

THE MESSAGE

A MONTHLY NEWSLETTER
INTERGROUP 5, INC FEBRUARY, 2012 TALLAHASSEE 2012

The January Message was posted online only. So in case you missed it- January's reports and stories have been included in February's Issue.

STEP ONE

Admitted we were powerless over alcohol, and our lives had become unmanageable

Here we are, a New Year and time for reflection. Who would have ever thought we would be where we are today. So, how did it all start? Step One.

"We admitted we were powerless over alcohol – that our lives had become unmanageable."

Chuck C., author of "A New Pair of Glasses", spoke often of "surrender." Though the word surrender is not found in the 12 steps, we had to admit that we were powerless. We had to give up. Totally. On page 30 in the chapter "More on Alcoholism," it states, "We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery." A complete surrender is required. There can be no doubts.

So how do we learn? We learn by drinking, by isolating, by hating ourselves and others. We learn by losing control. Control of whatever we thought we were in control of. We learn by destroying the things we cherish the most. Family, friends, job, home, business, self-respect, self-esteem.

And, what do we learn? We had to concede to our innermost selves that we were beaten. Definition: Concede: v, to accept as true, to acknowledge grudgingly or hesitantly. We have lost the battle. That's what we learn. Alcohol was now in control of our lives. We couldn't stop if we wanted to. Yet we fight on. We wake up in the morning, sick, hung over, shaky. We say to ourselves, we are done, we will not drink tonight. Yet we drink, again and again. It's the only way we feel better. It's the only way we can live with ourselves.

"To our innermost selves." We may, by now, have admitted we have a problem. We may actually see the truth. I've made mistakes. I've messed up. I can do better, I will try harder. I will control this. Everyone messes up. Am I really different from other people? Non-Alcoholics? YES!!!! Alcoholics are different from Non-Alcoholics! As different as a wheelchair bound paraplegic is from someone who walks with two good legs! We think differently, as a friend in the AA rooms says, "We are wired differently." We have a twofold disease. An obsession of the mind means we think differently, "Normal" people don't obsess, not like we do. Look it up, understand it, accept it, buy it! There can be no doubts. No question! No second-guessing ourselves. "The delusion that we are like other people, or presently may be, has to be SMASHED!" Finally, we understand, not in our heads, but in our hearts. There is no escape. I give up. I surrender.

And then the miracle begins. As a little boy once answered when asked, "What is a miracle?" He replied, "A miracle is when something can't happen....And then it does!" And we no longer have to drink.

Have a great Year,
Roland H.

District 5

Monthly Business Meeting - 3rd Wednesday of each month

Intergroup 5

Monthly Business Meeting - 1st Wednesday of each month

Meetings Located at: Faith Presbyterian (corner of John Knox & Meridian)



TRUSTED SERVANTS

Intergroup 5

Larry H. – Chair
Sabrina A. Vice Chair
Jane S. - Treasurer
Julia K. - Secretary
Donna W. -DCM
Tracy T. - Alt DCM
John P. - Webmaster
Bobby C. - Hotline Rep
Anne L. - Living Sober
Rep/Hotline Backup
Lauren L. - Northside
Rep/Message Editor
Clay W.- Literature
Jim M. Crawfordville Rep
Chuck S.- Lake Jackson Rep
Donald P. - Central Rep
Cheryl S. - Happy Hour Rep
Paul R. - Mustard Seed Rep

CONTACT INFORMATION

Intergroup 5

1106-H Thomasville Road
Tallahassee, FL 32303
850.224.1818

<http://www.intergroup5.org/>

LITERATURE

To place orders or to schedule
an appointment
for literature purchases
Call 850-329-0222

Newsletter: Send info to

message@intergroup5.org

District 5

dcm@intergroup5.org

P.O. Box 12352

Tallahassee, FL 32317-2352

NFAC Area 14

<http://nfac14.org/>

P. O. Box 8983

Jacksonville, FL 32239-8983

STEP TWO

“Came to believe that a power greater than ourselves could restore us to sanity.”

When I was a frightened and insecure newcomer, the 12 Steps seemed overwhelming to me. No way was I going to make amends to anybody for anything! I felt the world owed me amends. (This is why the steps of AA are in a certain order. I had a long way to go before I reached step 9.)

Of the 12 Steps, it was Step 2 that grabbed my attention and made me feel that maybe, just maybe, there was hope for me. We hear in the rooms, “If you bring the body, the mind will eventually follow.” I found that to be true. First, I came. Then, I came to. Then, I came to believe.

It was the last four words “restore us to sanity” that made me think I might actually have a chance at this sobriety thing. It was a given that I was insane. I’ve known all my life that I was nuts. I think other people knew it too, because my nickname at work was “April-Nut.” Wait a minute! That’s still my nickname at work! Oh, well, progress, not perfection.

I also noticed that Step 2 said “us” and not “me.” How many times had I tried on my own to stop drinking or limit the number of drinks I was having? At least a zillion times. I couldn’t do it. But, maybe we could.

I liked the concept of a Higher Power, as opposed to God. I believed in God, but felt He had a “naughty list” and I was on it. My concept of God was that He was mean and vengeful. One night, very early in my sobriety, something a woman said at a Birthday Meeting steered my thought process in a different direction. She stated, “The first thing my sponsor had me do was fire the God of my understanding and write down what I wanted in a Higher Power.” What? Are we allowed to do that? Fire God? Oh, I’m going to Hell for sure.

I went home that night and couldn’t stop thinking about what she said. So, I wrote down what I wanted my Higher Power to be like. It was just three things:

1. Loving
2. Forgiving
3. Sense of Humor

I didn’t realize it at the time, but those were qualities that I was also looking for in myself.

Then I came to believe that in order for sanity to return, I had to stop drinking. I also discovered the chapter “We Agnostics” in the Big Book of Alcoholics Anonymous. On page 47, it says we need to ask ourselves, “Do I now believe, or am I even willing to believe that there is a Power great than myself?” Well, heck yes! Alcohol was a power greater than myself.

On page 46, “We found that God does not make too hard terms with those who seek Him.” I thought it was a big, dramatic & complicated ordeal seeking God. What I realized was He’s not hard to find. Just seek him! How easy is that? I guess that’s why we’re told to “keep it simple.” I tend to overcomplicate everything in my life.

The Big Book also tells me on page 53, “Some of us had already walked far over the Bridge of Reason toward the desired shore of faith.” What an incredible metaphor. I wanted to walk over that bridge because it meant that I would be restored to sanity when I reached the shore.

Many thanks our groups for their generous contributions to the Pink Can Fund. Your giving has enabled us to donate Big Books, 12 & 12's, AA pamphlets, and Grapevines to our fellow members at Gadsen CI, Wakulla CI, and the Leon County Jail. Great job at carrying the message!

If any group needs a pink can, we will be happy to provide one. If anyone needs information regarding corrections meetings, wishes to participate in corrections meetings, or has Grapevines/AA books/other AA literature they wish to donate, please contact us at:

corrections@intergroup5.org

Literature donations can also be left at 909 North Gadsen St. (Central Group) labeled "Corrections."

We are grateful for your help!

As a reminder, we ask that you please send your group's Pink Can Fund donations to:

District 5 Pink Can Fund

PO Box 12352

Tallahassee FL 32317

Thanks for giving.

Barry D.

Corrections Chair

A sponsor also pointed out to me that on page 55 of the Big Book, "We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend." God is my friend? Surely you jest! He was an authority figure who was mean. She encouraged me to talk to God (out loud!) like I would talk to a friend.

Well, ok, I'll give it a try. "Hi God. How's it going?" I felt silly talking out loud to Him.

But, guess what? The more I talked to Him as a friend, the better I felt.

When I finally found the Great Reality (God) deep down within me, I found a friend who is loving, forgiving and has a great sense of humor. I crossed the bridge! And, for the first time in my life, I didn't burn that bridge. As a result, my friend restored me to sanity.

I have learned so many wonderful lessons in AA. Probably the most important one is that this is a "we" program. I can't do this alone. I need a Higher Power, I need the fellowship of AA, and most of all—I need you. Thank you for helping me stay sober today. And, remember, we may not have it all together, but together...we have it all.

By April C.



MEETING WANTED IN PERRY, FL



INTERGROUP TREASURER'S REPORT

INTERGROUP 5, INC
JAN 2012 and YEAR TO DATE
INCOME STATEMENTS

	12/21/11 - 1/20/2012	2012 YTD		12/21/11 - 1/20/2012	2012 YTD
CHECKING ACCOUNT			SAVINGS ACCOUNT		
BEGINNING BALANCE	\$ 3,438.83	\$ 3,438.83	BEGINNING BALANCE	\$ 4,445.20	\$ 4,445.20
CONTRIBUTIONS			Interest @ .04% to .06% APR	\$ 0.55	\$ 0.55
Apalachicola Bay Serenity	\$ 10.00	\$ 10.00	Transfer (to)/frm Chckng/Lit	\$ -	\$ -
Bradfordville			ENDING BALANCE	<u>\$ 4,445.75</u>	<u>\$ 4,445.75</u>
Came to Believe	\$ 227.75	\$ 227.75	6 MONTH PRUDENT RESERVE		\$ 3,000.00
Capital City			OPERATING		\$ 1,445.75
Central	\$ 200.00	\$ 200.00	TOTAL SAVINGS BALANCE	<u>\$ 4,445.75</u>	<u>\$ 4,445.75</u>
Crawfordville	\$ 45.00	\$ 45.00			
Happy Hour					
Havana Sunday Night					
Lake Jackson					
Living Sober					
Lloyd New Hope	\$ 60.00	\$ 60.00			
Mustard Seed			LITERATURE ACCOUNT		
Northside Group			BEGINNING BALANCE	\$ 2,311.58	\$ 2,311.58
Open Door			Sales	\$ 1,079.90	\$ 1,079.90
Powder No Puff			Interest Earned	\$ -	\$ -
Singleness of Purpose			Transfer (to)/from Savings	\$ -	\$ -
The Home Group			Bank Charge	\$ -	\$ -
Unknown			Postage	\$ -	\$ -
SUBTOTAL GROUP CONTRIBUTIONS	<u>\$ 542.75</u>	<u>\$ 542.75</u>	Sales Tax	\$ (734.43)	\$ (734.43)
Holiday Dinner - Raffle & Door			Literature Costs	\$ (2,039.80)	\$ (2,039.80)
District 5 - Archives Rent Donation			ENDING BALANCE	<u>\$ 617.25</u>	<u>\$ 617.25</u>
Birthday Club					
SE Woman to Woman					
Flint River Round-Up Donation					
SUBTOTAL OTHER CONTRIBUTIONS	<u>\$ -</u>	<u>\$ -</u>			
TOTAL CONTRIBUTIONS	<u>\$ 542.75</u>	<u>\$ 542.75</u>			
EXPENSES					
Talkor	\$ 257.01	\$ 257.01			
Century Link	\$ 57.77	\$ 57.77			
Message					
Line 1	\$ 56.90	\$ 56.90			
Office Supplies					
Where and When Printing					
Licenses/Taxes					
Pink Can					
TOTAL EXPENSES	<u>\$ 371.68</u>	<u>\$ 371.68</u>			
CONTRIBUTIONS OVER EXPENSE	<u>\$ 171.07</u>	<u>\$ 171.07</u>			
Transfer (to)/from Savings					
ENDING BALANCE	<u>\$ 3,609.90</u>	<u>\$ 3,609.90</u>			

DISTRICT 5 TREASURER'S REPORT

Sheet 1

District 5 Treasurers Report

12/15/2011

Profit & Loss 2011(10/11) to 12/11/11 to 12/15/2011	Year to Date	District 5 Income	Year to Date	Group Contributions	2011	2010	2009
Ordinary Income/Expense		Income / Group Support					
Income		Income / Group Support	Year to Date				
Group Support	79.87	Apalachicola Bay (Serenity)	105.00	Alligator Point			\$27.31
Other Income	504.25	Armistice	50.00	Apalachicola Bay	105.00	\$75.00	\$165.00
Total Income	584.12	Bradfordville	65.96	Armistice	50.00		
Expense		Came to Believe	75.21	Bradfordville	65.96	\$110.00	\$197.27
Committees		Capital City	152.70	Came To Believe	75.21	\$96.77	\$105.71
Archives	49.94	Central	480.00	Capital City	152.70		\$154.65
Public Info	134.51	Crawfordville	75.00	Central	480.00	\$520.00	\$520.00
Total Committees	49.94	Friends of Bill	100.00	Crawfordville	75.00	\$40.00	\$40.00
Contributions		Happy Hour	44.84	Friends of Bill	100.00		
Faith Presbyterian	300.00	Havana Sunday Night	30.00	Happy Hour	44.84	\$65.71	\$119.76
GSO	188.75	Lake Jackson	50.00	Havana Sunday	30.00		\$30.00
Intergroup 5	188.75 (1)	Living Sober	60.00	Lake Jackson	50.00		
North Florida Area	188.75 (1)	Lloyd New Hope	290.00	Living Sober	60.00	\$42.00	\$71.22
Total Contributions	866.25 (1)	Mustard Seed	325.54	Lloyd New Hope	290.00	\$352.00	\$220.00
Events		North Side	93.05	Men's Faith Group		\$220.00	
Gratitude Dinner	401.51	Open Door	24.31	Monticello Serenity		\$50.00	
Traditions Event	215.00	Quincy Group	125.00	Mustard Seed	325.54	\$377.45	\$201.98
Total Events	401.51	Singleness of Purpose	42.60	Nite Owl			\$61.00
Other Expenses		Group Support TOTAL	2,189.21	North Side	93.05	\$99.00	\$75.00
Printing	3.25	Event Income	0.00	Ochlocknee Bay		\$50.00	
Post Office Box	44.00	Gratitude Dinner	504.25	Open Door Speaker	24.31	\$42.59	\$56.69
Postage	26.40	Other Income (1)	250.00	Powder No Puff		\$30.00	
Total Other Expenses	3.25	Undetermined	0.00	Quincy (Downtown)			\$26.38
Travel		TOTAL	2,943.46	Quincy Group	125.00		
Air, DCM	296.35	Cash on Hand		Singleness of Purpose	42.60	\$215.00	\$170.39
Corrections	46.45	Balance	\$3,039.43	Southside			\$199.00
DCM	639.04	Balance	\$3,168.85	The Home Group			\$25.50
Travel - Other	0.00	Difference +/-	+ \$129.42	The Sober Living Group		\$28.00	\$40.00
Total Travel	981.84	Prudent Reserve*	\$1,720.04	Waukeena		\$35.00	
Total Expense	909.40	Over/Under	\$1,439.81	Total	\$2,189.21	\$2,448.52	\$2,506.86

(1) Split proceeds from 2010 Gratitude Dinner distributed in January 2011. \$188.75 to GSO, GSO and NPL.
 (2) Archives Storage \$252.30 for storage unit. No longer rent storage space. Paid intergroup \$80 in May 20
 * Prudent Reserve = 3 highest months expenditures during the previous year.
 Without disbursement of Gratitude Dinner proceeds Prudent Reserve would be @\$1162 for 2011

THE DISTRICT CORNER:

DID YOU KNOW:

That your GSR's, Group Service Representatives, attend your Area Assembly that is held quarterly every year in St. Augustine, FL at the beautiful Renaissance Resort - World Golf Village? Yep, that's right; your group pays for your GSR's to stay at a beautiful golf resort every 3 months. While they enjoy their stay, they will conduct business to help maintain our twelve traditions of Alcoholics Anonymous while figuring out more productive ways to reach out and help the still suffering alcoholic. Anyone can attend this conference, so please join us at the next one. The next Area Assembly will be held Mar 30 – Apr 1, 2012, go to the Area 14 website to register: www.nfac14.org.

DID YOU KNOW:

A Service Sponsor is someone who carries you through the Twelve Traditions & Twelve Concepts, just like a regular sponsor carries you through the Twelve Steps. It is common for one to obtain a Service Sponsor when an active alcoholic in A.A. desires to get more involved in service work. It only seems necessary when the current Twelve Step Sponsor is not well versed in the Twelve Traditions & Concepts, and will need assistance in helping the alcoholic with the other two parts of our triangle. (Service and Unity)

Love & Service,
 District 5

FOUNDER'S DAY FLORIDA STYLE 2012!

**HAPPY, JOYOUS AND FREE! JUNE
22, 2012 - JUNE 24, 2012**

The Founder's Day Round-up has elected new officers for 2012:

Diz T.	Chairperson
Jim C	Chairperson
Chuck S.	Vice Chairperson
Dana R.	Treasurer
Charlotte H.	Secretary

The convention will be held at the Henry W. McMillan National Guard Armory located at
1225 Easterwood Drive, Tallahassee, FL 32308.

Hotel accommodations are recommended at the TownePlace Suites by Marriott located just a short (1.5 miles) driving distance away.

Registration is \$25.00. Dinner plans to be announced.

Visit www.foundersdayflorida.org for additional details and registration.

EVENT SCHEDULE

Friday - June 22

4:00 PM - Workshop: "Writing God Into Your Story", Beth H.
8:00 PM - Speaker: Jule L., Decatur, GA

Saturday - June 23

9:30 AM -Speaker: "Mystery Speaker"
11:30 AM - Speaker: Angie B., Dothan, AL
2:00 PM - Workshop: "Spiritual Journey", Jule L.
4:00 PM - Speaker: Beth H., Cary, NC
8:00 PM - Speaker: Lyle P., Stockbridge, GA
10:30 PM - Speaker: Bill W., St. Petersburg, FL

Sunday - June 24

9:30 AM- Speaker: Amanda B., Montgomery, AL



VOLUNTEERS NEEDED!!!

Our Intergroup Hotline needs volunteers to help answer 12 Step Calls on our local Phone Army Helpline.

If you are interested in service work, please contact Bobby C. at:

helpline@intergroup5.org

or call 850-508-7296



**IF YOU WOULD LIKE
SOMETHING INCLUDED
IN THE MESSAGE
DURING THE
UPCOMING MONTHS
PLEASE EMAIL:**

Message@intergroup5.org

*Submissions are due no
later than the 15th of
each month.*