



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC OCTOBER 2008 TALLAHASSEE, FL

Intergroup

Chairman—Craig F—Living Sober
 Co-chairman—Mike F—New Hope
 Secretary—Carol H—New Hope
 Treasurer—Matt C—Nite Owl
 Literature—Vacant
 Website—Andy E—Men's Faith
 Activities—Laura A—Central
 Membership—Adam G—Central
 Newsletter—Sandy M & Julie W—
 Mustard Seed
 12 Step--Jeff D--Central

District 5

DCM—Joe D—Downtown
 Alternate DCM—Susan E—Central
 Secretary—Craig F—Living Sober
 Treasurer—Matt N—Central

Standing Committees

Public Info—AC—Happy Hour
 CPC—Steve H—Central
 Treatment—Kevin T—Happy Hour
 Corrections—David G—End of the
 Road
 Grapevine—Vern D—Northside
 Accessibilities—Janis T—Willing
 Archives—Rebecca—Central
 Bridging the Gap—Danny P—Central

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 Area Treasurer
 Marilyn B.
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My only exposure to alcohol as a young child was a step uncle whose presence frightened me because of his behavior. Having been raised by my Grandparents until I was 10, I never made the emotional adjustment of moving in with my parents and five siblings. Until high school I spent most of my time looking for a place to be alone. High School provided a different life for me. Despite being involved with sports and being the most popular girl in school, I still felt alone and unworthy inside.

I began my journey with alcohol at 21 and it was 18 years before I found my way to the rooms of AA in McComb, MS on 5/12/87. I was on my way to my first Al-anon meeting to cure "his problem". By the Grace of God a young lady who no doubt smelled the liquor on my breath invited me to the AA meeting with her. I never expected what I saw when I walked into that room. People were laughing, hugging each other and enjoying themselves. They hugged and welcomed me, telling me I was the most important person there. I had no idea what I had gotten myself into but I knew I wanted to go back. I went to 2 meetings a day for over a year. That was over 21 years ago and I am still going to meetings.

In 2005 I had some very difficult health issues. Having so many years of sobriety I felt I was "beyond" a sponsor and the day that Jim walked up to me after a meeting and told me he was my new sponsor, I said okay without knowing why. My sponsor has been a godsend to me. He brought me back to the basics of the program which gave me back my sanity. I worked my way back through the steps this time with a sponsor who taught me every step of the way, straight through the big book. I owe my life and sanity to God and those He worked through in order to teach me how much He loves me.

My relationship with God, as with my husband, sons, friends or anyone else requires my time and attention. Today I find that time to work on those relationships. I am never alone and working with others gives me a true sense of worth. I want to thank all of you who serve our fellowship and for the newcomers who come into AA to help me keep sober.

Love, Bettye BR (bb)

Experience, Strength and Hope

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Step ten has been one of my favorites since soon after I first walked in the doors of Alcoholics Anonymous. Step Ten seems to have been written with a realistic look at human behavior. Bill W. and our other founders knew AAs for generations to come would never be perfect, would make mistakes. That's evident because it says "when we were wrong" not "if we were wrong". There was no denying it, right from the start they planned for the wrongs we would continue to do to others long after we sobered up. I think they did not want those mistakes and wrongs to fester and result in a relapse.

Before I found AA, I usually kept my resentments, guilt, intolerance and anger inside, where they would continue to build. The old, "you would drink too if you had my problems" attitude would legitimize my excessive drinking. I didn't have an alcohol problem, I thought, I had every reason to drink. When I joined AA, worked the steps and realized I played a major part in all my problems, that attitude went away. Unfortunately, my resentments and other character defects continued to resurface. Step Ten gives me a daily reprieve from these defects. I have the opportunity to review the day and, if I am honest with myself, pinpoint times and situations when I have substituted my will for God's will. I can do it as the day goes along and immediately change my behavior and make an amends, or I can do it at the end of the day when things calm down and take action the next day. Even when I am only partly responsible for a bad situation, I always feel better when I "promptly admit it" and apologize. Someone once said to me after a meeting, "would you rather be right or would you rather be happy?" I thought a lot about that question. All my life I had quickly pointed out when I was right (which was always, or so I thought). That one question substantially altered my future behavior. Now, when I am agitated, I ask myself that question. I was surprised to realize that most of the time, I would rather be happy. The few times I decided I would rather be right, I was usually miserable.

I've discovered over the years that when I am working step ten consistently, I am more aware of my attitude and behavior during the day. I watch for potential flare ups of my character defects. Part of the reason is that I am simply more self aware. But I also don't like confronting myself at the end of the day with negative things and I don't particularly like having to make amends. It's just easier if I avoid the negative behaviors altogether.

Step ten did not get me sober. But I am certain it has played a major role in keeping me sober.

Liz C.

Tradition Ten

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

The Twelve Steps and Twelve Traditions states that outside issues, particularly its temperance crusade, were the "wreck" of the Washingtonian Society - an organization devoted to alcoholics helping one another. Early A.A. members learned from the demise of this Society and made the resolution to stay out of public controversy.

Not too long ago, I heard an announcement at the end of a closed meeting about the TV special with Obama and McCain hosted by Rick Warren that night. Someone commented that the announcement should not have been made because it had to do with outside issues. I don't believe that the announcement was promoting an "opinion on an outside issue" but it wasn't appropriate to be made within the context of the meeting announcements; the announcements are to be related to A.A. or the program of recovery. The comment about the announcement gave me pause to remember not to give my opinions to others that may be construed as the "A.A. opinion." My opinion on areas that have to do with alcoholism, rehabilitation, prescription medications, other 12 step programs, etc. need to be just that - my opinion. Somewhere I heard that the Tenth Tradition is vital for the growth and spiritual well-being of our fellowship. A.A. as a whole cannot afford to be categorized or labeled by taking positions on outside issues. Public positions may attract some, but they would invariably alienate others. By refusing to be drawn into public controversy, our organization is open to alcoholics from every walk of life. No alcoholic seeking recovery should ever feel uncomfortable regarding politics, income level, religion, employment, etc. We need to remain diligent and not get side tracked by what is going on "outside" our meeting room walls. I am thankful that the early members were wise enough to know that these outside issues could present big problems for A.A. and by avoiding them all, A.A. is able to keep focused on its primary purpose - to carry its message to the alcoholic who still suffers.

Julie W.

Intergroup 5 News

Intergroup 5 Meeting Minutes Sept. 2008

Groups Represented: Central, Happy Hour, Home, Living Sober, Lloyd New Hope, Mustard Seed, Nite Owl, Open Door and Woodville. Seven IG5 representatives were present. 14 people attended.

Secretary's Report: Approved and accepted as amended.

Treasurer's Report: Approved and accepted.

Office Report: Volunteers are **still** needed! Please call the office. The report is reflected in *The Message*. The **Where and When** can be downloaded from the web site. The number of messages left has gone down. Please send meeting updates to Rob K., the Office Coordinator.

Literature Report: Books and pamphlets are available for sale to all groups.

Activities Report: Jackson Lodge is reserved for the Dec. 13th Holiday Dinner.

Web Committee Report: No new news. Please view the IG5 web site (www.intergroup5.org) and send comments or constructive suggestions and meeting errors such as times, locations, etc. to the Web Master, Debbie C. If anyone is interested in adding a page to the web site, please contact Debbie C. for details.

District Report: Gratitude Dinner is scheduled for Nov. 1st at Jackson Lodge. The Area delegate to GSO will present his report and there will be a speaker (TBA).

Old Business: 1. Holiday Dinner will be held on Dec. 13th @ Jackson Lodge. We are looking for a speaker. Groups are being asked to volunteer to provide main dishes (ham, turkey, etc.) and individuals are asked to bring side dishes. Volunteers are needed for set-up and clean-up after the dinner.

2. IG5 nominations and the election for the Secretary and Treasurer positions will be on Oct. 1st during the regular IG5 meeting. The current officers are rotating out. Nominees must have at least two years of continuous sobriety. Craig F. will temporarily take over the Literature chair until a permanent replacement can be found for Greg S. (who, by the way, is moving to New York to accept a new job). We wish him all the best.

New Business: 1. Rob K. (Office Coordinator) will be presenting an update of information on a new all-in-one "answering, message, connect and forwarding" plan for IG5 to utilize in the office. The plan has many dimensions and it will offset the costs of our current answering service and Embarq. He will need thirty (30) serious volunteers to implement this program. Rob will be presenting the same information at the Gratitude and Holiday Dinners.

Submitted in Grateful Service,
Carol H.

September 2008 Treasurer's report

General Fund

Checking:		
Beginning Balance 8/31/08		<u>\$1,598.06</u>
Contributions:		
Apachicola Bay		15.00
Bradfordville		100.00
Central	200.00	
Downtown (Y. P. G.)		54.55
Faithful Fivers	27.00	
Happy Hour		74.96
Living Sober		64.30
Lloyd New Hope		50.00
Pathfinders		45.00
Singleness Of Purpose		<u>35.00</u>
Total Contributions		<u>665.81</u>

Less:

Disbursements:		
Answering service		220.50
Office Coordinator Travel/Rel. Exp		147.62
Internet monthly charge		56.96
Printing Newsletter/ W&W		77.75
Rent		257.01
Telephone		<u>47.36</u>

Total Expense Disbursements: **807.20**

Ending Balance 9/30/08 **1,456.67**

Prudent Reserve Savings:

Beginning 8/31/08 balance	955.87
Interest earned	0.04
Ending Balance 9/30/08	<u>955.91</u>

Literature Fund

Beginning 8/31/08 Balance	<u>1,524.47</u>
Literature sales	794.73
Sales Tax collected	<u>60.03</u>
Total Receipts	854.76
Less: Literature Purchases	<u>582.00</u>

Total Expenditures **582.00**

Ending Balance 9/30/08 **\$1,797.23**

Thanks for the opportunity to serve, Matt C.

Corrections Corner

As I am approaching the end of my first year as the CFC chair, I wanted to write a little about the "Pink Can" literature Fund that is coordinated by the committee. The fund was created as an effort to provide literature to incarcerated alcoholic inmates, by circulating Pink Cans at meetings to collect contributions from AA members in District 5. All money from the Pink Cans is sent to the CFC chair, who deposits it in a fund which is used only for the purchase of AA conference approved literature for inmates incarcerated in District 5 correctional facilities. So far this year, we have distributed over 280 pieces of AA literature to members "inside the walls". Thanks so much to the District 5 AA members who volunteer their time to carry meetings and literature into the facilities, and to all who contribute monetarily to the Pink Can fund. For anyone interested in finding out more about the Pink Can or correctional facility meetings, please join us at the next committee meeting on Sunday, Oct. 12, at 3pm (909 Gadsden St.). corrections@intergroup5.org (850)590-3087

In Service, David G.

EVENTS AND HAPPENINGS

INTERGROUP 5 NEWS

Intergroup5.org's website.

Phone Stats: The phone volunteers at the Intergroup 5 office answered 65 hot line calls of the following types:

12step - 2
 Al-Anon - 7
 AA info - 13
 Misc. - 1
 Agency info - 2
 Meeting info - 40

The Fall Where & When has been printed and is available at the intergroup office or on line at intergroup5.org

Thanks to all the intergroup phone volunteers for helping others into recovery and life.

Do you want to be useful? Do you want to give back to AA? Volunteer now - call Rob K @ 850.545.3833, the Intergroup 5 office @ 850.224.1818 or email office-coordinator@intergroup5.org

Happy A.A. September Anniversary

Bradfordville: Steve D.-1, Dennis B.-2, Janet N.-2, Doug M.-5
Central: Suzee Q. - 1, Janice - 2, John P. - 2, Rebecca - 5, Ronnie K. - 8, Suki - 18, Mary Beth - 23, Susan 23
Lake Jackson: Logen T.- 18
Living Sober & Happy Hour: Angela - 1, Jamie C. - 1, Michael L - 1, DeForest S. - 5, Kaye C. - 8, Mike G. - 8, Lana S. - 13, Angela S. - 20
Monticello Serenity: Lou D.- 13
Mustard Seed: Liz W. - 15, Lori P. - 31

WANTED LITERATURE COORDINATOR

We have an **urgent** need for a literature coordinator.
 Requirements: 2 years sobriety
 Benefits/Rewards: Service involvement helps keep you sober and helps other alcoholics.

RESPONSIBILITY DECLARATION

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.

CURRENT EVENTS

Gratitude Dinner: November 1, 2008
 Jackson Masonic Lodge, Apalachee Parkway
 Tallahassee, FL

Holiday Dinner: December 13, 2008
 Jackson Masonic Lodge, Apalachee Parkway
 Tallahassee, FL

Area Assembly: October 3, 4 & 5, 2008
 Paramount Resort & Conference Center, 2900 SW 13th St.
 Gainesville, FL 32608. (352) 377- 4000 or 877-992-9229

IMPORTANT OCTOBER DATES IN AA HISTORY

Oct 1936 - Bill C. a Canadian alcoholic staying at Bill's house, committed suicide using a gas stove.
 Oct 1944 - First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.
 Oct 1951 - Lasker Award given to AA by American Public Health Assoc.
 Oct 1951 - Sister Ignatia wrote "Care of Alcoholics - St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress", journal of Catholic Hospital Association.
 Oct 1958 - Playhouse 90 TV airs "The Days of Wine & Roses".
 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 - Grapevine adopted as national publication of AA
 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 East Dorsett, VT.
 Oct 14, 1939 - Journal of AMA gives BB 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 22, 1963 - E M Jellinek, alcoholism educator & AA friend dies
 Oct 24, 1943 - Wilsons start 1st major A.A. tour.
 Oct 28, 1994 - National Council on Alcoholism & Drug Dependence celebrates 50 years.

Diz T.