



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. October 2007 TALLAHASSEE, FL

Intergroup

Chairman—Mike L—New Hope

Co-chairman—Craig F—
Living Sober

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—Mike L—Lloyd

Grapevine—Vern D—Northside

Accessibilities—Janis T—Willing

Archives—Rebecca R—Central

CONTACT INFORMATION

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Newsletter: Send info to
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District 5

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

NFACAA—Area 14

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

I am an alcoholic.

What I mean is that from the first time I took a drink, I reacted differently than others. Soon I began experiencing the negative consequences of my drinking. I beat up my landlord, my dog was dying of malnutrition so I shot it with a BB gun, and I was arrested for indecent exposure. All of this occurred in a series of blackouts. I don't remember a thing.

It was not long before I found myself on the streets turning tricks for my next fix. One day it was very cold outside and I was looking for somewhere to get warm and wet my whistle. Suddenly a handsome man crossed my path and I watched as he entered a small nondescript building at the top of a flight of stairs. Thinking that he was probably going to a bar, I entered the building in the hopes of soliciting a free drink. As I entered the room it was smoky and I could smell the aroma of coffee in the air. I was spotted by an elderly gentleman who approached me and asked me if I was a newcomer. I responded that I had no idea what he was talking about. He smiled, put his arm around my shoulder and said, "Don't worry honey you're in the right place."

He escorted me to an empty chair and I took a seat. I looked around the room and noticed that there were all sorts of different of people from all walks of life. Some were dressed in business suits with fancy shoes, others wore rags and looked like me. But as I scanned the room, I noticed that the man I had followed into the building was nowhere in sight. I inquired of my new elderly friend where the handsome man had gone. He chuckled a bit and said "oh, that was just Bill. He is always attracting newcomers here." This was the first day of my new life.

I sat down and listened to the experiences of the people in the room as they spoke, and I realized that they were all sober and had something that I wanted. Toward the end of the meeting, I spoke up and introduced myself to the group and said that I wanted to be sober too. An older woman approached me after the meeting and offered to be my sponsor.

Over the next few months I lived in her garage apartment. I worked through the steps while looking for a job. Then one day after I worked the steps and had been employed for a few months, I decided to move out on my own. I soon met a wonderful older man in the program and we got married. Now we have two beautiful children. I went back to school and got a medical degree. I have been sober for fifteen years now and through fellowship, the AA book, and the twelve steps, I have been able to find a power greater than myself and live a humble life.

Anonymous

The Faithful Fivers

This is something that used to be done in Tally and we think it's a great idea to bring it back. It's where on an individual level members send \$5 a month to Interdroup5 for expenses and you get your name put in The Message. We hope that you will be able to help. Thank you on behalf of your InterGroup officers. Make payable to InterGroup5 and send to 1106-H Thomasville Rd. Tallahassee, FL 32303...Again Thanks.

Experience, Strength and Hope

A few fun facts for the month

Oct 1, 1941 - Local news reports 1st AA Group in New Haven, CT.
Oct 1, 1957 - Book "A.A. Comes of Age" published.
Oct 2, 1944 - Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
Oct 3, 1945 - AA Grapevine adopted as national publication of AA.
Oct 5-7, 1972 - 2nd World Service meeting held in New York.
Oct 5, 1988 - Lois Burnam Wilson died.
Oct 6, 1941 - 900 dine at Cleveland dinner for Bill D, AA #3.
Oct 8, 1988 - Memorial Service for Lois W at Stepping Stones, NY.
Oct. 9-11, 1969 - 1st World Service meeting held in New York with delegates from 14 countries.
Oct 10, 1943 - 6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
Oct 10, 1970 - Lois reads "Bills Last Message" at annual dinner in NY.
Oct 10, 1988 - Lois is buried next to Bill in Manchester, Vermont.
Oct 13, 1947 - "The Melbourne Group" held its first meeting in Australia.
Oct 14, 1939 - Journal of American Medical Association gives Big Book unfavorable review.
Oct 15, 1904 - Marty M, early AA woman, is born in Chicago.
Oct 17, 1935 - Ebby T, Bills sponsor, moves in with Bill and Lois.
Oct 20, 1928 - Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 21, 1939 - Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
Oct 22, 1963 - E M Jellinek, alcoholism educator and AA friend dies.
Oct 24, 1942 - L.A. Times reports AA groups in 14 California cities.
Oct 24, 1943 - Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
Oct 24, 1973 - Trustee's Archives Committee of AA has its 1st meeting.
Oct 28, 1994 - National Council on Alcoholism and Drug Dependence celebrates 50 years.

Step 10

I am really starting to understand that "personal inventory" thing, to me the hardest part of Step Ten. Being aware of me. Looking inside to see where I have been selfish, dishonest, or self-seeking, and for me it also means seeing the good in me. Where I was honest, giving and tolerant of others. Being able to admit that I was wrong, that is hard enough, but then to make an amends "promptly", I don't like that. I do it anyway. I have to, for me. It also means humility for me. My motives for what I do and my motives for why I am making that amends. I don't sit down every night and make a list of my character defects on paper. Those things that's pop up all day long. I also don't write down all the good things I do either. For me that is the humility, I do what I think my Higher Power would have me do, and I do it all day long. "Promptly" not nightly for me is what I have to do. It works for me. And to me it is the basis of Step Ten , humility

Phanie H.

Tradition 10

"Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

One of my favorite things about AA is that it minds its own business. I am glad that there is not an AA pundit on FOX News or MSNBC each evening weighing in on the latest celeb's DUI arrest or whether the legal drinking age should be 18 or 21. For the most part, and there are exceptions, AA stays out of public controversy. We effect social change one drunk at a time. And that is not really even our aim. We are not evangelists. We just found a way that works for us and anyone who wants to be sober is welcome to follow our path.

Tommy H.

OUTLINING YOUR TALK

The purpose of your AA talk is to help yourself. Helping other is just the candle on the cake. So be totally honest. Drunks like to make good stories better with a series of half-truths embellishments and exaggerations. Scrub that. If you're alive and sober, your true story will be strong enough. Focus on what you've done, not what others have done to you. Your talk should not be a "poor me" story. Not if good recovery is your goal, should not be a drunkalog or a just for laughs comedy routine.

When you sit down to plan your first talk, answer these questions:

1. What was your life like before sobriety?
2. What happened to open your mind to recovery?
3. What is your life like now?

Try to weave into your talk how the AA principles (twelve steps) tie into your life then and now. (In those days, the more I tried to take control of my life the more I drank) Now the more completely I turn over my life to a Higher Power, the easier it is to stay sober.

This will make your talk more valuable to listeners and to you. As you move along in your recovery, you'll find the focus of your talks changing from what was then to what is now. That's normal and healthy

Intergroup 5 News

Intergroup 5 Meeting Minutes

Date: 09/05/2007

Groups Represented: New Hope, Living Sober, Mustard Seed, Lake Jackson, Central and Downtown. 11 people attended, representing 7 groups.

Secretary's Report: Tabled.

Treasurer's Report: Approved and accepted.

Office Report: Volunteers needed. Please call the office. We owe Office Coordinator \$63.00 for Where and When - printing. Matt relayed that Greg suggested paying the money from the Literature fund.

Literature Report: Asked to distribute an inventory list. Central Gp. donated an AA Book written in Braille.

Activities Report: Laura has contacted people to be our speaker for the Holiday Party on 8 Dec 2007. She is putting together a "needs" list for groups to choose from to donate goods for the party. Please let groups know that Living Sober and Central groups will be donating.

Web Committee Report: Matt received information from the Office Coordinator that the Web Site and domain name payments are due (\$55.00). Craig made a motion to retain domain name and web hosting site. Motion passed.

District Report: Susan E. brought up the Service Extravaganza (09/22/07). She asked if IG5 would man an "Intergroup/12 Step" booth to sell literature, make phone answer lists and 12 Step Sign-Up sheets. Phanie H., Laura, and Craig F. will run the booth. Need a list of people willing to help. Booths are inside the lodge. See flier for time and location. District will begin paying the bill for the Where and When @ \$33.00 per month.

Old Business: We have not had to use the Prudent Reserves monies, yet. Ending balance was \$200.00. Please tell groups that we need their donations. Phanie made a motion bring back the "faithful fivers." Motion passed. GSRs need to talk to their groups about "stepping up!" Motion made to have Paul W. coordinate 12th Step Program. Motion passed.

New Business: Motion made to reimburse Office Coordinator \$63.00 from Lit. fund. Motion passed. Tommy H. will replace Alice R. as Co-Editor of the Message. (She is moving out of town.) Someone (?) has 300/+ *Grapevines* to donate. Rebecca has the information on who that is.

Submitted in Grateful Service (and with many thanks to Phanie H.), Carol McG.

Seeking service oriented women!

If you are a woman and you want an incredible chance to be of service to Alcoholics Anonymous, then you are in luck. There is an all-women in-patient treatment center, located in Woodville. We have taken a meeting to this facility for quite a long time. It means so much to the clients. It is an opportunity to see raw sobriety, witness recovery and contribute to the stream of life.

I am moving very soon and I desperately need your help! If you have one year of sobriety and the willingness to help (it helps if you have worked the steps), please contact me at **859-519-9223** (yes, **859**) to make arrangements to visit the facility. I will provide transportation for this visit.

Please consider contributing your time! It has been an incredibly rewarding part of my life. I really do not want this meeting to die out.

In love and service,

Alice R.
859-519-9223

Intergroup 5, Inc.

September 2007
Treasurer's report

General Fund	
Checking:	
Beginning 8/31/2007 balance	\$157.96

Contributions:	
Appalachicola Bay	20.00
Central	200.00
Lake Jackson	50.00
Mustard Seed	40.69
Pathfinders	30.00
Transfer from prudent reserve	300.00
Anonymous	177.12
Total Contributions	817.81

Less:	
Disbursements:	
Answering service	247.50
Office Coordinator Travel & related ex.	147.62
Internet monthly charge/Once per year	51.96
Printing News letter/ When and where	77.75
Rent	248.36
Telephone	46.61
Total Expense Disbursements	819.80

Ending Balance 9/30/2007	155.97
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Prudent Reserve Savings:	
Beginning 8/31/2007 balance	1254.55
Interest earned	0.49
Transfer to general fund	(300.00)
Ending Balance 9/30/2007	\$955.04

Literature Fund	
Beginning 8/31/2007 Balance	735.36

Literature sales	448.55
Sales Tax collected	32.99
Total receipts	481.54

less:	
Purchases	0.00
Shelves	67.35
Total Expenditures	67.35

Ending Balance 9/30/2007	\$1,149.55
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Events and Happenings

Current Events

Workshops

Big Book Study

Thursdays, 7:00 p.m.
Advent Episcopal Church, Assembly Room
815 W. Piedmont Dr.
Tallahassee, FL

Big Book Workshop

Mondays, 7:00 p.m.
Room 201
Tallahassee Heights United Methodist Church
3004 Mahan Dr.
Tallahassee, FL

Around North Florida

Celebration By the Sea
Panama City, FL
October 5-7th, 2007

I ASKED GOD

**I asked God to grant me patience.
God said, "No.**

**Patience is a by-product of tribulations;
it isn't granted, it is earned."**

**I asked God to give me happiness.
God said, "No.**

**I give you blessings; happiness is up to you."
I asked God to spare me pain.**

God said, "No.

**Suffering draws you apart from worldly cares
and brings you closer to me."**

**I asked God to make my spirit grow.
God said, "No.**

**You must grow on your own,
but I will prune you to make you fruitful."**

**I asked for all things that I might enjoy life.
God said, No.**

I will give you life

so that you may enjoy things.

**I asked God to help me LOVE others
as much as He loves me.**

God said. . ."Ahhh, finally you have the idea."

The appointed schedule for IG5 elections is for nominations to be made in September, voting to be done in October, taking office in January. Since nominations were not made in Sept. there is a good chance there is still time for you!

Come forward and be of service to yourself and your fellow alcoholics by standing for an office in IG5. Two years continuous sobriety required. You must be in attendance or send a written notice that you will serve to be nominated.

September Phone Report

(42 Calls Received by Volunteers)



—12th Step

—Al-anon

8—AA Info

29—Meeting Information

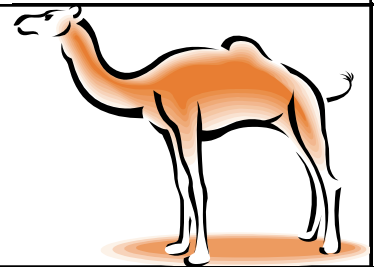
—Agency

5—Miscellaneous

**We need more Volunteers!
Please call Larry H 567-8407**

We need stories, and traditions and steps that coincide with month. If you have anything please send it to message@intergroup5.org. And also I need any info that you wish to be published, i.e. birthdays, etc. in by the last Wednesday of the month. Thanks.

*The Alcoholics Anonymous Camel symbol
The camel each day goes twice to his knees.
He picks up his load with the greatest of ease.
He walks through the day with his head held high.*



Happy A.A. Anniversary

Central Group— Ronnie K.-7; Susan E.- 22; Mike Paul-1; Jamie-1; Suki-17; Mary Beth-22; Rebecca-4; John P.-1; Will-5; Jeff Mc-18 (USAF- Overseas— jem1968@msn.com)

Happy Hour

Living Sober— Stephanie A.-3

Lloyd New Hope— Tom G.-23; Tommy H.-1; Stan -71
Bob S.- 5

Monticello— Lou-12

Mustard Seed— Bill E.-4

Lake Jackson— Margret-2

Celebrate Your Success!