



TRUSTED SERVANTS

Intergroup

Chairman—Ron L—Northside
Co-chairman—Mike L—New Hope
Secretary—Craig F—Living Sober
Treasurer—Greg S—Home Group
Literature—Pat C—Crawfordville
Website—Andy E—Men's Faith
Activities—Matt—Lake Jackson
Membership—Vacant
Newsletter—Larry H—Central

District 5

DCM—Kathy Lynn S—Pathfinders
Alternate DCM—Joe D—Downtown
Secretary—Earl W—Living Sober
Treasurer—Matt N—Central

Standing Committees

Public Info—Jeff D—Central
CPC—Rita C—Central
Treatment—Rachel S—Central
Corrections—Mike L—Lloyd
Grapevine—Vern D—Northside
Bill S—Accessibilities—Northside
Archives—Rob K—Pathfinders
Bridging the Gap—Gail H—
Powder-No Puff

CONTACT INFORMATION

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District 5

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NFACAA—Area 14

Area Treasurer
C/O Rick B.
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Winter Park, FL 32793

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC. AUGUST, 2006 TALLAHASSEE, FL

I didn't enjoy drinking initially. My dad was a mean drunk as was my younger brother. I didn't want to associate myself with them, so I stayed away from drinking. I began to enjoy the process at twenty when I discovered "good" beer. My drinking turned to a daily habit after I left the country with school for a month. There, my other indulgences weren't available to me, so I drank every night so I could sleep and feel comfortable and have fun. That was the first time I was labeled an alcoholic. I thought it was a joke.

Soon after, I left home to go away to school, leaving behind all of my problems, all of the reasons I had drank and used and been so miserable for so many years. My new home was everything I'd imagined it would be...for about a week. After that one glorious week, I was kicked out of school for not having completed all of my requirements, kicked out of my housing, sent to a community college 70 miles away to finish the class which I'd led them to believe I had already completed. I continued on with life just as miserable, alone, and inebriated as I had been back home. I got through and was readmitted into the university. I stayed for two quarters, drinking, alone mostly, stealing drugs from my house mate, smoking as much as possible, not doing well in school. I still didn't find the joy, peace and social ease which I'd expected, although I'd left behind all of the reasons for my misery and excuses for my habitual insobriety.

So, I dropped out and went back home. My habits worsened. Drinking quickly became an all day everyday affair. I stole drugs from my dad and my brother. My feelings of worthlessness, insecurity, and social ineptitude deepened. I hated my job. So after about a year, I figured quitting my job and getting a sober boyfriend would help. It didn't. I just stole more and snuck around more, and felt even more worthless and pathetic. I broke up with the boyfriend and told my mom I thought I needed to be committed. She disagreed, but suggested meetings. Being desperate for alcohol one night, I agreed to go in exchange for money to get me drunk. The next day I went to a meeting, as promised.

More than 3 years later, my life, both inside and out, is incomparable to that of the above 3 paragraphs. I've worked the program, I've not worked the program, I've relapsed, I've moved across a county and across a country,

I've been out of my mom's house, back in and then out again. I've set and realized MAJOR goals for myself in sobriety. I moved across country and completed trade school, and I now have my own part time business. I am currently training to teach my trade! Some of this was achieved during periods when I wasn't working the program, and though I looked good on the outside, I still felt like the same broken, inept, miserable girl I'd been before I got sober. I finally tired of such feelings and *immersed* myself in the program, going to more meetings than ever before. I finally completed the steps at 2.5 years sober, started working with sponsees, doing service work, and started putting my sobriety first and finding time for all of the fruits of my sobriety second. I like who I am today. My insides match my outsides much more closely today. I have an active and wonderful spiritual life which keeps me sane and serene, more often than not. Thank you, and thank you for allowing me to be of service. May I continue to be so always.
Erin T., Tallahassee, FL

Today I can find no humor. My life is saddened by a great loss. Thanks to all who help and a special thanks for the prayers. May God be with us all!—Editor

District 5 News

DISTRICT 5 DCM Report – June 21, 2006

I've enjoyed a great deal of fellowship in my travels to the following groups:
Central Group, Crawfordville Group, Grateful Group, Diversity of Spirit Group, Happy Hour Group, Havana Sobriety Group, Lake Jackson Group, Living Sober Group, Lloyd New Hope Group, Madison Group, Monticello Serenity Group, Mustard Seed Group, Nightowl Group, Northside Group, Pathfinders Group, Perry's Winners, Quincy Group, Singleness of Purpose Group (Woodville), Rule 62 Group (Crawfordville), St. Marks Group, Sober Shores (Alligator Point), Southside Group, and the Willing Group.
with gratitude and appreciation, Kathy S—DCM

(Short Form) Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. Reprinted from The Twelve Steps and Twelve Traditions, page 166, with permission of A.A. World Services, Inc. ©1995 WJFJ

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

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July 24, 2006—Bridge the Gap did a presentation for the residents of the Nonsecure Program, Incorporated (NPI), of Tallahassee. We explained what Bridge the Gap does, showed the "Hope" video, had 2 of our members do a brief share on what AA has meant to them and then allowed the residents of NPI to ask questions about AA. The residents interested in participating in the Bridge the Gap filled out request forms to facilitate this.

Briefly, the purpose of Bridge the Gap is to ease the transition of recovering alcoholics being released from treatment facilities and other places of confinement into the A.A. Community. This involves taking newcomers to an A. A. meeting(s) after their release, and introducing them to members of the group. Experience has shown that a large percentage of alcoholics being released from confinement end up drinking within a very short time if they don't make it promptly to that first meeting on the outside and get to know recovering alcoholics in their own community. This important 12th-step work can make the all difference in how a newcomer experiences and perceives Alcoholics Anonymous. I would like to thank the following AA members who participated in this presentation: Cheryl, Powder No Puff; John, Central Group; Amy, Central Group; Larry, Central Group and Evan, Happy Hour Group.

If you would like to be part of this rewarding 12th - step work, please contact me, Gail, Bridge the Gap Chairperson, at 894-8810. There are many and varied volunteer opportunities!

Living Sober in a New Town—I am going to skip "Finding a bar, learning the whiskey buying hours & how to avoid cops driving home drunk in a new town". Anybody can do that! I'm even going to skip working the Alcoholics Anonymous recovery program: I would not have celebrated 2 years if I had not had done that. On leaving Seattle at 2 years, my second sponsor (who had moved there) suggested I get a new sponsor, a new home group, read the big book work with others & most importantly, not drink --- wherever I ended up. "Wherever you go, there you are!" I was told early on. As far as I know, we change towns because of failed romance, new romance, to be with family, to escape family, for work reasons, to escape a work situation, to get away from people, and I suppose this list could go on. My sober move motives were predominantly economic; I had turned my job survival over to various higher powers. Many folks in Alcoholics Anonymous experience this moving kind of stuff. Many folks do not and can't even imagine it.

Last winter I celebrated 14 years sober, more than 7 in Tallahassee. I came from Olympia Washington. This was the 10th town in 5 years that I had found a place to live, showed up for work & expected to continue to be the following day and week. Thanks to the AA program, I was also willing to leave the next day, if necessary. Nothing so much saved my bacon as Appendix II Spiritual Experience in the Big Book & particularly the quote from Herbert Spencer about: "contempt prior to investigation." My job assignments & decisions had taken me to the Northeast, the Midwest, and the West. What it says in the Big Book, page 162, about finding a "Fellowship of Alcoholics Anonymous at [every alcoholics'] destination" has proven true for me so far. The value of the Herbert Spencer quote applies to every person I meet and every cultural convention of people in any locale -- in or out of AA.
(Continued Next Month)

The July Alk-anon sponsored by the Al-anon group of Killlearn Methodist Church was a rousing success. Members were treated to a covered dish dinner featuring Ham, Turkey and Lasagna and many covered dishes. James the Al-anon speaker told of his life changing losses of material things, wife leaving, major illness but never lost his faith in a Higher Power. Tracy T. a young member whose sobriety date is the same as Bill W. but a different year, told of the shock of waking up 12 hours after 9-11 and fearing that someone would ask her where she was that day. With the help of a sponsor, grand sponsor and a BIG BOOK teacher, she is in her fifth year of recovery and looks forward to each day. Tracy announced her engagement after having such dreams as a child. Ninety three members of both fellowships attended. A 29 year member was the oldest and a ten day member was the youngest and many door prizes were won. Any group wishing to sponsor the next one in October should call Sue at. 893-1217 The groups responsibility will be to furnish the main entree and both speakers, the committee furnishes the rest.

Intergroup 5 News

Intergroup 5 Minutes July 5, 2006

Groups Represented: Central, Crawfordville, Downtown, Home Group, Lake Jackson, Living Sober, Men's Faith, New Hope, Northside, Pathfinders [There were 12 people in attendance, representing 10 groups]. Matt C. reads the traditions.

Secretary's report: The next to last paragraph of June 2006 minutes have been **amended** to read "offset the cost of printing *The Message*. Larry received a letter suggesting that we ought to offer a subscription."

Treasurer's report: Accepted

District: The service breakfast was a success. There is a Traditions Workshop on July 29th on St. George Island. It is free of charge, but District would ask that you sign up so that they can plan for lunch. Ron L. asks that the minutes reflect that this event is not a District or an IG event.

Office report: in *The Message*. Larry may have some help with *The Message*, more to come. Office volunteers are still needed (especially on Tuesday and Thursday).

Literature report: accepted.

Web committee: Andy has been getting his name and position out there at meetings to ask for suggestions for the website. Andy also asked what the protocol for dealing with website suggestions is (he had a suggestion to place an announcement that there are *Where and Whens* available at all local hotels). Rob K. explains that in the past ideas were approved by the web committee first, then they would be brought to the IG meeting. Ron suggests working with the committee to set up guidelines for the committee so that everyone does not necessarily have to be brought to the committee.

Activities report: Matt has begun work on the Holiday party location. He has committed us (tentatively) to the Lodge on Apalachee Parkway, for the second Saturday in December (Dec. 9). Also, Terry does not want to do the DJ/entertainment duties this year. He wants to hand over the reigns. He has, however, offered to donate his sound equipment to IG.

Old Business: A recommendation is made to take the idea for subscriptions of *The Message* to the District Meeting, as the person who inquired about it is in prison and would be an item for the Corrections Chair.

Rob revisits the idea of displaying items from the archives in the IG office. It is probably not secure. Craig suggests maybe creating a virtual archive for the website (scanning the items so that they are available, yet safe). Preservation can be a challenge; Rob said that some of the materials got wet during the Founder's Day Florida Style Convention.

New Business: Motion Made: To have the Holiday Party at the Jackson Lodge on Saturday December 9. **Motion Passes.**

Motion Made: To accept Terry S.'s offer of his sound equipment (friendly amendment: we will return the equipment if not used).

Discussion: We need to determine the value of the equipment before IG can accept the generous offer (although it could be donated member to member). We believe that the GSO guidelines allow for a gift valued at no more than \$2000. Could we get Terry to provide us with an itemized list with approximate current values for the used equipment? **Motion tabled.**

Larry received a call at IG about a donation of \$80 to be made to AA by a lady who is trying to honor the wished of a recently

deceased coworker who was one of our numbers. He wished to bequeath a small amount to AA a means of thanks. On June 29th, the lady and her brother came to the IG office and brought Larry a check for \$80. **Motion Made:** To accept the \$80 gift from the lady as a bequeathment from our deceased member.

Discussion: Ron reads the 7th Tradition—long form. The question to ask is will the donation go against the 7th Tradition? There are many opinions. **Motion Passes.**

District has decided to purchase a Digital Audio Recorder. Meeting Adjourned at 7:58. Submitted in grateful service, Craig F.

July 2006 Treasurer's Report

General Fund	
Checking:	
Beginning 6/30/2006 Balance	\$996.47
<u>Contributions:</u>	
Apalachicola Bay Serenity	20.00
Came to Believe	60.50
Central Group	200.00
Lake Jackson	17.00
Mustard Seed	60.00
Anonymous	80.00
Total Contributions	437.50
Less:	
<u>Disbursements:</u>	
Answering Service	131.80
Office coordinator travel & related exp	220.00
Printing: newsletter	77.75
Printing: where & when	32.00
Rent	248.32
Telephone	44.43
Total Expense Disbursements	754.30
Ending 7/31/2006 Balance	\$679.67
Prudent Reserve Savings (3 average months operations):	
Interest earned	1.40
Ending 7/31/2006 Balance	2,003.06
Literature Fund	
Beginning 6/30/2006 Balance	\$2,137.49
add:	
Literature sales	266.00
Sales Tax collected	20.01
Total	286.01
Less:	
Total expenditures	0.00
Ending 7/31/2006 Balance	\$2,423.50
Total accrued 2006 sales tax liability	(178.84)

For Sale: Excellent "cooker" aka "grill" or "bar-b-que" only used for occasional annual AA picnics and other AA functions. If anyone is willing to continue to make this available for AA functions, it is available for purchase at the original discounted purchase price please call 567-8407. If it is not going to be used for AA events it will be placed on the open market at a higher current value price.

Events and Happenings

Current Events

August 13— Corrections—Treatment —Bridging the Gap
3 PM At Central 909 N Gadsden St

October 13-16—Next Area Assembly: *{Motion to amend tradition Eleven to read as follows: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and new media technology such as the Internet. Postponed until the Oct 2006 meeting.}*

Location: Paramount Resort & Conference Center,
2900 SW 13th St. Gainesville, FL 32608. (352) 377-4000 or
877-992-9229 When making reservations, be sure to
say you want a room in the “North Florida Area
block.” (\$64/night, register at least one month in
advance!)

Overflow hotels:

Comfort Inn, 2435 SW 13th Street 352-373-6500
Econolodge, 2649 SW 13th Street 352-373-7816
Super 8, 2000 SW 13th Street 352-373-3654

August 16—District 5 monthly meeting, Faith Presbyterian
Church, Meridian and John Knox Road, 7:00 pm.

September 6—IG 5, Inc. monthly meeting, Faith Presbyterian
Church, Meridian and John Knox Road, 7:00 pm.

Dec 1-3 Southeast Regional Forum Atlanta, GA register at:
http://www.aa.org/en_services_for_members.cfm PageID=96&SubPage=106

Dec 9—Holiday Party

The Twelve Traditions of Alcoholics Anonymous presented by
past DCMs of District 5, Ed V., Jack R., Judy P., Neal B. and
Nelle M. went very well. There were 38 members of
Alcoholics Anonymous gathered in the home of Gordon A. of
St. George Island on Saturday, July 29, 2006. We listened to
the experience, knowledge, and understanding of the Twelve
Traditions from the five past DCMs of District 5. Along with
our speakers, the Twelve Traditions Illustrated pamphlet and
the Traditions Checklist from the A.A. Grapevine were made
available to everyone. A very special thanks to Rob K. for
recording this event for Archives, Steve A. for arranging such a
wonderful lunch, Gordon A. for providing a beautiful setting
for the whole event, our five past DCMs and all who took time
out to focus their attention on this very important part of
Alcoholics Anonymous. Most of all, let's give thanks to our
Higher Power for making this event possible and giving us the
Twelve Traditions that keep our Fellowship alive by
maintaining our unity and helping us to properly relate to the
world about us so we can stay sober and carry the A.A.
message to those who still suffer from alcoholism.

The Saint Marks Group Open Discussion
Monday and Thursday Evenings 7:00 pm
Sunday Mornings
Location: First Baptist Church (Annex)
14 Shell Island Road
St. Marks, Florida
Contact: John B. 925-7735

July Phone Report

(83 Calls Received by Volunteers)



4—12th Step

4—Al-anon

23—AA Info

42—Meeting Information

3—Agency Info

7—Miscellaneous

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

Two churches in the area have expressed an interest in
having AA meetings at there facilities. Contact Sandra
Carter at 893-0893 Ext 201 or her cell phone 445-7594
at Bradfordville First Baptist. Also George Potter at Bethel
United Methodist called about having an AA meeting. If
your group needs space contact them. If you're tired of
your group and want to start another group that will “Do
it right”! Find some other people who agree with you, get
a coffee pot, get some big books and literature; then
you're ready to have a meeting. This will provide an
enormous opportunity! The responsibility of starting a
new meeting will be great!

Happy A.A. Anniversary June 2006

Monticello Serenity Peter 2, Bubba W 5, Cary H 12
Central Group

Earnest 1, Murray 1, Terri H. 1, Scott 2, Jackie 3, Rich
O. 3, George K. 4, Keth Ann 6, Matt 7, Bill T. 8, Jen G.
W. 9, Mike B. 9, Rita 10, Ed V. 13, Max 17, Fran K 20,
Ann D. 23

Living Sober & Happy Hour

Terri H. - 1 year
Cheryl A. - 1 year
Jim D. - 5 years
Greg B. - 12 years
Ed V. - 13 years
Debbie H. - 17 years



*IF ANYONE ELSE IN
DISTRICT 5 MAKES IT FOR A YEAR
OR ANY MULTIPLE*

Celebrate!