Intergrouper

August 2017

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
web: http://www.cflintergroup.org

P (407) 260-5822
F (407) 260-5604

24 Hour Hotline
(407) 260-5408

Don't Let Go

by Eric A, Orlando

I am not going to bore you with a long drunk-a-log but my story discloses in a general way. I was a full fledged drunk, going from soup to nuts. Speaking of nuts, there was a period where I was evaluated for mental disease because of my drinking. I went from Yale to jail without missing a step. As is the usual for a low bottom drunk, I drank daily until I passed out or I ran out of money or drinking companions (not friends). I was incapable of working or even faking a disability so as not to have to work. I was just a total mess with no hope in sight.

Burning bridges was my forte. Every time someone would reach out their hand to help me, I would bite it. It had gotten to the point where there were no more hands reaching out. I spent many episodes in the hospital trying to get fixed but the bottom line was that I really didn't want to be fixed. I just wanted a steady stream of alcohol that would last until the day I died.

After a long bout with pancreatic cancer, I begged God to let me die but the the general outcome was I survived only to fall right back down that hill. My options were becoming few and far between. I had mustered up the courage to commit suicide. I went to some other street people and bought pills from all of them so I could swallow them and die in my bed. I had written a note saying that life was not worth living, and that I wanted to see what was on the other side.

I went home that night and swallowed a bunch of pills and washed them down with my favorite wine. I laid down on my bed and, in my mind, I was prepared to go. As I lay there going into a deep, deep sleep, I heard a voice saying, "Don't let go" over and over again, and again the voice kept saying, "Don't let go."

I started fighting the drugs and got up and walked and walked and walked. I finally came out of the stupor and realized that God was telling me that I have work to do, and that I am too valuable to waste my life. I went to a treatment center where they taught me how to live again. I went to AA where they taught me how to give back the gift that God and his wisdom gave to me.

If you don't believe in God, come to a meeting and look in the eyes of the people who now have hope. One day I will see the face of GOD, and I will thank Him for saying "DON'T LET GO!!!!!!!!"

Happy Anniversary !

Altamonte Springs
Corey D - 2
Gary D - 2

Apopa Big Book
Will - 32

Back to Basics
Burt L - 26

Central Orlando
Gypsy - 35
Karen A - 15
Jim M - 12
James - 4
Sarah H - 4
Larry N - 4
Gold V - 3
Troy P - 2
Ron G - 2

Clean Air
Vic L - 32
Gert G - 29
Ronnie Z - 26
Gail G - 10
Barbara D - 10
Joe P - 9
Paulette W - 5
Peter G - 4

Dr. Phillips
Jody H - 35
Bill F - 26
Ray B - 20
Elvira B - 17
Rick B - 17
Greg B - 17
John H - 13
Troy P - 2
Michele W - 1
Romain D - 1
Brian L - 1
Stephen - 1
Alan G - 1
Anita S - 1
Rebecca R - 1
Kyle A - 1
Katie F - 1
RD W - 1
Daniel - 1

First Things First
Stephen S - 14
Alan G - 1
Dennis M - 1

From the Heart
Jill M - 29
Kathleen P - 27
Regina R - 16
Robin D - 12
Liz V - 5
Lynne S - 4
Jennifer B - 3
Danielle S - 3
Shymyr W - 2

Fortunate Few
Jack S - 33
Shawn W - 3

Greenhouse
Marianne M - 25
Christine D - 8

Happy Hour
James H - 30
Ronnie Z -26
John N - 6

High Noon
Vic L - 32
Susan - 21
Missy M - 13
Jack R - 10
Larry K - 7
Michele K - 4
Angie O - 3
Barry M - 3
Gary L - 2
Ryan B - 2
Jeff P - 1
Vanessa U - 1

Jaywalkers
Irene V - 27
Michael S - 7
Jordan M - 5
Amy P - 4
Mark Y - 1
Nicole B - 1

Just Do It
Chris K - 3

Living Sober
Jack L - 22
Joe-Joe - 9
Rich S - 8
Kim W - 4
Johnna - 2
Maddy - 2
James B - 1
Jeff S - 1

Made A Beginning
Norm S - 13
Patty M - 11
Norm S - 13

Miracles Happen
Warren W 30
Blake P - 29
Julie S - 3

Oviedo Group
Jim D - 40
Josh M - 35
Jen W - 18
Doug N - 9
Mike N - 8
Bobby G - 6
Kathy M - 6
Jose C - 5
Jenny B - 4
Michelle S - 4
Steve D - 3
Carroll W - 2
Eric W - 1

Oviedo Women's
Dale R - 8
Kathy M - 6

Pine Hills Grace
Jimmy - 45
Rick S - 22
Vivian S - 18
Donna F - 9
Jesus S - 4
Scott S - 1

The Decisions Group
Irma P - 34
Mark B - 10
Kathy M - 6
Mark B - 4

The Herd Instinct
Brian B - 12
Trish A - 9
Jon M - 9

The Home Group
Don P - 22
James B - 9
Anne Marie N - 6

Wekiva Basics
Inso D - 23
Sam N - 5
KarenA - 3
Lana - 3
Brian H - 2
Joanne A - 2
Paul G - 2
Carmen - 2
Elise - 2
Dieter D - 1
Debbie F - 1
Herb L - 1

Winter Park
Victor L - 32
Gertie G - 29
Jeff R. - 29
Earl R - 28
Kathy A - 25
Ken S - 23
Dan P - 22
Dale Y - 15
Gary O - 15
Barry B - 15
Brian B - 12
Trish A - 11
Reno M - 11
Victor M - 7
Thomas H - 6
Greg - 5
Liz V. - 5
Gail P. - 6
Chris M. - 5
Stephane W - 5
Brad B - 5
Jordan M - 5
Amanda M - 4
Cameron C - 4
John B - 4
Philip H - 4
Daphne K - 3
Eric C - 2
Kevin T - 2
William B - 2
Giancarlo J - 2
Kieth K - 2
Ron G - 2
Joe D - 2
Kevin B - 1
Lorraine M - 1
Dylan B - 1
Angel S - 1
Eric T - 1

In Memoriam
Bobo L-49 Yrs. Sober
Crossroads Group

AA History
shared by Victor L,
Decisions Group
Winter Springs, FL

There Are No Musts in the Program

By The Home Brewmeister, Clarence S.

History's Corner

Clarence S., the founder of Cleveland AA in the late 30's moved to Casselberry, Florida, in 1972 and served AA in Central Florida over the next 12 years until his death in 1984. His story "The Home Brewmeister" is listed in the 3rd edition of the book Alcoholics Anonymous. Clarence was a lightning rod of sobriety and, at times, very controversial in his viewpoints, but make no mistake about it, he was dedicated to helping alcoholics recover using the 12-Step program outlined in the book Alcoholics Anonymous. Clarence did write about his viewpoints to friends and family, and often, he would write to the Central Florida Intergroup office, where some of his writings are stored in our archives. Below is a partial note written (undated) which Clarence titled, **"There are no musts in the program".**

Early in my own recovery, I could look in a mirror and see the reflection, the image which Clarence describes below. See if you can relate. I would note here that Clarence uses strong language in his descriptions and, of course, each of us is free to examine the message in our own light and reflection. Clarence states:

"Common to all Alcoholics, bar none, is a problem with the drug alcohol. This common manifestation of an illness is, however, only a symptom of deeper underlying problems. Another symptom of alcoholism, found in every alcoholic in varying degrees, is that of resistance. Resistance to change, resistance to facing facts about themselves and their illness, and, based on a warped and sick ego – a resistance to accepting real help and to following the directions of another. We simply do not like to be told what to do, how to do it, and when to do it. No matter what the positive good that may be offered as a result of following those directions, intact, most of us feel an emotional resistance which may stop us cold in our journey to full recovery. This emotional resistance seems to persist long into the recovery process. Far after the cessation of drinking has occurred, hedge though we might try, the simple fact is just this and nothing less. This defiant resistance is the product of an alcoholic mind and is not the attitude of reverent acceptance found in the mind of the recovering individual."

Clarence goes on to describe the miracle of recovery found in the book "Alcoholics Anonymous" and how that spiritual message found in the 12-Steps can help us overcome our resistance and maintain our sobriety.

MEETING UPDATE

Wake Up Call

Gay Friendly Meetings

Saturday Night VARIETY Hour

LOCATION
The Center
946 North Mills Avenue
Orlando, FL 32803

BIG BOOK STUDY
The Last week of each month will alternate between:
Twelve & Twelve, Living Sober, and As Bill Sees It

SATURDAYS 7:00 PM

PASTA COOK-OFF

Sponsored and supported by your local Intergroup!!

Saturday, August 12, 2017
2-5 PM

Asbury Methodist Church
220 W. Horatio Avenue, Maitland, FL 32751

Speaker @ 4 PM

$5.00 wristbands at the door

Bring your favorite pasta dish, (Hot, cold, vegetarian…) salad, desert, or bread to share

Prize awarded for best pasta dish!

50/50 Raffle

Coffee and water provided

All proceeds go to your local Intergroup

FOR MORE INFORMATION CALL INTERGROUP AT 407-260-5822

LIVE OAKS AND
HOPE & COURAGE GROUPS

Present

Father Martin's Chalk Talk

With introduction by Joe R.

The Rebos Club

130 Normandy Road, Caselberry, FL

Sunday, October 8th

With Spaghetti Dinner

Cooked by a Fabulous Chef

$5 donation suggested.

5:00 PM Dinner

6:00 PM Chalk Talk

7:00 PM Chalk Talk Discussion Meeting to Follow

12 Points to Assure our Future

District 10 Presents

"The Traditions"

With a Past SE Regional Trustee

WHEN : August 5, 2017 11am - 1pm

WHERE: Asbury United Methodist Church

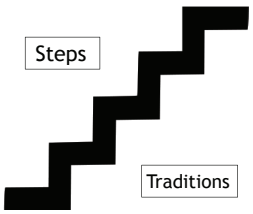
220 W Horatio Ave

Maitland Fl. 32751

Please

Bring your Questions

For the "Ask it Basket"



*Lunch Will be Provided

Come Learn about

the

Importance of the

Traditions!!!

Apopka Big Book
Speaker Meeting

August 2017

DATE	NAME	GROUP
3 Aug	Cheryl B.	Back to Basics
10 Aug	Orlando A.	Take It Easy
17 Aug	Tom H.	Take It Easy
24 Aug	Ron M.	Clermont
31 Aug	Noah L.	Apopka BB

THURSDAYS at 8 PM
261 SOUTH McGEE AVE.
APOPKA, FL

The Greenhouse

NEW- Meeting Times & Changes

Effective Aug. 1

Monday, Wednesday, Thursday, Friday & Saturday
6 pm ONLY Meetings have been **CANCELLED**

Effective Aug. 1 *(in addition to our other scheduled meetings)*:

NEW:

MONDAY 7:30 pm - Gratitude (OPEN meeting)

WEDNESDAY 7:30 pm – 12&12 (CLOSED meeting)

FRIDAY 7:30 pm - Open Discussion (CLOSED meeting)

NOTE: WOMEN'S MEETING STILL AT 6PM TUESDAYS!

GREENHOUSE GROUP, Room 8 at
Reeves Methodist Church- 1100 N. Ferncreek Ave, Orlando

Made A Beginning Group

Come Join Us In Our New Meeting Room!

Mon - Sat: 12 Noon & 6 pm
Sun: 4 pm

Same Downtown Location,
New Room:
First Unitarian Church
1901 East Robinson St.
Orlando 32803

HOW TO ENTER THE DRAWING:

Send an email to District18CFL@outlook.com with your **NAME** and the word **GRAPEVINE** in the subject line.

5 winners will be drawn on August 31, 2017 and **5 more** on September 30 2017. The winner's names will be printed in the October Intergrouper.

You only need to send one email and you will be included in both drawings.

Please announce this drawing at your group business meetings and at meetings when the Intergrouper is handed out.

District 18 is committed to supporting the Grapevine and making certain all AA members are aware of its existence.

Questions can be sent to Elizabeth J., District 18 Grapevine Representative, at District18CFL@outlook.com

I hope Spiderman sobers up soon!

AA Grapevine - Feb. 2015

History of

Alcoholics Anonymous Twelve Steps

And the Groups

Presented by

Vic L.

Saturday, September 23rd

9:00 AM to 11:30 AM

The Rebos Club

130 Normandy Road, Caselberry, FL

1. **Origin and working of the Twelve Steps.**
2. **History of the Big Book**
3. **Group and Sponsorship Development**

OPEN DISCUSSION PERIOD

"Handouts Provided"

A new women's AA group meeting

Join us July 6th, Thursday, for

Sanctuary

Thursdays
7:30 – 8:45 pm

Metro Church
Winter Springs, FL located on 434
Room 103

A Progressive **Closed** Women's Meeting
Focusing on Solutions in Recovery

JUNE 2017 CONTRIBUTIONS

AA Way of Life	$100.00
Apopka Big Book	$40.00
College Park Group	$200.00
College Park Triangle	$50.00
Decisions	$110.00
Fortunate Few	$225.00
Geneva Trailblazers	$20.00
Happy Hour	$25.00
High Noon	$121.40
Lake Mary Grace	$70.00
Maitland Beginners	$100.00
Meat and Potatoes	$113.00
Moss Park	$40.00
Pass It On	$115.81
Remember When	$50.00
Serenity Now	$25.00
Step 11 Seekers	$50.00
The Hope Group	$123.32
Three Legacies	$100.00
Winter Park	$150.00
Winter Park Men's	$120.00
TOTAL GROUP CONTRIBUTIONS:	**$1,948.53**
INDIVIDUAL CONTRIBUTIONS:	
Anonymous	$5.00
Anonymous	$5.00
Anonymous	$100.00
Anonymous	$5.00
TOTAL INDIVIDUAL CONTRIBUTIONS:	**$115.00**
TOTAL MONTHLY CONTRIBUTIONS	**$2,063.53**

About the Intergrouper

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 editorial authority over all newsletter content. Submissions in the Intergrouper are encouraged and appreciated. Submissions may be edited for clarity and grammar. Reasonable efforts may be made to contact the author in the event substantial changes need to be made.

Please email submissions by the 10th of the month before publication to cfi@embarqmail.com.

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 A.A's service structure remain responsive and responsible to those they serve. **Step Eight**: "Made a list of all persons we had harmed, and became willing to make amends to them all." **Tradition Eight**: "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers." **Concept Eight**: "The trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they and their primary committee directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities."

Intergroup Abbreviated Profit & Loss Statement

	Jan-June Actual	Jan-June Budget	$ Over/ Under
Gross Revenue	$ 53,400	$ 57,120	($ 3,720)
Cost of Goods Sold	18,844	21,000	(2,156)
Gross Profit	34,556	36,120	(1,564)
Total Expense	37,621	43,852	(6,231)
Net Ordinary Income	(3,066)	(7,732)	4,666
Net Fundraising/ Activities	705	700	5
Net Income	**$ (2,361)**	**$ (6,232)**	**$ 3,871**

AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	**4**	**5** **** District 10** The Traditions
6	7	8 **District 18** 6:30 pm Longwood	9	10	11	12 **** Pasta Cook-Off,** Maitland
13	14	15	16 **Service Committee,** 6:30 pm CFI	17	18	19
20	21 **District 11** 7:00 pm Orlando	22 **District 9** 6:30 pm Orlando	123	24	25	26
27 **Delegates Meeting** 11:30 am Orlando	28 **District 10** 6:30 pm Winter Park	29	30	31 **Grapevine drawing		

***** indicates details of the event are in the newsletter announcement pages.***

Save the Date

****History of AA Steps, Rebos Club, Sept. 23rd**
****Fr. Martin film, Rebos Club, Oct. 8th**
Central Florida Intergroup Gratitude Banquet
Orlando, Nov. 11th

Dist. 9 meets at 6:30 p.m. on the 4th Tuesday at Crossroads Group, 5205 S. Orange Ave, Ste. 204, Orlando
Dist.10 meets at 6:30 p.m. the last Monday at the Winter Park Group, 5407 Lake Howell Rd., Winter Park
Dist.11 meets at 7:00 p.m. the 3rd Monday at East Side Club, 2017 N Golden Rd., Orlando
Dist.18 meets at 6:30 p.m. the 2nd Tuesday 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 Committee meets at 6:30 p.m. at Intergroup on the Wednesday 10 days before the Delegates' meeting.

24 Hour Hotline (407) 260-5408

I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible!