlando.....	\$100.00	Pink Clouds.....	\$21.00
Clean Air	\$290.35	Ponderosa.....	\$200.00
College Park Triangle	\$60.00	Seagulls.....	\$100.00
Conway	\$30.00	The Hope Group	\$297.36
Dr Phillips	\$320.31	Wake Up Call.....	\$235.00
Fairbanks.....	\$80.00		
Greenhouse	\$100.00	TOTAL GROUP DONATIONS:.....	\$3,022.60
Grupo Esperanza.....	\$30.00	INDIVIDUAL DONATIONS::.....	\$0.00
Happy Hour.....	\$150.00		
Hi Sobriety	\$50.00	TOTAL DONATIONS:.....	\$3,022.60
How It Works	\$10.00		

April

BACK TO BASICS GROUP
 Tim P.....2 Years
 Susan C.....20 Years

May

THE HOME GROUP
 Teresa P.....24 Years

THE HAPPY HOUR GROUP
 Bill W.....1 Year
 Dave C.....18 Years
 Ronn G.....20 Years

PASS IT ON GROUP
 Ben C.....1 Year
 Chuck C.....3 Years
 Francis W.....3 Years
 Hilon S.....22 Years
 Mark C.....8 Years
 Paul A.....3 Years
 Scott M.....2 Years
 Steve B.....4 Years
 Ann K.....11 Years
 Doreen W.....12 Years
 Jodie C.....29 Years
 Lisa M.....3 Years
 Tara.....1 Year

SPEAK FROM YOUR HEART
 GROUP
 Nancy D.....26 Years

BACK TO BASICS GROUP
 Jenni M.....10 Years
 Fred S.....21 Years

FRIENDS FOR LIFE GROUP
 Noel.....19 Years

COUNTRY AIR GROUP
 George M.....20 years

June

GREENHOUSE GROUP
 Lori P.....9 Years
 Tass T.....2 Years
 Stuart S.....1 Years
 Jamie L.....14 Years
 Annie P.....24 Years
 Nancy R.....3 Years
 Ellen R.....5 Years
 Sherie W.....9 Years

SOUTH SANFORD GROUP
 Greg F.....20 Years

COLLEGE PARK TRIANGLE
 GROUP
 Carolyn U.....4 Years
 Chuck P.....7 Years
 Katie R.....1 Year

THREE LEGACIES GROUP
 Phil S.....6-1-96

WINTER PARK GROUP
 Gregory S.....1 Year
 Wayne Q.....1 Year
 Lander J.....1 Year
 Jess S.....1 Year
 Ryan B.....1 Year
 Virginia W.....1 Year
 Vanessa F.....1 Year
 Paul S.....2 Years
 Jenn S.....2 Years
 Evan H.....2 Years
 Joe B.....2 Years
 Kirsten Z.....3 Years
 Heather M.....3 Years
 Kyle T.....3 Years
 Stuart.....3 Years
 Stephanie F.....3 Years
 Jason F.....4 Years
 Simien A-P.....4 Years
 Carly W.....4 Years
 Andrew B.....5 Years
 Edwin S.....5 Years
 Jon M.....6 Years
 Emily B.....6 Years
 Steve K.....6 Years
 Sally K.....6 Years
 Lisa W.....6 Years
 Joel W.....8 Years
 Jessica R.....8 Years
 Karen B.....8 Years
 Keith S.....8 Years
 Mary P.....12 Years
 Kathleen B.....12 Years
 Mack S.....14 Years
 Phil T.....14 Years
 Monica B.....15 Years
 Dan C.....16 Years
 Linda S.....18 Years
 Susan P.....20 Years
 John N.....20 Years
 Patricia G.....21 Years
 CJ.....22 Years
 Hugh O.....23 Years
 Dennis O.....23 Years
 Axel P.....23 Years

SOBER WON
 Scott D.....1 Year
 Brian S.....1 Year
 Dawn L.....2 Years
 Tina A.....2 Years
 Darel H.....3 Years
 Lou F.....6 Years
 Pamela K.....19 Years
 Mary Anne S.....21 Years

ALTAMONTE SPRINGS
 GROUP
 James B.....1 Year

WAKE UP CALL GROUP
 David C.....11 Years
 Danny K.....38 Years
 Carolyn O.....10 Years
 Richard B.....18 Years
 Stuart F.....23 Years

PONDEROSA GROUP
 Todd H.....2 Years

HOW IT WORKS GROUP
 Margaret B.....2 Years
 Cathy A.....19 Years

HIGH NOON GROUP
 Soup C.....31 Years
 Carol A.....23 Years
 Sean C.....10 Years
 Shirly P.....8 Years
 Nancy R.....3 Years
 Jill J.....2 Years

FRIENDS FOR LIFE GROUP
 Chris.....23 Years
 Nina.....Years

SEAGULLS GROUP
 Julie C.....16 Years
 Jan H.....10 Years
 Bruce S.....9 Years

NEW HOPE GROUP
 Blair D.....6 Years
 Keri C.....13 Years
 Ruth R.....21 Years
 John K.....46 Years

THE HAPPY HOUR GROUP
 Paul.....1 Year
 John S.....2 Years
 Tall Bill.....10 Years
 Knobby.....24 Years

CLEAN AIR GROUP
 Jim M.....24 Years
 Nancy C.....3 Years
 Renee S.....3 Years
 Nancy R.....26 Years
 Bill R.....32 Years
 Phil M.....5 Years
 Billy B.....3 Years
 Sally K.....6 Years
 Karen H.....9 Years
 Linda D.....8 Years

CENTRAL GROUP
 Elizabeth B.....4 Years
 Obie.....21 Years
 Doug V.....5 Years
 Wes.....43 Years

SOUTH SANFORD
 Greg F.....20 years

HOPE & COURAGE GROUP
 Mike L.....35 years
 Jerry F.....18 years
 Ted K.....16 years
 Clint B.....11 years
 Mike E.....6 years
 Kim M.....1 year

PASS IT ON GROUP
 Dave L.....8 years
 Jeff T.....4 years
 Mike M.....1 year
 Nate M.....3 years
 Tom M.....4 years
 Wyn.....1 year
 Jill J.....2 years
 Judy C.....21 years
 Linda.....2 years
 Mary A.....3 years
 Penny C.....5 years
 Rosemary C.....6 years

PASS IT ON GROUP
 Jill J.....1 Year
 Mike M.....1 Year
 Win.....1 Year
 Linda.....2 Years
 Mary A.....3 Years
 Nate M.....3 Years
 Jeff T.....4 Years
 Tom M.....4 Years
 Penny C.....5 Years
 Rosemary C.....6 Years
 Dave L.....8 Years
 Judy C.....21 Years

Continued from page 1

I began to realize that the meeting at the end of the day provided relief the same way the drink used to, that it gave me the same sense of easing into a kind of comfort. AA is like a daily shot of hope for me: I see people around me grow and change and flower. I hear people struggling, out loud, to get through the days. Meetings keep things in perspective."

When people share about their deepest pain, a stillness often falls over the room; a hush that's so deep and so deeply shared it feels like reverence. That stillness keeps me coming and it helps keep me sober, reminding me what it means to be alive to emotion, what it means to be human.

My journey continues to show me what it means to have hope.

~Don Alan
The Wake Up Call Group
Orlando

Out Of Sorts From Out Of State

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

Fitting into AA in a new location was harder for me than getting sober was.

First, everyone is there to sponsor you. People are very nice and treat you like a newcomer until they find out that you are not a newcomer. Then, they check to see if you are a "dry drunk" by the things you say and do.

I moved to Florida on Sept 1, 2003 and attended two meetings a week. Any topic that came up in the meetings, I was always inclined to talk about the times when I was first getting sober.

I got sober in Akron, OH January 1, 1995. After referencing Akron a few times when I would share, I began to notice the blank look on people's faces. More irritated looks would be a better way to de-

scribe it. Some were bold enough to say, "If Akron was so great, go back to where you came from!"

It seemed a lot of things came crashing on me my first year here in Florida. I had two sponsors within the first year that didn't work out. The first one never return my phone calls and then she quit coming to our home group. So, I got another sponsor who was going through her own personal life stuff and didn't have much time. I was also newlywed turned widow within the first 8 months of living in Florida. I felt extremely alone and I had a growing resentment towards everything and everyone, especially God. I was angry at God for moving me here to Florida, angry God took my husband away from me, angry I wasn't connecting with any AA women, and I would get offended at the smallest remarks. I found myself staying away from meetings more and more. Emotionally, I was sinking fast and from recovery experience, I knew change needed to happen quickly.

I did what always worked for me in the prior years I'd been sober. I had to get out of my own head and so I got into service work. I began slowly by becoming GSR for my home group and it got me coming back to AA once a week so I could still say I was an active AA member.

One day, a fellow AA member who was without a driver's license asked me to take him to some meetings. So, I did. On the ride to the meeting, he would talk about things that forced me to think more in a sober way.

I began going to more and more meetings and sharing more often about what I was going through. The more I shared, the more girls asked me to sponsor them. The more I girls I sponsored the more clearly my thinking became. The more clear my thinking became, the happier I became.

I couldn't have done this on my own. I had another AA member asking for my help and that seemed to open the door.

I finally found a sponsor who I trusted and was willing to share all my recent hurts, resentments and disappointments with.

An opportunity to teach at my church

came up and I gladly accepted it. Not long after that, I became an official member of that church.

All these things got me out of myself and got me re-grounded into a sober, sane life again.

I stayed sober through all of this and what keeps me coming back is the love I have for the best home group in the whole world and all my AA friends. They keep me right sized today.

~Laura N
The High Noon Group
Lake Mary

I Was Ready When "I" Was Ready

I Didn't Know God Had A Timetable, too...

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

My first drunk was at a new Year's Eve party. That seemed normal for me since my dad was a heavy drinker.

My life was chaos for thirty more years. At first, my drinking was occasional and it was a lot of fun. I loved the excitement of going out and partying. My whole world revolved around my partying. Like many other alcoholics, mine took me into the world of drugs as well. Then, my disease got progressively worse. At 20, I became involved in an organized religion that didn't allow drinking. I now understand I was in and out of the church a lot because I needed to go get high. I was a typical alcoholic. Each time I would go back out, my partying seemed to progress. It wasn't long before I became a daily drinker and user.

My life was full of extremes for the 20 years I was involved in that church and continued to use drugs and drink. I married and divorced. I took many geographical changes to escape. The last geographical change I made landed me from Indiana to Florida. At the time, I had a

feeling my Higher Power was working in my life, but I didn't know what the plan was just yet.

At the end of my drinking, I was hiding it from my room mate. I would stay up late so I could drink without her knowing. I used to start fights with her so I would have a reason to drink. At this point alcohol quit working for me. I was miserable without it and I was miserable with it. I was depressed and didn't know why. I kept asking God what was wrong with me. Why did I have only fleeting moments of happiness?

The first AA meeting I attended was when I gave a ride to a neighbor who didn't have her driver's license. I had no fear of going to AA because I didn't think I belonged there. I remember enjoying the meeting because I could really relate to everything being said. I thought it was because my dad drank for so many years is why I was relating.

For four months, I went to a Friday night meeting every week, then returned home and had a few beers. I figured the AA meetings were good "therapy".

One night after the meeting, everyone was outside chatting and a woman said something to me (I don't remember what it was) and it hit me right in the heart.. It was a literal jolt in my heart. I thought "Oh, my God!! I'm an alcoholic!!"

The denial was finally over. It was such a huge relief. It took another week for me to decide to join this way of life.

Once I did decide to do this AA thing, I got a sponsor. She took me through the first three steps. I went to a meeting with my 4th Step written down in a notebook. I approached my sponsor, and I said to her, "I'm ready to do my 4th Step, but before I share this with you, I want you to tell me something about yourself". All she would tell me is that she used to be a dancer a long time ago. I didn't get to share my 4th step with her because in the weeks afterwards she avoided me at meetings and wouldn't return my phone calls. This was a red flag.

At this point, I knew I needed to change sponsors and begin the steps again with someone I knew had done them.

Several months later, the person I was

supposed do the steps with was clear to me. My new sponsor was male, but he seemed to be the right one.

We made an appointment to meet up to do my 5th step. Before we started, he made sure I would be comfortable sharing EVERYTHING with him. He then told me things he used to do when he was a practicing alcoholic. I knew right then I had the right sponsor this time.

My sponsor encouraged me to complete steps 5 through 9 as quickly as possible, because that's where you get your spiritual experience. At first, it was difficult to make amends, but the outcome was more that I could have ever asked for. I was able to forgive myself and the most important thing was that my relationship with my father had taken a 180 degree turn for the best!

Almost 5 years later, I'm still here and I am happy, content and feel a purpose in my life. AA has taught me how to continue to really live to life's fullest.

~Valerie G.

*Friday Night Unity Group
Orlando*

I Promised, Only 1 Glass... (Part 2) My Life Is So Much Better Since I Got Sober

(Continued from the May Intergrouper, written for the Writer's Workshop January 31, 2009)

The next day, I typed "Alcoholics Anonymous" into a search engine and eventually found a list of local meetings. That night, I went to my first AA meeting. I sat in the back and was really nervous. I don't remember much of what was said, but I bought a Big Book after the meeting from the chairperson for \$5. I recall feeling reluctant to attend another meeting. I was scared that I would not be able to go to work every day without drinking until I got to a meeting after work.

The next few days were a blur. I took a leave of absence from work. I felt as if

time were moving in slow-motion. I began searching for and finally found an inpatient rehab center that would take me. I arrived there on my sobriety date, April 23rd, 2007. I felt safe there.

After spending a few days (I don't remember how many) in the detox ward, I was moved to the Men's Unit. They began to teach me the program of Alcoholics Anonymous. That was over two years ago.

Upon completing the 28 day rehab, my wife drove me back to our town (about a 4 hour drive) straight to an AA Clubhouse. We sat in the parking lot until the next meeting started. Then I went inside. I attended 100 meetings in the next 90 days. I got a sponsor and began working the steps. I became the coffee maker for my home group. AND I WAS NOT DRINKING!

I slowly began to feel better; better physically; better emotionally; better about myself. My wife and I were talking openly and honestly to each other better than we ever had before. I began to care, which is something I had forgotten how to do at the end of my drinking career. I cared for myself; my wife; other people. I absolutely began to adore my grandson. I developed a passion for playing guitar. I began attending church.

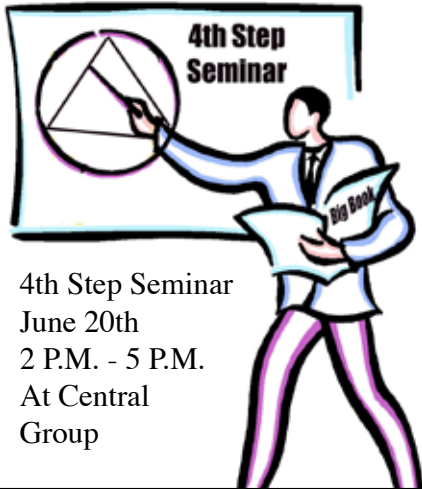
And things just kept getting better. I got more involved with my family, in AA, at work, and at church. Not every day was perfect, but I found as my acceptance grew, things didn't bother me as much anymore.

Today, I am the GSR of my home group and the District Grapevine Service Coordinator. Work is fantastic and I'm playing guitar in church. I now have TWO grandsons and many friends! My wife is truly my best friend and we are closer than ever. She has supported me through it all.

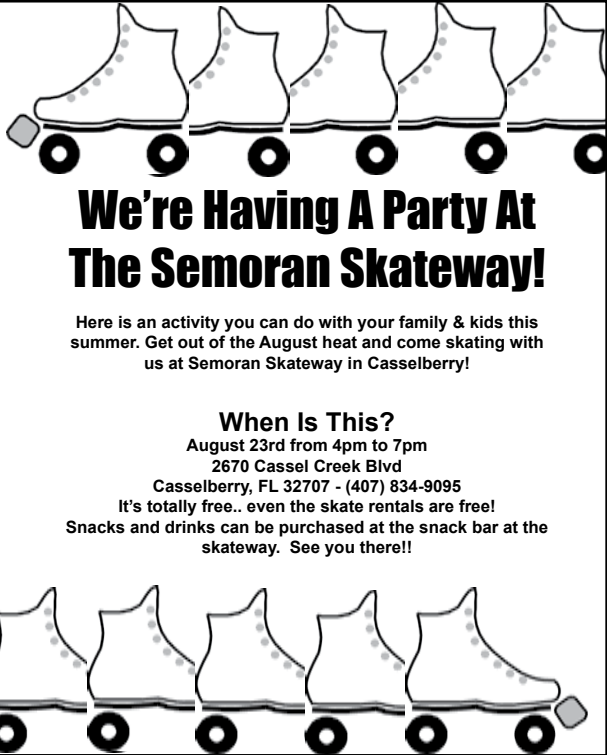
There is a one sentence paragraph on page 88 of the Big Book that sums up what my changed life says about the 12 Step Program of Alcoholics Anonymous: It works – it really does.

~Damon H.

Debary Group, Deltona



4th Step Seminar
 June 20th
 2 P.M. - 5 P.M.
 At Central Group



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 4pm to 7pm
 2670 Cassel Creek Blvd
 Casselberry, FL 32707 - (407) 834-9095
 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!!

Join the Winter Park Group for Bowling

on Friday Nights @ 9:15 pm

Everyone is Welcome!

Aloma Bowl
 2530 Aloma Avenue, Winter Park, 32792
 \$14.00 includes:

Two Hours of Bowling and Shoes
 Chip & Dip Party with unlimited Soda!
 Please call CFL Intergroup @ 407-260-5822 for information to RSVP Peggy and reserve your spot!

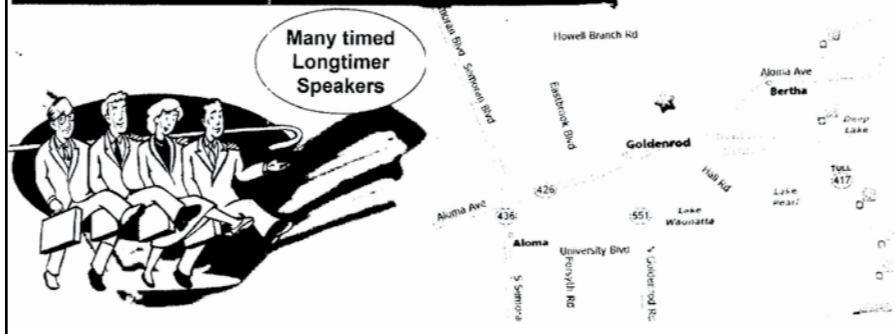


Celebrate
 AA's 74th Anniversary &
 Big Book's 70th Anniversary

Longtimers Panel!

Sponsored by: Districts 9, 10, 11, 18, 31 & 33
 and Central Florida Intergroup Services
 Date: Saturday, June 6th
 Time: 6pm - Doors Open - Fellowship and Birthday Cake
 7pm-8:30pm - Sobriety Countdown and Speakers
 Location: St. Peter & Paul Catholic Church
 Address: 5300 Old Howell Branch Road, Winter Park

Bring cookies or dessert to share
 Soda/Water available
 Coffee provided




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