



# The Message

A MONTHLY NEWSLETTER

## TRUSTED SERVANTS

INTERGROUP 5, INC. August 2010 TALLAHASSEE, FL

### Intergroup

Chairman—Debra N.—Happy Hour  
 Vice Chairman—Christy T.—Happy Hour  
 Secretary—David G.—Central  
 Treasurer—James R.—Mustard Seed  
 Literature Coordinator—Clay W.  
 Website—Debbie R.—Open Door  
 Activities—Tracy G.—Happy Hour  
 Office Coordinator—Vacant  
 Membership—Vacant  
 Newsletter—Kayce M.—Powder No Puff &  
 Joe D.—World Famous Downtown Group  
 12 Step—Jeff D.—Central

### District 5

DCM—Holly H.—Bradfordville  
 Alt. DCM—Donna W.—Happy Hour  
 Secretary—Matt N.—Central  
 Treasurer—Tracy I.—Bradfordville

### Standing Committees

Public Info—Ron S.—Happy Hour  
 CPC—Bradfordville Group  
 Treatment—Kris C.—Central  
 Corrections—Rachel S.—Happy Hour  
 Grapevine—Michael L.—Happy Hour  
 Accessibilities—Vacant  
 Archives—Vacant  
 Bridging the Gap—Kris C.—Central

## CONTACT INFORMATION

### Intergroup 5, Inc.

1106-H Thomasville Road  
 Tallahassee, FL 32303  
 (850) 224-1818

Website: [www.intergroup5.org](http://www.intergroup5.org)

\*\*\*\*Office Hours\*\*\*\*

Monday & Wednesday 4:00pm-7:00pm  
 Saturday 8:30am-11:30am  
 Literature Hours also by appointment

Newsletter: Send info to  
[message@intergroup5.org](mailto:message@intergroup5.org)

### District 5

P.O. Box 12352  
 Tallahassee, FL 32317-2352

NFAC Area 14  
 P. O. Box 567

### Step 8

**“Made a list of all persons we had harmed, and became willing to make amends to them all.”**

I like to think of myself as a “good AA.” In fact, I’ll even tell you why I am if you inquire about my life. “Things are great; got a sponsee with 30 days; helped start a new meeting; never been better.” But at a year and half sober I didn’t know I’d left something out. All of these examples of my sobriety were true, more or less, but with me it seems there is always more to the story. And here it is . . .

As a part of this new meeting I’m going to (The Friends of Bill Gone Wild), there is a step speaker every week. A nice little bone-up on the material, cause of course I’ve already completed my 12 steps. One night in particular fell at the end of a week where my emotions had been just a little off. You know, those eight human problems on page 52 beginning to rear their ugly heads. So there I sat, listening to an amazing speaker leave it all on the table regarding step 8, “Made a list of all persons we had harmed, and became willing to make amends to them all.” And that’s when my “oh crap” moment hit me. I suddenly remembered that I had not so much as taken one look at my eight step list in more than 9 months. Had I finished it? I didn’t know. Pretty sure I didn’t. Who was left on it? I didn’t know. That list was written in some old notebook up on the shelf of who-know- what bookcase in my house. “Oh crap.” My head swirled with thoughts of what my sponsor would say, of what my sponsee would think, wondering if this meant I was to drink again for sure, wondering if this was the reason for my skewed attitude, etc. But the ultimate conclusion was quick, easy, and God sent: It doesn’t matter who, what, how, where or why I got here – only that I take proper action.

I called my sponsor the next morning after giving myself a night of mild guilt and shame. We met that day for coffee where I admitted my half measures and asked for direction. My sponsor instructed me to go home at once, gathering some 3x5 note cards. On each I was to write the name of every remaining person on my list, what specific harms I had done, and notes about what I was to say to each person. It was suggested that I carry these cards with me everywhere

I go until I can complete them all. And this is what I have done.

I must admit that the luster of making an amends has not worn off in my absence from it. With regained faith in the process, I have taken responsibility again, given others the chance to talk to me about the hurt I caused them, given myself the opportunity to forgive, and I step a little lighter these days. Amazing. Even with the weight of the cards in my purse, I hold my head and heart higher than before. We can always start again, and we can always share more love, faith and forgiveness.

Sincerely, Carly R

# The Message

**Intergroup 5, Inc Monthly Report**  
**June 17,2010 through July 19, 2010**

**General Fund**

	<b>Checking -beginning</b>		<b>\$1,338.84</b>
<u>Contributions</u>			
Anonymous Donation			
Apalachicola Bay Serenity			
Bradfordville			
Brown Bag			
Came to Believe			
	Central	200.00	
District 5			
Flint River Roundup Flint River Roundup			
	Fund raiser	150.00	
	Havana	35.00	
	Happy Hour		
	Home Group	35.25	
Living Sober			
	Lloyd New Hope	50.00	
Mens Faith			
	Mustard Seed	89.75	
New Hope			
Night Owl			
Open Door			
PR Transfer			
	Singleness of Purpose	50.00	
	<b>Total Contributions</b>	<b>\$610.00</b>	
		<b>TOTAL</b>	<b>\$1,948.84</b>

**Disbursements**

Century Link	46.67
Check order	29.84
GO Daddy.com	147.37
Line 1 Communications	113.80
Message/Joe D and Kayce M	115.76
Network Tallahassee	51.95
Transfer to Reserves	-
Talcor	-
Where and When	-
<b>Total Expense Disbursements</b>	<b>505.39</b>

**Checking Ending Balance 07/19/2010      \$1,443.45**

**Savings**

<b>Prudent Reserve Savings</b>	Beginning Balance 06/16/2009	\$1,500.47
	Transfer From Checking	-
	P. R. Ending Balance 07/19/10	\$1,500.47

<b>Literature account Literature account</b>	Beginning Balance 7/1/2010	2468.28
Deposits/credits		1562.24
Checks/Debits		477.91
<b>Ending Balance 8/1/2010 Total</b>		<b>\$3552.61</b>

**Intergroup 5 (IG5) Representative Meeting Minutes \*unapproved\***

**Date: July 7, 2010**

**Groups Represented:**

Bradfordville, Central, Crawfordville, Friends of Bill W. Gone Wild, Home Group, Powder-No-Puff, Open Door, Singleness of Purpose

19 people total were in attendance. (Groups listed above come from attendees who identified themselves as IG5 representatives for their home group.)

**Secretary's Report:** (David G.)

Minutes from June 2, 2010 IG5 representative meeting approved and accepted.

**Treasurer's Report:** (James R.)

Had to order more checks this month.

Historically, \$35 per quarter is given to Faith Presbyterian Church for use of their facilities to hold the monthly IG5 rep meeting; treasurer will review records to see when last distribution was made.

# The Message

There was discussion about the need for/alternative options to maintaining internet access at the IG5 office (tabled). This month's report was approved & accepted.

## **Office Coordinator Report:** (vacant)

Office Coordinator (OC) position is still vacant.

On Mondays, Wednesdays, and Fridays from 4pm to 7pm, the IG5 office is staffed by a volunteer.

Other volunteer opportunities are available; if you would like to volunteer to man the office, send an email to [exec-comm@intergroup5.org](mailto:exec-comm@intergroup5.org).

## **Literature Coordinator Report:** (Clay W.)

Inventory & Sales reports approved & accepted.

Total sales this month: \$1081.44

Value of on-hand inventory: \$2166.05

There were lots of purchases at the Literature table at the FDFS convention.

The Literature report now shows itemized sales and on-hand inventory by description.

There has been a request from some groups regarding Grapevine literature, so the Literature Coordinator will meet with the District 5 Grapevine Chair this month to discuss what to order.

## **Activities Report:** (Tracy G.)

Date for the Intergroup Fair is July 17, 2010; location will be the CASA clubhouse. Still gathering together volunteers.

Money raised so far through advance "Golden Ticket" sales was turned over to the Treasurer, the rest will be turned in after the event.

## **Web Committee Report:** (vacant)

Submitted to IG5 reps, some highlights from report are below:

Webmaster and Web Committee Chairperson positions are still vacant; Debbie R. is covering duties in the interim.

Google Analytics IG5 website statistics

Highlights for June 1, 2010 – June 30, 2010:

1184 total visits, 643 unique visitors

2645 page views, 2177 unique views

43.58% new visits, 41.55% bounce rate (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 10) à Home Page (default.html) = 1163, Tallahassee meetings = 843, Contact Page = 74, Apalachicola meetings = 65, St. George Island meetings = 53, East Point meetings = 46, Links = 45, Crawfordville meetings = 43, District 5 Info = 39, Carrabelle meetings = 34

## **District 5 Report:** (Donna W.)

There are a number of vacancies for District 5 committee chairs; District 5 meets the 3<sup>rd</sup> Wednesday of every month. Please contact the Treatment Chair at [treatment@intergroup5.org](mailto:treatment@intergroup5.org) if you can volunteer to share your story at a treatment center in Quincy.

## **The Message:** (Kayce M. & Joe D.)

Copies of the Message are available on the website (<http://intergroup5.org/newsletters.html>)

Please send all info that you wished to be published to [message@intergroup5.org](mailto:message@intergroup5.org) by the last Wednesday of the month.

All submissions were received before the deadline this month; the editors wanted to expressly thank all contributors for that.

Next month's Message will reflect the new IG5 office hours for Fridays.

## **12 Step News:** (vacant)

Jim McC. from Happy Hour volunteered to serve in the position of committee chairperson; approved by IG5 reps present, appointment by IG5 chair is effective immediately.

Still need volunteers for the phone army.

## **Executive Committee meeting highlights:**

Executive Committee did not meet in June.

## **Old Business:**

Treasurer spoke with Talcor (office lease); they offered a 14 month lease in our current location at the current rate with 2 months free rent.

There was discussion about pros/cons of trying to acquire a different location for the IG5 office.

Talcor will get back with the Treasurer with offers/packages on alternate sites before the next IG5 rep meeting.

There was a request for clarification about the printing of the Where & When's: IG5 now covers the total cost for printing.

## **New Business:**

There was a discussion about IG5 participating with District 5 in hosting a service workshop in the future (tabled).

**In Service,  
David G.**

# The Message

8<sup>th</sup> Tradition- Ryan C.

“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for.” (Long Form)

The primary purpose in my life is to stay sober and help another alcoholic achieve sobriety-all else is predicated on this fact. It allows for a life that is truly worth living and provides for an attendant practical program of action that keeps my life-threatening problem, the problem of self, at bay-until tomorrow’s next 24 hours. This is a simple and wondrous idea. God love him, but early on Bill Wilson, the co-founder of our program and primary author of the Big Book, was most certainly a BIG idea kind of guy. Familiar with the Wall Street game and all of its 1920’s get-rich-quick glory, Bill had visions of AA grandeur. These imaginings included what would be his era’s equivalent of Alcoholic hospitals, rehabs, and detoxification centers. The Big Book, published in 1939, was initially thought of as a mere financing means to this end. These professional ventures, it went, would require significant outlays of money and to ensure that competent doctors and other specialists could be successful in service of the 12<sup>th</sup> step. As groups began to mature and the program outlined in the book manifested itself in the lives of sober drunks, the invaluable early experience communicated to the group conscience that our work with others was to be freely and lovingly given without expectation of reward or financial recompense. Bill’s attitudes changed along these lines with time and he became the primary motivating factor behind the eventual adoption in 1950 at the First International Convention of AA of our fellowship’s 12 traditions. As it concerned tradition 8, it was found to be imperative, however, that essential administrative functions were required, and more often than not, it made sense to place members who had the appropriate knowledge and skill sets in these positions. In the 12x12 Bill speaks to an ever-present fear concerning the corrupting power of money and the necessity of these functions. “Perhaps the fear will always lurk in every AA heart that one day our name will be exploited by somebody for real cash. Even the suggestion of such a thing never fails to whip up a hurricane, and we have discovered that hurricanes have a way of mauling with equal severity both the just and the unjust. They are always unreasonable.” I believe here that Bill is communicating to us a vital message: while necessity calls for separation of money and spirituality, our collective fears should not dominate us and should never lead to unreasonable demands that might inhibit our ability to best carry out our cooperative and primary purpose.

## Conferences and Other Events

**Florida State Conference**  
August 11-14 2010  
Doral Golf & Resort Spa  
Miami, FL

**52nd ICYPAA– A New Life**  
August 26-29 2010  
Times Square, NY

## Roving Editor

Intergroup 5 fundraiser at CASA was AWESOME!  
There was the dunk tank, an inflatable slip-n-slide, water balloon volleyball tournament, shaved ice, icee pops, FOOOOOOOOD, horse shoes, pony rides (yes, pony rides), dogs, raffles, and certainly I am forgetting something. July 17th was a day to behold. Just when I was losing faith that my destiny was that of a glum lot, my eyes filled full with a great occasion. Thanks to all who participated in this first of its kind event. Pre-sale Golden Tickets generated good donations. Thanks to all who pre-purchased/donated to the very service entity that serves hope for alcoholics in District 5 and all who contact us either by phone or on the [www.](http://www.)

## **PROMISES OF STEP EIGHT**

### **Big Book page #78:**

If our manner is calm, frank, and open, we will be gratified with the result.

Rarely do we fail to make satisfactory progress..

## August Anniversaries

**Bradfordville:** Nancy P. 29, Tony C. 3, Greg V. 1, Greg B.16, Gerry M.18

**Central:** Dawn B. 1, Amy 2, Jeff M. 2, Adam W. 3, Clay 3, Jordon 3, Laura D. 4, Laura A. 6, Jackie 7, Patrick G. 7, Keith Ann 10, Mike D. 13, Russell 23, Jim K. 25, Ann D. 27, Neal B. 31

**Powder No Puff:** Laura 1