



TRUSTED SERVANTS

Intergroup

*Chairperson—Jim M—
Crawfordsville*

*Vice Chairperson—Don W—
Northside*

Secretary—Phyllis K—HomeGroup

Treasurer—Pat C—Crawfordsville

Literature—Pat C—Crawfordville

Activities—Vacant

Membership—Vacant

Newsletter—Wanda H—Northside

District 5

DCM—Ed V—Happy Hour

*Alternate DCM—Dawn K—
Northside*

Secretary—Lisa F—Downtown

*Treasurer—Kathy Lynn S—
Pathfinders*

Standing Committees

CPC—Fran M—Powder-No-Puff

PI—Gerry W—Happy Hour

Treatment—Tom M—Downtown

Corrections—Wanda H—Northside

Grapevine—Joe J—HomeGroup

Intergroup—Dawn K—Northside

Accessibilities—Kayce M—Downtown

Archives—Vacant

CONTACT INFORMATION

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(850) 224-1818

District V

P.O. Box 12353

Tallahassee, FL 32317-2352

NFACAA—Area 14

Area Treasurer

C/O Connie D.

5205 North Sonora Terrace

Beverly Hills, FL 34465

The Message

A MONTHLY NEWLETTER

INTERGROUP 5, INC.

AUGUST, 2003

TALLAHASSEE, FL

The Light in the Distance

Something happened to me when I was about fourteen years old and it compares closely to something that happened to me later in life.

I lived on a farm in a rather isolated section of West Virginia which was quite a distance from the main roads and highways. One night as I was walking home, taking one of the many short cuts that I had previously used, my light went out. That night was about as dark as it could get because of black storm clouds that covered the sky. I tried to keep going, thinking that I would come to the road that would lead me home, but I soon realized that I was lost and perhaps traveling in circles. I was falling over stumps and stones, over banks and in ditches and getting nowhere.

I was about to give up when I saw a faint light in the distance. I thought, if I follow that light, it will show me a way out of here. Although it was rough going I walked toward that light. Before long I came to a road. I thought, if I follow this road it will take me somewhere from which I can find my way. I soon recognized the road. It was the very road I had been looking for. I followed it and found my way home.

When I got home, my mother said she had worried about me because of my being late on such a dark night. She said that she had set a lamp in the window so that I could see it in case I needed it.

In later life when I reached the depths of despair in alcoholism, I often thought of that night I was lost. I thought, I am like a man lost in a dark forest with no light, compass, or any means of escape. I am traveling in circles of confusion and I don't know what to do.

In hunting for a way out, I went to doctors and at their suggestion was hospitalized. I later voluntarily spent a month in the psychopathic ward of a state institution. The physical treatment I got from these sources helped relieve my alcoholic suffering but the information I got from doctors and psychologists only added to my state of confusion.

At first I prayed for help but finally came to the conclusion that there was no help and no way out. I wondered why I was ever born and wished thousands of times that I were dead, and even prayed that God would bring to an end my useless, miserable life that had become a nightmare of physical and mental torture.

Like a man in a prison death cell I realized that I had lost my freedom and been sentenced to a horrible disgraceful death.

Later I took the advice of a friend and asked for admission to St. Thomas Hospital at Akron, Ohio. The second day I was at St. Thomas, I had a talk with Sister Ignatia. She asked me how I happened to come clear over to Akron. I told her and explained my apparently hopeless plight. She said, "God must have directed you here."

Continue on Page 3

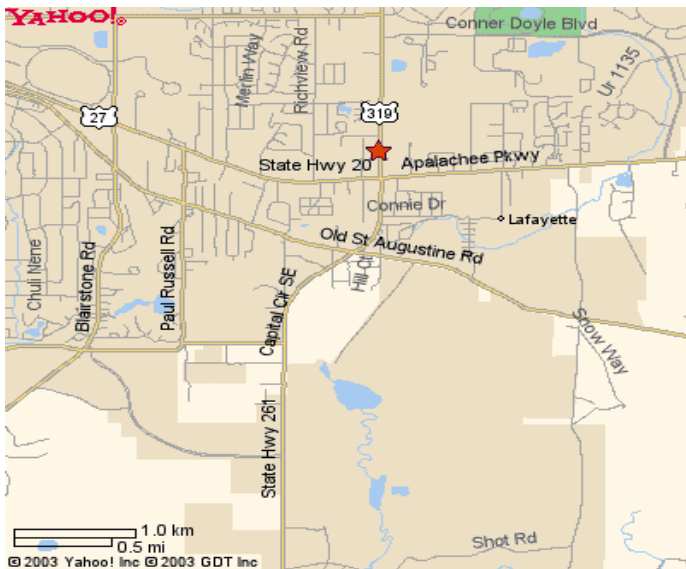
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News Around Tallahassee

Group News

CASA —MOVED

As of July 4th, CASA-12 is moving to Cross Creek Square shopping center, 1208-H Capital Circle SE, in a storefront next to the Merita bread thrift store. This is at the corner of Appalachian Parkway and Capital Circle SE. The mailing address will remain: P.O. Box 12391, Tallahassee, FL 32317-2391. The phone number will still be: 850-422-2272.



Groups that meet at CASA-12

Monday thru Friday:

7:15 a.m. Conscious Contact - Open AA Meditation

12:30 p.m. Living Sober - Open AA, Discussion

6:15 p.m. Happy Hour - AA

(Mon.-Open Beginners Mtg.;

Wed.-Open Speaker Mtg.; Thurs.-Closed Discussion, Tues. & Fri.-Open Discussion)

Saturday/Sunday:

11:00 a.m. Living Sober - Open AA Discussion

6:15 p.m. Happy Hour - Open AA Discussion

Last Friday of month:

6:00-7:30 p.m.: Happy Hour/Living Sober
Birthday Mtg. and Potluck dinner

Last Saturday of month:

7:30 p.m. Conscious Contact Anniversary Celebration
(bring a dessert)

Meeting day/time additions or corrections: Call Kris D. at 385-8358 or 556-5503

Discover the High! in Corrections

District V Committee Meeting

Saturday, August 9, 2003

4:00 pm

Central Group

909 Gadsden Street

Tallahassee, FL

The Lloyd Group

The Lloyd Group is nestled in Jefferson County, seven miles east of Tallahassee. When you walk into their meeting place, you know you are in A.A. country. They have the steps and traditions on the wall, two racks of literature neatly arranged in clear view, announcements and newsletters sit out on the table for members to read or take with them; A.A. slogans and memorabilia are subtly placed on the walls all around the room. But most of all, there are warm hugs, handshakes, regular and decaf coffee and plenty of cookies and cakes.

Lloyd, thank you for being there and carrying the message of hope. See the *When and Where* for location of group and meeting times. Take the time to visit with them.

A.A. anniversaries:

January: Bob S—16 yrs, Ralph D—16 yrs and Mike O'C—17 yrs

March Nathan S—10 yrs, Tim M—11 yrs

June: Thelma L—15 yrs

July: Keith Ann F.—3 yrs, Bubba—2 yrs

It Works!

Faithful Fivers

Faithful Fivers are A.A. members who sincerely appreciate your help!

consistently contribute \$5.00 each month to Intergroup to help with expenses. Become a *Faithful Fiver* by dropping your "five" in the mail to Intergroup. If desired, we will publish your name in "*The Message*" as a *Faithful Fiver*.

Thank you for your generosity! Intergroup

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*It's Funny...how a \$5.00 bill looks so big in the basket at a meeting, but so small when you take it to any retail outlet...
It's Funny*



The Solution

The Light in the Distance (continued from Page 1)

Although I didn't understand just what she meant then, I did later. It was indeed the answer to my prayers, because at St. Thomas I was introduced to AA and shown that there was a way out.

To me AA is like that light in the distance, and as in my earlier story it didn't get there by accident. It is the answer not only to my prayers but to the prayers of thousands of alcoholics like myself, who would either be sinking farther into the hopeless depths of the quicksands of alcoholism, in an untimely grave, an institution, or at the end of the world on skid row.

L.P., Ambridge, Pennsylvania
Grapevine, April, 1954



Step 8 Made a list of all person we had harmed and became willing to make amends to them all

Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps *Eight and Nine*. We have a list of all persons we have harmed and to who we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.* (*Alcoholics Anonymous, Page 76*)

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Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our new found knowledge of ourselves, we may develop the best possible relations with every human being we know. (*Twelve Steps and Twelve Traditions, Page 77.*)

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Bill's Corner: Start by Forgiving

As Bill Sees It, Page 151

Start by Forgiving. The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. Triumphant we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. Let's remember that alcoholics are not the only ones bedeviled by sick emotions. In many instances we are really dealing with fellow sufferers, people whose woes we have increased.

If we are about to ask forgiveness for ourselves, why should we start out by forgiving them, one and all

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Our traditions are a guide to better ways of working and living," co-founder Bill W. said. "And they are to group survival what A.A.'s Twelve Steps are to each member's sobriety and peace of mind...Most individuals cannot recover unless there is a group. The group must survive or the individual will not." Let's take a look at the Eight Tradition Checklist:

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some *reward*—even if not money—for my personal A.A. efforts?
4. Do I try to sound in A.A. like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own A.A. life, have I any experiences which illustrate the wisdom of this Tradition.
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *A.A. Tradition—How It Developed*?

Traditions Checklist from the A.A. Grapevine



Concept VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

This concept deals with the ways the General Service Board "discharges its heavy obligations," and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and the A.A. Grapevine, Inc.

Long experience has proven that the board "must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership...In these matters, it must act with great care and skill to *plan, manage and execute.*"

The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the Grapevine. It must delegate its executive function to its subsidiary, operating boards. The board's attitude has be that of custodial oversight. The trustees are the guarantors of good management of the A.A. World Services and the Grapevine, Inc.

The Twelve Concepts for World Service Illustrated

Events and Happenings

Current Events

August 6—Intergroup 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
August 9—District Correctional Facilities Committee monthly meeting, 909 Gadsden Street, 4:00 pm.
August 20—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
August 30—*The Spirituality Workshop: Traveling Your Spiritual Journey*, Gainesville, FL. Call (352-372-8091 for additional information.

Future Events

September 1—Open House and Labor Day Picnic, CASA 12. Come see the new CASA and thank the many volunteers who made it possible. There will be burgers and hot dogs from the grill, sodas and ice. Contributions of side dishes and desserts will be appreciated.
September 3—Intergroup 5, Inc., monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7 pm.
September 13—District Correctional Facilities Committee monthly meeting, 909 Gadsden Street, 4:00 pm.
September 17—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
September 25-28—8th Annual National Archives Workshop, The Westin Hotel, Fort Lauderdale.
September 28—North and South Florida Correctional Facilities Workshop, 1-4 pm, Sanford, FL.
October 31-November 2—17th Annual Caribbean Convention, St. Thomas, U.S. Virgin Islands.
 info@promisesinparadise.com
November 1-8—7th Annual Convention on the Caribbean. Contact: www.meetingsenroute.com

New Meeting

Tuesday and Thursdays
 12:30 til 1:30 pm
 Advent Episcopal Church
 815 W. Piedmont Drive

Tallahassee, FL

We will meet in the library which is located through the office.

First meeting will be held on Tuesday July 1, 2003
 Any questions, call Diz T. 385-2112

WANTED INTERGROUP Office Volunteers

Sun—Afternoon
 Mon—10 am to 12 noon
 Mon—2 to 4 pm
 Tues—11 am to 12 noon
 Thurs—11 am to 12 noon
 Fri—12 to 3 pm
 Sat—All Day

If you are willing to be of service, please contact Tom A., Office Coordinator, (850) 224-1818.

WANTED

Volunteers to chair the Intergroup Membership and Special Events committee. If you are willing to be of service, please notify Tom A., Office Coordinator, (850) 224-1818

NEWSLETTER

Please submit articles, anniversary notices or announcements for "The Message" to the Intergroup office or send email to wfhale@msn.com by the 28th of each month. If you have questions, please call (850) 656-3035.

Twelve Promises for Beginners (cont)

7. You will lose your fear of food.
8. You will spend less time in the bathroom.
9. You will be able to walk a straight line and pass the balloon test.
10. You will lose your fear of policemen and police cars.
11. You will be able to answer the door without looking through the little hole.
12. You will realize what a mess you've been and thank God for Alcoholics Anonymous.

ANNOUNCEMENT

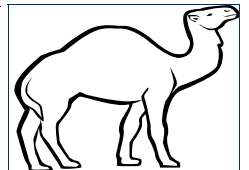
Due to *CASA* moving, the Sunday Night Big Book and Step Study Group will be meeting at the Addiction Recovery Center at 8:00 pm **starting June 22, 2003:**

Addiction Recovery Center
 1931 Buford Blvd.
 Tallahassee, FL
 (850) 656-5112

For Additional Information
 Contact:
 Jim B. at (850) 513-1370



**Keep
Coming Back
Without a
Drink!**



Happy A.A. Anniversary

July

Central Group
 Shaena—1 yr
 Jeannie—1 yr
 Mary G—2 yrs
 Kim—6 yr
 Jennifer W—6 yrs
 Rita—7 yrs
 Ed—13 yrs
 Max—14 yrs
 Russell P—16 yrs
 Ann D—20 yrs
 Den—21 yrs
 Neal—24 yrs
Northside Group (correction)
 Don—1 yr (instead of Dave F)

August

Alligator Point Group
 Charlie B—3 yrs
Crawfordville Group
 Gary—1 yr
 Andy—4 yrs
Lloyd Group
 Tony M—4 yrs
 Cary H—8 yrs
 Seagoing Charlie—18 yrs
 Rowena D—26 yrs
Northside Group
 Rick—1 yr
 Wanda H—11 yrs
 Bill—14 yrs