



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—Steve H—Central
Treatment—Kevin T—Happy Hour
Corrections—Mike L—Lloyd
Grapevine—Vern D—Northside
Accessibilities—vacant
Archives—Rob K—Pathfinders
Bridging the Gap—Gail H—
Powder-No Puff

CONTACT INFORMATION

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Tallahassee, FL 32303
(850) 224-1818

Website: www.intergroup5.org

Newsletter: Send info to

message@intergroup5.org

District 5

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

NFACAA—Area 14

Area Treasurer
C/O Rick B.
PO Box 4933
Winter Park, FL 32793

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC. DECEMBER, 2006 TALLAHASSEE, FL

Hi. My name is Alice, and I'm an alcoholic.

I am 26 years old and a mother of 3. I started drinking at a really young age. My first drink was at age 5. I have been in the legal system since I was 17 years old.

Last year, I was headed for prison and the judge sentenced me to a treatment center. I felt truly blessed and I was ready. I really got into the recovery process and attending outside meetings. At this point in my life, I started to learn how to love myself again and all the self-hatred that I had built up over the years was almost non-existent.

My family started to notice the changes in me and was being supportive. I went to court about my kids and the judge made plans to give my kids back on my next court date, which was two weeks after I got out of treatment. I got a sponsor who has truly been the greatest person I've ever met. I graduated my treatment program and had a few weeks left until my release. I had made plans to Bridge the Gap, which I hear is really important in recovery and I knew this.

The day I got out of treatment, I went car shopping and got a new car. I went to aftercare, but then I stopped by the store to get beer. I never made it to my meeting. I stayed up all night drinking. The lying and obsessions were back. I had an interview the next day and got a great job with more money and insurance benefits. This was not enough. I drank heavily for six days straight and on the sixth day, I was arrested for possession of cocaine. My world came crashing down. I was so drunk, I couldn't remember why I got arrested. I lost everything once again.

My Higher Power was never really a factor in my recovery before. I am now in jail facing prison again. I've accepted where I am at and am trying to move on. I'm trying to maintain my dignity and my sanity even in the most oppressive circumstances. I understand that I cannot undo a lifetime of damages in just a few months, but it's still a challenge to wait patiently.

You know, sometimes we stubbornly refuse to change because we are scared we will miss the "good old days", old acquaintances, even old hangouts. I have turned my will and my life over to my Higher Power and His love is so radically changing my life; I know I will miss those things less and less over time.

I did not set out to be an alcoholic. It was like I was seeking something else; or maybe I have a sub-conscious desire to self destruct. I am very grateful for AA and having the program in institutions. AA has taught me the courage to see myself in a new light and to have hope for a better life. Then, my Higher Power gives me strength. I can pursue freedom from the bondage that surrounds me and my family.

Sincerely,
Alice

District 5 News

Saturday, November 11, 2006

Delegate's Report – 10 people from District 5 came out Saturday morning for donuts and coffee and to hear Michael's report on the General Service Conference held in April 2006. The event was recorded for District Archives.

Gratitude Dinner & Speaker Meeting - It was estimated that at least 150 people attended the Saturday evening event. I would like to thank all the volunteers for making this event a very enjoyable memory for those in attendance. Because so many of you helped with set up, sound system, food preparation, and cleanup, the event came together beautifully. A very special thanks to all who attended, made cash contributions, and brought food. Michael S., our delegate, expressed to me many times how welcomed he felt by the Fellowship in District 5. Thank you all for giving him such a warm reception.

DCM Report – November 15, 2006

I have had wonderful visits this month to the following groups and meetings:

Apalachicola Bay Serenity Group, Bradfordville Group, Central Group, Crawfordville Group, Downtown Group, Havana Group, Lake Jackson Group, Living Sober Group, Monticello Group, Mustard Seed Group, Nightowl Group, Northside Group, Pathfinders Group, Singleness of Purpose Group (Woodville), Southside Group, (New) Westside Meeting, Willing Group, (New) A.A. Meeting on Appleyard Drive. *with gratitude, Kathy S.*

TRADITION TWELVE (Long Form)

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

(Short Form) "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." *Reprinted from Twelve Steps and Twelve Traditions, with permission of A.A. World Services, Inc.*

My best friend has a drinking problem. What should she do? Lady on the phone says there is a 5:30 meeting 2 blocks away and tell your friend to try not to drink today".

In 1985, January 3rd, at the ripe old age of 26. I made it to a 5:30 meeting in downtown Norfolk, VA. I knew I could never get sober before the holidays, so I set out to just drink as much as I possibly could between Oct '84 and Jan '85. I had tried everything to control my drinking. marriage, career, change in geographics, single, many men, low rate jobs, drinking alone, changing drinks, religion, no religion...I'd tried it all-which is why I ended up in AA at 26 yrs old.

I was a teenage alcoholic although there was no mention of that at the time. As a teenager, I never drank to socialize, I drank to get drunk from the get go. I really never wanted to drink socially and yet, I tried a 1000 times.

I married my childhood sweetheart and at age 18 I was a sure good Catholic boy would fix me and God knows he tried. But I was way too sick for any human power to fix me, so he had to go. I'd been dry for about 8 months when he moved me to VA. It was a promise I made to him-move this Tallahassee Lassie away from home and I will quit drinking.

During my 8 months, I got religion, a real estate license and began to rebuild. Everything was going great so why I stopped one afternoon and bought a 12 pack can only be explained by and to another alcoholic. When "Catholic Boy" got home from work and saw me I remember saying "you better pack now. It's fixing to get ugly". He did and it did.

It took some serious drinking, self-pity and moral destruction for me to hit bottom. Drinking was now done at home in a condo in a high priced neighborhood on a high priced street in my kitchen window. 2 drinks or 10 drinks; didn't matter, my blackouts were unpredictable. A,T and T was my friend but I only dialed in a blackout. My drinking was not cosmo or pretty. The reason I called AA is ironic in itself. I'd gone to an office party and there was a gal there who was laughing and joking and having a good time. I asked a co-worker what she was drinking and her response would haunt me. "She doesn't drink. She's an alcoholic and goes to AA."

Right then, the seed was planted although it was years later before I got to thank her. I have grown up in AA and was young when I arrived. There were not treatment programs for women then. I had to work the program or drink again. Where I got sober, the two meanest ladies in the room took me on. I had an A.M. and a P.M. sponsor. I was told to read the stories in the back of the book and underline everywhere I saw myself. Do 90 meetings in 90 days. If your ass falls off, pick it up and take it to a meeting.

Don't drink today and thank God you didn't. I read Appendix Five on the spiritual experience and the 24 a day book every day for that first year. I have done everything the hard way and I have been a slow learner.

This year has afforded me more pain and pleasure than all the years before. I work both AA and Alanon steps and I pray daily for courage and wisdom.

Two quotes come to mind as I close my story. "AA does not need me but I desperately need AA" and "Keep Coming Back. God bless you on your own journey and may peace that passes all human understanding be with you.—Judy D.

Intergroup 5 News

Intergroup 5 Minutes 1 November 2006

Groups Represented: Central, Crawfordville, Happy Hour, Home Group, Lake Jackson, Living Sober, Men's Faith, New Hope, Northside, Pathfinders [There were 11 people present representing 10 groups].

Secretary's Report: Accepted **Treasurer's Report:** Accepted
Office Report: Amended to read "49 calls received by volunteers, and 34 calls regarding Meeting Information." Accepted.

Literature Report: Accepted

Activities Report: Matt has obtained two estimates for Holiday Party meat (both reflecting an increase of approx. 50 lbs. for meat over last year). 150 lbs. from Country Times Buffet for \$733.50, and 162 lbs. for \$166.50 from Golden Corral.

Web Committee: Andy has met with Debbie, the new webmaster. They are considering a design update for the website and a new calendar of events to be posted on-line.

District report: Gratitude Dinner is Nov. 11th at Jackson Lodge. There are still a few positions that need to be filled on the District level.

Old Business: Elections: The floor was opened for nominations for the positions of IG Secretary and IG Treasurer.

Carol M. is nominated for Secretary. Nominations are closed. Carol is elected IG Secretary for 2007.

Matt C. is nominated for Treasurer. Nominations are closed. Matt is elected IG Treasurer for 2007. Congratulations to them both, and thank you for the willingness to serve.

New Business: Matt C. announces that we need more tables for the Holiday Party. **Motion Made:** Matt C. is authorized to spend \$65 to procure/rent 10 extra tables for the Holiday Party. **Motion Passes.**

Mike L. asks to put out Pink Cans at the Holiday Party for Corrections donations. Greg is concerned that there may be too many collection plates at the door. Mike has suggested that he will circulate with the Pink can personally after dinner.

TALCOR Management, Inc. does not have evidence of insurance in accordance with our lease, sect. 17. We do have liability and some property insurance, but the lease needs to be checked to see if we are in compliance. The landlord may need to be added as additional insured on our Talcor Commercial Real Estate services, INC. and Talcor Management Group, L.C. policy. The insurer can add them as an additional insured for a charge of less than \$100. Greg will ask for a current copy of the lease.

Motion Made: regarding this particular matter, after reviewing the lease, if there is urgency to this matter to have it resolved before the scheduled December. IG meeting, the Executive Committee is authorized to spend up to \$100 to add TALCOR to the insurance policy as an additional insured by a vote of email or phone.

Motion Passed.

Larry billed IG \$20 for copies made of the poster for the Holiday Party.

Larry and Debbie are trying to wait until CASA moves (the scheduled date is Nov. 15), so that a new PDF template can be made before printing anymore *Where and When's*.

Submitted in grateful service,

Craig F.

November 2006 Treasurer's Report

General Fund

Checking:	
Beginning 10/27/2006 Balance	\$ 426.71
<u>Contributions:</u>	
Apalachicola Bay Serenity	20.00
Central	400.00
Home	21.00
Monticello serenity	37.50
Open door	50.00
Powder no Puff	36.00
Total Contributions	564.50
Less:	
<u>Disbursements:</u>	
Answering Service	226.75
Office coordinator travel & related exp	220.00
Printing: newsletter (2 mnths)	175.50
Printing: where&when	64.00
Rent	248.36
Telephone	47.71
Total Expense Disbursements	982.32

Ending 11/30/2006 Balance \$ 8.89

Prudent Reserve Savings:
 Ending 11/30/2006 Balance 2,003.56

Literature Fund

Beginning 10/27/2006 Balance	\$ 871.88
add:	
Literature sales	383.40
Sales Tax collected	36.78
Total receipts	420.18
less:	
Purchases	0.00
Total expenditures	0.00
Ending 11/30/2006 Balance	\$ 1,292.06
Total accrued 2006 sales tax liability	(363.81)

Intergroup 5 General Fund November 30, 2006

Year to date receipts 7734.85

Year to date expenses 9564.90

¡Reuniones de Alcoholicos Anónimos en Español! ¿Donde? - La Iglesia de Calvary United Methodist 2145 W. Calle Pensacola Tallahassee, FL 32304
 ¿Cuándo? - Todos los Lunes comenzado a las siete de la noche y terminando a las ocho de la noche. *Si necesitan mas información se pueden contactar con Randy al numero: 850-544-0907 ALCOHOLICOS ANÓNIMOS es una comunidad de hombres y mujeres que comparten su mutua experiencia, fortaleza y esperanza para resolver su problema común y ayudar a otros a recuperarse del alcoholismo. El único requisito para ser miembro de A.A. es el deseo de dejar la bebida. Para ser miembro de A.A. no se pagan honorarios ni cuotas; nos mantenemos con nuestras propias contribuciones. A.A. no está afiliada a ninguna secta, religión, partido político, organización o institución alguna; no desea intervenir en controversias; no respalda ni se opone a ninguna causa. Nuestro objetivo primario es mantenernos sobrios y ayudar a otros alcohólicos a alcanzar el estado de sobriedad.

Events and Happenings

Current Events

Dec 9—Holiday Party—Jackson Masonic Lodge
December 10 — Corrections—Treatment —Bridging the Gap
 3 PM At Central 909 N Gadsden St
December 20—District 5 monthly meeting, Faith Presbyterian
 Church, Meridian and John Knox Road, 7:00 pm.
January 3—IG 5, Inc. monthly meeting, Faith Presbyterian
 Church, Meridian and John Knox Road, 7:00 pm.
January 12-14, 2007—Next Area Assembly:
 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
January 21, 2007—Traditions Extravaganza 2-5PM
more to be revealed...call Susan 264-6962

The Bradfordville Group (Bradfordville First Baptist
 Church, the older annex)
 6494 Thomasville Rd. Mondays, Thursdays 6:15 pm,
 Open, NS, Wheelchair Accessible, Discussion

Alcoholics Anonymous

Open Meeting

Wednesday Evenings

7:00pm—8:00pm

1002 Appleyard Drive

(New Life Ministries and Community Church)

(Located at the intersection of Appleyard Drive and
 Mission Road)

CASA HAS MOVED!!!

2410 Monday Road, Tallahassee, FL
 850-422-2272

New open meeting, Advent Church, Piedmont Road, Mondays
 6:00 PM BB. Traditions, Steps, Speaker alternates n/s

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

November Phone Report

(63 Calls Received by Volunteers)



2—12th Step

2—AI-anon

6—AA Info

41—Meeting Information

1—Speakers

11—Miscellaneous

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

Alcoholics Anonymous meetings in Spanish!

Where? Calvary United Methodist Church
 2145 W. Pensacola Street Tallahassee, FL 32304

When? Mondays from 7:00 pm to 8:00 pm

Driving Directions: From Tennessee Street:

Take Ocala Rd., turn right onto Pensacola, take left onto
 Ausley Rd., take a right after the Animal Hospital Coming
 from Hwy 20, traveling East: Pass Appleyard Dr., turn right
 onto Ausley, take right after Animal Hospital Traveling West
 on Pensacola from Doak Campbell Stadium Pass Ocala Rd.,
 take next left onto Ausley Rd.,
 take a right after the Animal Hospital

Happy A.A. Anniversary

Central Group

Kathleen 1, Karen J. 1, Lynn 1, Dayton 2, Vern 2,
 Joann 13, Kevin K. 13, Chris 23, Lisa 24, Bob 25

Living Sober & Happy Hour

No Report

New Hope Lloyd

Mike L. 22

WHEN ANYONE IN
 DISTRICT 5 MAKES IT
 FOR A YEAR OR ANY
 MULTIPLE
 PLEASE LET ME KNOW
 224-1818!



Celebrate!