



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. APRIL 2011 TALLAHASSEE FLORIDA

Intergroup

Chairman—Larry H.—Central

Vice Chairman—Vacant

Secretary—Sabrina A—Central

Treasurer—Debra N.—Happy Hour

Literature Coordinator—Clay W.—Friends of
Bill Gone Wild

Website—John P—Happy Hour

Activities—Vacant

Office Coordinator—Vacant

Newsletter—Joe D.—Downtown Service Group

12 Step—Jim Mc—Downtown Service Group

850-408-5583-12 Step Call List & Helpline Vols

District 5

DCM—Donna W.—Happy Hour

Alt. DCM—Tracy G.—Northside

Secretary—Debbie R—Open Door

Treasurer—Stanley P.—Central

Standing Committees

Public Info—Ron S—Happy Hour

CPC—Bradfordville Group

Treatment—Vacant

Corrections—Rachel S—Northside

Grapevine—Michael L—Happy Hour

Accessibilities—Vacant

Archives—Kris C.—Central

Bridging the Gap—Rachel S.—Northside

CONTACT INFORMATION

Intergroup 5, Inc.

1106-H Thomasville Road

Tallahassee, FL 32303

(850) 224-1818

Website: 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

P.O. Box 12352

Tallahassee, FL 32317-2352

NFAC Area 14

P. O. Box 8983

Jacksonville, FL 32239-8983

Step Four

Made a searching and fearless moral inventory of ourselves.

When Emily asked me to write an article for The Message, I said "sure, no problem." Now, it's 2 days before it's due, and I'm totally stressed, wondering why I put this off. I want to come up with excuses, like "I only had 10 days to write this!" "It's too hard!" "I had a cold last week!"

It reminds me of doing my 4th step. My sponsor explained what I was to do and I said, "sure, no problem." I had all the incidents that would make up my 4th step running around in my head—they'd been there for years, and I could recite them easily. Every night after my "assignment" I would sit down with paper and pen and just stare at the paper. I got totally stressed and felt that I could not get started. It seemed too hard! What's so hard about it? It's just an inventory. And there's a picture of it in the BB for God's sake!

The 4th step is described in the BB as a "fact-finding and a fact-facing process." "It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret."

It's suggested that we conduct an inventory of our resentments, fears, and sexual conduct. First, I just had to list the names of the people, the institutions, and any principles that I had resentments against. Just list the names—stay within the lines of column number 1. I think that's where my problem started—I'm not known for staying within the lines! Then in column 2, I listed why I was mad in each case. I like the way the book describes it as being "burned up." After column 2 was finished, I listed in column 3 whether my self-esteem, my security, my ambitions, my personal or sex relations had been affected—and usually it was a combination of areas.

Here's where I learned to do something different. I prayed for God to show these people on my list "the same tolerance, pity, and patience that I would cheerfully grant a sick friend." My sponsor told me to do this and I said, "sure, no problem." On the inside, I was thinking, "really? Gee whiz..." Then I was to look at my mistakes—AND *list* them. Now that was really different. No more excuses, no more blaming. And what about the 2 things on my list in which I truly did not have a part?! I got some really good advice from an old-timer, John W. He said that no matter what has happened to us in the past, we do not have to remain a victim.

Second, list my fears. I love the way the BB describes fear as an "evil and corroding thread." But that's that; I don't get to continue to wallow in fear either. I "put them on paper" and ask "why"? I am learning that as my faith in my Higher Power grows, the power that my fears once had over me diminishes.

And 3rd, a fact-finding and fact-facing review of my sexual conduct to look at my selfishness, dishonesty, and consideration. There are some really powerful prayers in this part of the book and a warning about getting drunk.

I've been listening to a CD of Joe McQ reviewing the steps. What I got from what he said about the 4th step was that anger, fear, and sex are natural instincts, but we've over-used or misused them because of "self." The 4th step is a process to help us see "some big chunks of truth" about ourselves.

Some good advice I heard from Brett within the past 6 months (he's been saying it the entire time I've been in AA!) is that I can inventory anything that is bothering me—anything, at any time. And I can start writing without having a complete sentence or thought—I do not have to figure this "stuff" out in my head. Someone else who heard Brett talk about the inventory process made a comment about discipline, and I have to sigh and admit that discipline is just like staying in the lines for me...

Debbie C.

The Message

Intergroup 5 Inc., Monthly Report
March 2011 and Year-To-Date
Income Statements

2/15/2011 thru 3/16/2011 2011 YTD

Checking Account

Beginning Balance...	\$1,216.34	\$3,172.92
CONTRIBUTIONS		
Apalachicola Bay Serenity.....	\$15.00	\$45.00
Came to Believe(Oct-Dec).....		\$94.28
Central.....	\$200.00	\$600.00
Lloyd New Hope.....		\$70.00
Mustard Seed (Dec & Jan).....		\$223.62
The Home Group.....	\$60.00	\$60.00
TOTAL GROUP Contributions	\$215.00	\$1,092.90
OTHER Contributions		
Holiday Dinner—Raffle Door \$	—	\$943.40
TOTAL Contributions	\$215.00	\$2,036.30
EXPENSES		
Talcor.....	\$257.01	\$771.03
Century Link.....	\$48.19	\$96.36
Message.....	\$115.76	\$231.52
Line 1.....	\$113.80	\$170.73
Office Supplies.....	\$8.80	\$51.80
TOTAL EXPENSES	\$632.04	\$1,409.92
Transfer (to)/from Savings		\$(3,000.00)
ENDING BALANCE	\$799.30	\$799.30

SAVINGS ACCOUNT

BEGINNING BALANCE	\$4,501.01	\$1,500.82
	—	\$0.19
Transfer (to)/from Checking		\$3,000.00
ENDING BALANCE.....	\$4,501.01	\$4,501.01
6 MONTH PRUDENT RESERVE		\$3,187.00
OPERATING		\$1,314.01
TOTAL SAVING ACCOUNT BAL		\$4,501.01

LITERATURE ACCOUNT

BEGINNING BALANCE	\$1,495.48	\$1,404.55
Sales.....	\$518.60	\$2,710.55
Interest Earned.....		\$—
Postage.....	\$(8.80)	\$(8.80)
Sales Tax.....	\$(63.90)	\$(692.32)
Literature Costs.....	\$(685.40)	\$(2,158.00)
ENDING BALANCE	\$1,255.98	\$1,255.98

Group Contributions to District ARE Twelfth Step Work

“I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”

– A.A. Responsibility Declaration

It is routine at many meetings that a basket be passed so that every A.A. group can be “*fully self supporting, declining outside contributions.*” And once a group’s basic expenses have been taken care of and a prudent reserve set aside, many choose to *go a step further* and send contributions to one or more of the A.A. service entities (their local Intergroup Office, District, Area, and GSO in New York). **These contributions are**, in fact, **Twelfth Step work...** because very often it is through our service entities that new people are introduced to A.A.

And as one of your service entities, District 5 gratefully acknowledges the group contributions received over the past year. Support of District 5 helps ensure that **we extend the hand of A.A.** across Franklin, Gadsden, Jefferson, Leon, Liberty, Madison, Taylor and Wakulla counties. In 2010, District 5 received contributions from the following groups:

- Bradfordville Group - Tallahassee
- Came To Believe Group - Tallahassee
- Central Group - Tallahassee
- Crawfordville Group - Crawfordville
- Happy Hour Group - Tallahassee
- Living Sober Group - Tallahassee
- New Hope Group – Lloyd
- Men’s Faith Group - Tallahassee
- Mustard Seed Group - Tallahassee
- North Side Group – Tallahassee
- Ochlocknee Bay Group – Ochlocknee Bay
- Open Door Speaker Meeting – Tallahassee
- Powder No Puff Group - Tallahassee
- Serenity Group – Apalachicola Bay
- Serenity Group - Monticello
- Singleness of Purpose Group - Tallahassee
- Sober Living Group – Crawfordville
- Waukeena 7:05 Group - Waukeena

With these group contributions, your District Committee has been able to: purchase and provide Big Books and other A.A. literature to area treatment centers and correctional institutions; place pamphlets and literature in public places; “bridge the gap” for individuals leaving treatment and corrections facilities; preserve and maintain the local A.A. archives; coordinate the annual Gratitude Dinner (which also benefits Intergroup 5, Area 14, and GSO); encourage support of the Grapevine through raffles and gift subscriptions; send local service representatives to the Area Assemblies; and arrange for guest speakers and presenters to share the A.A. message inside and outside of our Fellowship. We are grateful for the ongoing support of local groups, because these activities ensure that the “*hand of A.A.*” is always there.

Yours in Service,
District 5

The Message

Intergroup 5 (IG5) Representative Meeting Minutes (Unapproved)

Date: March 2, 2011

Groups Represented

Bradfordville; Central; Crawfordville; DSG; Friends of Bill; Happy Hour; Living Sober; The Home Group

Secretary's Report

February Minutes approved with the following addition: The voice mail has still not been updated

Treasure's Report

Group contributions for January 14 through February 14, 2011 and year-to-date (YTD) were \$425.15 and \$877.90, respectively; net holiday dinner contributions for February were \$150.00 for the facility rent payment and \$943.30 YTD; Expenses were \$520.87 for February and \$777.88 YTD; A \$3,000 transfer was made from operating checking to the savings account in order to earn interest; this left a checking account balance of \$1,216; The savings account balance for \$4,501.01 consists of \$3,187 for the 6-month prudent reserve and \$1,314.01 available for operating; The Literature account included sales of \$586.71 which left a bank balance of \$1,495.48.

Office Coordinator Report

Position is still vacant; Main volunteer activities include answering the office phone, referring people to the 12-Step List, and providing literature; Discussion of paying the Office Coordinator; Volunteer opportunities are available; To volunteer, send an email to execomm@intergroup5.org; Individual needs three (3) years of sobriety

Literature Report

Four purchases totaling \$570.20—Unpaid pending receipt of total order; not recording tax.

Activities Report

We need an Activities chair; is anyone interested???

Membership- VACANT

Web Committee Report

Proposed website changes - Gloria B. Promotions Coordinator for the 7th Annual Soberstock, would like to us to post the event and link www.soberstock.com on our website; Tampa Bay, Florida, March 18th, 19th & 20th, 2011 (Fri, Sat. & Sunday) – OK, we know you are getting this information late---; Donna W. requested to add District P.O Box Number to Intergroup 5 Web Site; Google Analytics IG5 website statistics highlights for February 1, 2011 – February 28, 2011- Total visits 764 down from 794(-3.78%); 524 unique visitors down from 577(-9.19%); Page views 1,338 down from 1,456(-8.10%), 1,052 unique views down from 1,158(-9.15%); New visits 57.46% down from 63.48% (-9.48%); bounce rate 67.54% up from 63.98% (5.56%) (bounce rate = percentage of single-page visits or visits in which the person left your site from the entrance (landing) page); Most visited pages (top 5): 1. Home Page 967 visits down from 995(-2.81%); 2. Contacts Page 49 visits down from 91(-46.15%); 3. Links Page replaces the Message with 36 visits no change from last month; 4. Monticello Meetings Page replaces the Documents Page with 28 up from 21 (33.33%); 5. Message Page replaces the Links Page with 25 visits down from 49 (-48.98%)

District 5 Report

Gave the pass code to one GSR; Will send pass code to DCM; Discussed the need for a Treasurer – That need may have been filled when you read this--; Discussed only having Came to Believe and Central on the voice mail instead of all the groups; Still no Office Coordinator

The Message

We want to hear from you! Share your experience, strength and hope with us; Send contributions to <http://intergroup5.org/newsletters.html>

12 Step News

Two 12 Step calls are answered; Went to the hospital and met one person; NA called; they were unhappy that AA pamphlets were left in their box---

Old Business

Agreed to change and shorten voice mail message to reflect CASA and Central Group meetings, as they occur at the same time daily; for other meetings, direct people to the website

New Business

Discussion of having the minutes ahead to time; two days before Intergroup meeting - send a meeting reminder; list is for distributing the message; sign up to get an email regarding Intergroup meetings and/or minutes would be posted on the website

In Service,
Sabrina A.

The Message

Dear Family in Fellowship,

This is my second request to you to invite women who have already worked the steps, the opportunity to come to a 4 hour DOC training that would allow you to bring Alcoholics Anonymous to women in prison! Since I last wrote, four people have made the commitment, and three of these four will join me this Tuesday! The meetings are large and the potential for even more inmates to get off the waiting list to get into AA, is growing. We need more women to sign up for this 4-hour training commitment in hopes of bringing AA to Gadsden's Correctional Facility maybe twice a week! The greater the number of women we have coming in, the greater the identification of our disease, and the greater the chances are they they will identify with YOU and the steps YOU took to stay sober one day at a time!. Here's how it works: If you have WORKED all 12 steps and have a sponsor and are involved in the fellowships meetings and other areas of service, then you are eligible. Remembering that we can't give away what we don't have or DO -- this becomes instantly evident in this kind of setting so your involvement in AA will be important. If you have had a felony conviction but have **three** years free and clear of that felony, you are eligible. If you need to share your experience strength and hope and *BE* that vessel for others in a prison setting, then you are eligible. Please Please consider joining me for this brief training session as follows:

WHEN: Saturday March 5
WHERE: Gadsden Correctional Facility
6044 Greensboro Highway
Quincy, FL 32353

WHAT TIME: 9:00 A.M. UNTIL NOON
This training will allow you to enter any Department of Corrections Facility in the state. Based on background screen, you will be issued by way of a "Pin Number" within two to three days after the training. The facility is in Gadsden County just a mile outside of Quincy on SR-12. And it would need to be a commitment for as long as you're able, each Tuesday evening: 5:30 until 7:00 p.m. I can not begin to express how much these women [the meeting totals between 45 and 50 now each week!], long to hear your voices. *They tell me* that by hearing **you** -- they can find it in their heart to believe that just maybe, they can live free and sober too. If you have any questions, need more information or excitedly want to say "YES SIGN ME UP!", please don't hesitate to call me.

In loving service, Beth H.
You can reach me at 850-445-3532.

Conferences and Other Events

District 5

Monthly Business Meeting
April 20th 2011
3rd Wednesday each month
Faith Presbyterian corner of John Knox & Meridian

Founder's Day Florida Style

Back to Basics
June 3-5 2011
www.foundersdayflorida.org

FRIENDS of BILL GONE WILD

The Episcopal University Center
Ruge Hall Student Center
Mondays @ 8:30pm
655 West Jefferson Street
This is a structured meeting with an invited member discussing a step for the 1st half of the meeting, then opening the floor for all to share.

Downtown Service Group

Formerly Downtown YPG
For everyone that is a volunteer or is interested in being a volunteer for the Intergroup 5, AA Helpline there is a new format meeting every Thursday where the Night Owl Group meets (Trinity Methodist Church) 120 West Park Ave. That's Thursdays @ 7:00 PM. We will be discussing the Helpline and any questions about how to better serve Intergroup 5 as a whole. All of us, working together, to help the still suffering Alcoholic!!! Hope to see you all there!!!

Wanted

Intergroup
Writers, Editors,
Co-chairperson, Activities Coordinators,
Office Coordinator

District
Accessibilities
Treatment / Bridging the Gap Coordinators

March Anniversaries

Bradfordville: Susan K – 1, Jim C – 2, Stacey G – 3,
Terrie M –6, Tracy I –10, Dana B -16

CASA: Lisa W.-4. Allan-4, Suzy-6, Colleen H.-6, Rock-7,
Mike P.-14, Jaime F.-20.

Central: Glenda-1, Greg S-1, Suzanne B-1, Debbie R-5,
James R-5, Roland-5, David G-6, Will C-17, Ron D-18,
Steve A-24, Jack R-32