



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. December 2007 TALLAHASSEE, FL

Intergroup

Chairman—Craig F—Living Sober
Co-chairman—Mike F—New Hope
Secretary—Carol M—New Hope
Treasurer—Matt—Lake Jackson
Literature—Greg S—Home
Website—Andy E—Men's Faith
Activities—Laura A—Central
Membership—Vacant
Newsletter—Phanie & Tommy H.—
Living Sober

District 5

DCM—Joe D—Downtown
Alternate DCM—Susan E—Central
Secretary—vacant
Treasurer—Matt N—Central
Standing Committees
Public Info—Jeff D—Central
CPC—Steve H—Central
Treatment—Kevin T—Happy Hour
Corrections—David G—
Grapevine—Vern D—Northside
Accessibilities—Janis T—Willing
Archives—Rebecca—Central
Bridging the Gap—Vacant

CONTACT INFORMATION

Intergroup 5, Inc.
1106-H Thomasville Road
Tallahassee, FL 32303
(850) 224-1818
Website: www.intergroup5.org
Newsletter: Send info to
message@intergroup5.org

District 5
P.O. Box 12352
Tallahassee, FL 32317-2352

NFACAA—Area 14
Area Treasurer
Marilyn B.
6035 Tudor St.
Inverness, FL 34452

SPIRITUAL PROGRESS, NOT SPIRITUAL PERFECTION

For me, one of the many gifts of sustained sobriety has been a deepening appreciation of the genius of the Steps that are suggested as a program of recovery. Nowhere is their profound intelligence more apparent than it is in the Eleventh Step.

When we seek through prayer and meditation, we begin to open what is best in ourselves – however limited by the laws of space and time – to all that which is beyond the box of space and time, that is without limits. Our remarkably finite being becomes aware of the Infinite, and in the inevitable amazement and awe, our lives are changed, transformed. Forever. Our spirit awakens, and nothing is quite the same again.

As is so with the Promises, this awakening to another plane of reality happens sometimes quickly, sometimes slowly. Probably the pace depends on our ability to get what's not best in ourselves out of the way of what is best. Perhaps that's the purpose of much of the preceding Step work: to identify and move out of the way those aspects of our being that have blocked us from opening to our best. (Self-will run riot, self-centered fears, for example, will effectively block access to our best.)

Another take of the genius of Step Eleven is its realization that prayer and meditation, the connection between finite us and the Infinite, can make us conscious of the connection that's always there, completely independent of our awareness of it. The language of the Step suggests that contact with the Infinite is the very ground of our being: we cannot not have it, but most of us have been remarkably ignorant of what is just beneath the surfaces of our lives.

Once this connection becomes intimately established, there is no need to ask regarding God's will for us. It is as immediately evident as it is eternally obvious. It has been told us by every great spiritual teacher whose lessons have been made available: TREAT ALL BEINGS AS YOU WOULD HAVE THEM TREAT YOU. This does not say "as they treat you". That's relatively easy, particularly when we've been sober for a while.

In my own case, I would have all beings approach me with an open mind and an open heart, so that's how I need to approach all beings. Whether or not they look like me. Or sound like me. Or think like me. Whether or not they like me, or I like them. An open mind and an open heart. This is not easy. The rewards, however, are amazing. Try it for a while.

Another take on the God's will theme is really the same idea expressed differently. Consider this: we bring our best to every situation in which we find ourselves, and we do our best to encourage the same from everyone else involved. We do our best to abandon the competitive drives that dominate our culture: we don't seek to win at the cost of someone else losing. We decline an invitation to play unless all the players can win. The purpose of our play is not to end it by a victory/defeat, but to continue the joyous experience of everyone bringing her/his best to play and appreciating the best of others.

Strange, it sounds a lot like AA – at its best.

Mike L.

Experience, Strength and Hope

Some of the Promises of the fellowship

- 1 - If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- 2 - We are going to know a new freedom
- 3 - We are going to know a new happiness.
- 4 - We will not regret the past nor wish to shut the door on it. (which actually could be two promises)
- 5 - We will comprehend the word serenity
- 6 - We will know peace.
- 7 - No matter how far down the scale we have gone, we will see how our experience can benefit others.
- 8 - That feeling of uselessness will disappear.
- 9 - That feeling of self-pity will disappear.
- 10 - We will lose interest in selfish things.
- 11 - We will gain interest in our fellows.
- 12 - Self-seeking will slip away.
- 13 - Our whole attitude and outlook upon life will change. (which also could be two promises)
- 14 - Fear of people will leave us.
- 15 - Fear of economic insecurity will leave us.
- 16 - We will intuitively know how to handle situations which used to baffle us.
- 17 - We will suddenly realize that God is doing for us what we could not do for ourselves.

Diz T.

TRADITION 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities...

I am an alcoholic who has been blessed to have been born in an era where there is a solution to the illness of alcoholism. For me and millions of others that solution is found in the 12 steps and the fellowship of Alcoholics Anonymous. Which are guided by the twelve traditions. All of the steps as well as the traditions have a principle within them, and the twelfth tradition has the principle of anonymity.

I am a member of Alcoholics Anonymous because I call myself one, not because of who I am, but what I am. In A.A. I'm no better or no worse than anyone else. I'm just a small part of a great whole.

Who I am isn't important when it comes to A.A., but what I have to offer. That is my Experience, Strength, and Hope. That is Love and Tolerance of others and to try to be of Service.

Chuck

AA HAS TAUGHT ME THAT I WILL HAVE PEACE OF MIND IN EXACT PROPORTION TO THE PEACE OF MIND I BRING INTO THE LIVES OF OTHER PEOPLE, AND IT HAS TAUGHT ME THE TRUE MEANING OF THE ADMONITION "HAPPY ARE YE WHO KNOW THESE THINGS AND DO THEM," FOR THE ONLY PROBLEMS I HAVE NOW ARE THOSE I CREATE WHEN I BREAK OUT IN A RASH OF SELF-WILL.

Step Twelve

Having had a spiritual awakening as a result of these steps, we tried to carry this message to other alcoholics and practice these principles in all our affairs.

There are three aspects to Step 12. The first deals with the phenomenon of spiritual awakening in such a way as to include every AA person who has "become able to do feel and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. In a very real sense, he has been transformed. He finds himself in possession of a degree of honesty, tolerance, and unselfishness, peace of mind and love of which he had thought himself quite incapable." This is so whether or not the AA member is a follower of conventional religious practice. All of us are included. If you follow the proposition put forth in the previous piece in The Message on Step 11, you'll agree this makes perfect sense. It has been the work of the preceding steps to remove from us, or dramatically reduce in us, all that's less than our best. The more our best assumes centrality in our lives, the more completely capable we become.

The second aspect of Step 12 involves our carrying "this message to alcoholics." What message one asks? Perhaps there are as many messages as there are alcoholics who carry them, but "each genuine one has something in common with all the others." In one way or another we say, first, that that any alcoholic can become a sober person if that is what he/she wants more than anything else, and he/she's willing to do the work. Both are absolutely necessary, but nothing else is. The prospective member may not be capable of comprehending the other message: if he follows "a few simple rules." His spirit will be free to awaken and he will know "new mysteries joys and experiences of which he had never dreamed." It is in carrying the message that we realize the reality of "It is more blessed to give than to receive."

The final aspect of Step 12 involves "the practice of these principles in all our affairs," as was true of the message we carry, the principles we're encouraged here to practice are unnamed. To the extent to which we've deeply involved ourselves in AA's program of recovery, however, the principles are obvious. We wish in everything we do everywhere all the time to be fully conscious of our constant contact with Higher Power. We wish to bring our best to every situation, whether or not the situation meets with our approval. We wish to be "fearless, searching, and moral." We wish to be "honest, open-minded, and willing" always in everything.

Read pages 125-126 in the 12 & 12 to discover this is more than one recovering alcoholic's dream.

-Mike L.

Intergroup 5 News

“THE PROMISES” FROM THE OTHER SIDE...

If we are casual with this phase of our development, we will be drunk before we are half way through. We are going to know a new imprisonment and a new misery. We will relive the past and won't be able to shut the door on it. We will comprehend the word conflict, and we will know pain. No matter how far down the scale we've gone, we will sink even lower. That feeling of uselessness and self-pity will deepen. We will gain interest in selfish things and lose interest in our fellows. Self esteem will slip away. Our whole attitude and outlook upon life will suck. Fear of people and of economic insecurity will multiply. We will intuitively know how to run from situations which use to bother us. We will suddenly realize that GOD would never have done to us what we are doing to ourselves.

Are the extravagant promises? We think not. They are being fulfilled among those of us who are still drinking—sometimes quickly, sometimes slowly. They will always materialize if we drink for them.

The Faithful Fivers

We apologize for any confusion. It has been voted and vetoed at the last Interfroup5 meeting that it goes against tradition to publish those names of people who have sent in money for the Faithful fivers, however we do appreciate all of you who have sent in and please keep up the good work of supporting our Intergroup here in all of District 5. Thanks and many blessings.
Phanie and Tommy H.

November 2007 Treasurer's report

General Fund

Checking:
Beginning 10/31/2007 balance \$ 381.23

Contributions: _____
Appalachicola Bay 20.00
Bradfordville 100.00
Central 200.00
Lloyd New Hope 50.00
Mustard Seed 41.80
Northside 259.72
Pathfinders 35.00
Westside 30.00
Anonymous/Faithful Fivers 5.00
Total Contributions 741.52

Less:
Disbursements: _____
Answering service 212.50
Office Coordinator Travel & related ex. 147.62
Internet monthly charge 51.96
Printing News letter/ When and where 109.75
Rent 257.01
Telephone 45.59
Total Expense Disbursements 824.43

Ending Balance 11/30/2007 298.32

Prudent Reserve Savings:
Beginning 9/30/2007 balance 955.35
Interest earned 0.00
Transfer to general fund 0.00
Ending Balance 11/30/2007 \$ 955.35

Literature Fund

Beginning 10/31/2007 Balance 987.75

Literature sales 305.20
Sales Tax collected 23.01
Total receipts 328.21
less:
Purchases 0.00
Total Expenditures 0.00

Ending Balance 11/30/2007 \$ 1,315.96

Unbilled Purchase Orders(2, delivered) (794.40)
Accumulated 2007 Sales Tax Liability (472.25)

Unreserved Balance 11/30/2007 \$ 49.31

Events and Happenings

Current Events

Intergroup 5 Holiday Party
 December 8, 2007
 Jackson Masonic Lodge
 2818 Apalachee Parkway
 (\$5.00 per person suggested donation)

5:00 - Fellowship
 6:00 - Dinner - Please bring a covered dish to share
 7:00 - Raffle
 7:30 - Speaker, Steve V. (Jacksonville)
 9:00 - Dance

We are in need of raffle items. If you would like to contribute, please contact Laura A. at 850-345-2256

Bradfordville Group is having an Alkathon on Dec 24th starting at 6:15 P.M. continuing to 6:15 A.M. on Dec 25th. There will be meeting every two hours starting at 6:15 P.M. thru the night. I will send you a flyer. There will also be one on New Years Eve.

Harvest Center New Beginnings Open AA Meeting:
 Tuesday nights at 8PM at the Harvest Center on the corner of Springhollow and Highway 259. For directions, call Pastor Graham at 850-997-4420.

December Phone Report (53 Calls Received by Volunteers)



- 1—12th Step
- 6—Al-anon
- 6—AA Info
- 38—Meeting Information
- Agency
- 5—Miscellaneous

We need more Volunteers!
Please call 224-1818

WE NEED YOUR STORIES!!!

We are looking for people to write their stories, traditions or step that coincides with the month. If you can be of service to share your experience, strength and hope, please send them to message@intergroup5.org. And if there is something that you want the AA community to know, i.e. birthdays, things happenings around town, new meetings or whatever, send that as well. The deadline for anything that goes in The Message is the last Wednesday of the month. We appreciate any help you can be. In Service.

Phanie and Tommy H.

Happy A.A. Anniversary

Central Group — Maggi -1; Karen G. J.- 2; Lynn- 2; Vern-3; Charlie W. -12; Joanne W.-14; Kevin K.- 14; Althea W. -16; Bob -26; Billy-3

Bradfordville Group — Vern D. 3; Trae W. 3; Tom M. 8; Jeff K. 5; Tammei T. 1

Lloyd New Hope— Mike L-23

Monticello — Robin R. - 1; Jeanie M. - 10; Janice M. - 27

Celebrate Your Success!

	Monthly Web Statistics	Hits	Pages Sent
1.	October 2006	2,302	760
2.	November 2006	10,624	2,997
3.	December 2006	10,539	3,446
4.	January 2007	10,436	3,161
5.	February 2007	9,481	3,054
6.	March 2007	11,300	3,695
7.	April 2007	10,846	3,200
8.	May 2007	11,152	3,517
9.	June 2007	11,455	3,948
10.	July 2007	10,189	3,498
11.	August 2007	9,065	2,933
12.	September 2007	9,618	3,181
13.	October 2007	9,060	2,990
14.	November 2007	10,309	4,996