



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. December 2010 TALLAHASSEE, FL

InterGroup

Chairman—Debra N.—Happy Hour
 Vice Chairman—Christy T.—Happy Hour
 Secretary—David G.—Downtown Service Group
 Treasurer—James R.—Mustard Seed
 Literature Coordinator—Clay W.
 Website—John P.—Happy Hour
 Activities—Tracy G.—Happy Hour
 Office Coordinator—Vacant
 Membership—Vacant
 Newsletter—Kayce M.—Powder No Puff &
 Joe D.—Downtown Service Group
 12 Step—Jim Mc—Downtown Service Group

District 5

DCM—Holly H.—Bradfordville
 Alt. DCM—Donna W.—Happy Hour
 Secretary—Debbie R.—Open Door
 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
 ****Office Hours****

Monday, Wednesday & Friday
 4:00pm-7:00pm

Literature Hours also by appointment

Newsletter: Send info to
message@intergroup5.org

District 5

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

NFAC Area 14

P. O. Box 567
 Melbourne, FL 32902

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

I remember vividly asking my sponsor numerous times, have I completed step 12? His response was not what I wanted to hear. He told me to help someone without them knowing I had anything to do with it. So my determination had my head swirling because I wanted to do something awesome. Finally, I completed my task, ran back to my sponsor and told him how helpful I was. He told me that I had to do it again because he knew what I had done. This is the random act of kindness test and I failed. He suggested I try and to help others as much as possible. This is not what I wanted to hear. Being selfish and self-centered, I could not grasp the value of service.

Our time meeting each other regularly was coming to an end. The work I had done for myself (1st legacy-recovery) was extremely fulfilling. For the first time in my life I completed something that was positive and wholesome for my well-being. These steps 'completed', I proceeded to finding a hostess, I mean a sponsee. No success there either.

I began to hang out (2nd legacy-unity) all the time with my peers from my home group. Every Saturday the guys would take a meeting to the adolescent treatment facility located south of Tallahassee. I would participate if there wasn't anything better to do. Every time we would get done with the meeting the guys would complain about how they could have said something more useful. I didn't get their passion. Attending the regular meetings at my home group was the high point of my week. Something else began to bother me. There was something missing and I could not put a finger on it. Some new guy moved to Tally and instantly became the GSR for the home group. This new guy was passionate and knew a thing or two about how to run things. I was impressed and so were my peers. Everyone was asking for him to be their sponsor and I was jealous. My loyalty was to the guy who sponsored me. I was curious about this guy and placed myself near him as much as possible. That meant going to the home group's business meetings.

This is where I have been able to find that which had been bothering me. This guy began asking me when will I have a service position with the group. I told him what do I get? He said you will have to figure that out for yourself. So began my journey in the 3rd Legacy-Service. I got a job with a sobriety requirement and a period of time to perform that job. Since that first service position, I have maintained a service position in the way of life that has saved me from a hopeless state. Have I done my best? Nope. There is always room for improvement. One difference from then to now is, I don't worry about what will I benefit, as to how can I be of maximum service. I hear people say if everybody on the planet worked a 12 step program of recovery, the world would be a better place. Well I say if everyone in AA would pull their weight, like the so-called 10% of alcoholics who participate actively in the service structure, AA could be more successful. Thanks to all who took the time to read this. My hope is that you find purpose in this thing called life, like I continue to have helping others in the AA.

The Message

Intergroup 5 Inc., Monthly Report
 October 18, 2010 through November 14, 2010

General Fund

Checking beginning balance.....	\$2,034.86
<u>Contributions</u>	
Bradfordville.....	250
Came to Believe.....	144.43
Mustard Seed.....	79.43
Northside.....	130.00
Open Door.....	98.43
Powder No Puff.....	42.00
Total Contributions—	\$744.43
Total—	\$2,779.29

Disbursements

Message— Joe D.....	57.88
Total Expense Disbursements—	57.88

Checking Ending Balance—
\$2,721.41

Savings

Prudent Reserve Savings-Begin Balance 10/18/2010-	\$1,500.82
End Balance 11/14/10-	\$1,500.82

Literature Account

Begin Balance 10/01/2010—	1,066.16
DepositsCredits.....	791.01
SUB TOTAL—	1857.17
ChecksDebits.....	853.60
Ending Balance 10/31/201—	\$1003.57

Step 12 Promises

If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!
Alcoholics Anonymous p. 100

Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. We meet these conditions every day... Our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there.
Alcoholics Anonymous p. 100-101

God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others.
 This is the Great Fact for us.
Alcoholics Anonymous p. 164

**12th Step Principle
 SERVICE**

Step 12: Service -- For those in recovery programs, practicing step 12 is simply "How It Works."
 From all of the above comes a prime Principle of Alcoholics

**Intergroup 5 (IG5) Representative Meeting Minutes *unapproved*
 Date: November 3, 2010**

Groups Represented:

Bradfordville, Central, Crawfordville, Friends of Bill W., Living Sober, Mustard Seed, Singleness of Purpose
 15 people total were in attendance. (Groups listed above come from attendees who identified themselves as IG5 representatives for their home group.)

Secretary's Report:

Minutes from October 2010 IG5 representative meeting approved and accepted.

Treasurer's Report:

Paid ahead in disbursements until January 2011 except for Century Link.
 Monthly printing cost for the Message was higher due to an error on our part.
 This month's report was approved & accepted.

The Message

Office Coordinator Report:

Position is still vacant; Bobbi C. will no longer be able to man the office starting this month. Main volunteer activities include answering the office phone, referring people to the 12-step list, and helping people with literature. Volunteer opportunities are available; if you would like to volunteer to man the office, send an email to exec-comm@intergroup5.org.

Literature Coordinator Report: (Clay W.)

There were a few questions regarding inventory; they were a few books short. Lit. Coord. was informed that Central needs an additional case of Big Books.

Activities Report:

Next event is the IG5 Holiday Party; it will be December 11, 2010 at the Jackson Masonic Lodge. The format of the speakers will be an old timers panel.

Groups are encouraged to make a \$50 donation OR provide a main meat dish.

Looking for volunteers to help; send an email to execcomm@intergroup5.org.

Activities chair will be rotating out at the end of the year.

Web Committee Report:

Some of the prior month's Treasurer reports are not posted separately because they are now included in that month's Message. Webmaster wanted to know how it is decided what events are posted on the website. Vice-Chair stated it was decided last year that the event is brought to an IG5 rep meeting and voted on whether it is posted (in minutes from August 2009).

Google Analytics IG5 website statistics

Highlights for October 1, 2010 – October 31, 2010:

1005 total visits, 624 unique visitors

2278 page views, 1816 unique views

51.04% new visits, 42.09% 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 5) à Home Page (default.html) = 1023, Tallahassee meetings = 760, Links = 51, Contact Page = 46, Crawfordville meetings = 37

District 5 Report:

Gratitude Dinner is 'bring-a-covered-dish'; each group please bring a main meat dish; the attire is casual.

The new District 5 DCM is Donna W.; the new Alt. DCM is Tracy G.

The next Area assembly will be held at the new meeting place in St. Augustine; see their website for more info:

(<http://www.aanorthflorida.org/>)

The Message:

Kayce M. will be stepping down as co-editor of the Message.

The cover story for the October Message is in response to the September IG5 rep meeting.

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 by the last Wednesday of the month.

12 Step News:

Volunteers are welcome for people to be on the rotation to answer incoming calls to the IG5 Help Line (calls forwarded to home/cell phone) as well as people willing to be listed on the 12 Step Call List.

There is a meeting on Thursdays at 7pm called the Downtown Service Group (meets at Trinity United Methodist Church, 120 W. Park Ave.). This group has "adopted" the IG5 Help Line and will be assisting the 12 Step Committee; Joe D. stated other types of service are discussed besides the Help Line. All AA members are invited to attend.

30 day stat: IG5 Help Line received 450 calls last month.

Old Business:

Currently open positions at IG5 are Vice-Chair and Office Coordinator; please refer to the by-laws for recommended sobriety times. The Activities Committee Chair position is also open at the end of this year.

New Business:

Activities chair requested an appropriation for Holiday Party supplies; Central rep proposed a motion that \$300 be allotted, 2nded; motion passed.

There was discussion on whether this month's Message should be distributed with the cover story; reps voted: 5 yes, 1 nay (Friends of Bill W.); motion passed, The Message will be distributed as-is.

There were questions/complaints about Executive Committee officers acting with more authority on behalf of Intergroup 5 than what is allowed by the by-laws; reps will take back to their groups for discussion to get a group conscience and bring back to the next rep meeting.

**In Service,
David G.**

The Message

Conversations from a Helpline Call Last Night

These are actual e-mail conversations about someone reaching out for help. Names have been omitted to protect the innocent. Tune in next month for adventures in 12 step work.

11/20/10 8:35am

I had a call early this morning from a man who gave his name as (New Guy) and who asked for another one of us by name on the list below, so I assumed that person had answered a previous call from him. He wanted info about getting sober through A.A. but said he was under house arrest and was not allowed to leave his home and did not have computer access. I did get his first name (New Guy), an address, and a phone number but his hesitant and perhaps slurred speech may have yielded incorrect info. I told him I would get back to him after I find out the best way to help him. However, before I do I wondered if any of you had spoken to him before and/or know how best (and safe) way to help someone who is under house arrest without causing him problems with law enforcement.

11/20/10 10:31am

Personally, I have never heard of anyone taking a meeting into someone who is under house arrest. I think perhaps maybe the best way to handle this is to call him back and catch his reaction. Honestly I don't find that a safe situation to put ourselves in. Accessibilities is meant for people who are maybe disabled! Also, another thought occurred that we may need to contact the corrections chair with this one. I will forward this to the corrections committee. Once again, thanks for your willingness to do

11/20/10 11:48am

I never took a call from this man. Perhaps it would be better to provide this man with literature, and have several men take a meeting to him if this is allowed. But if he is still drinking a meeting is unnecessary. And none of us are qualified to detox him soooooo I'm at a loss. Maybe others will know what to do. :P

11/21/10 9:21 AM

My issue is with 6 AA backup calls I received Sat. night and Sun. morning. I didn't answer any of them (I'm so sorry, usually I do.), so I tried to receive the messages in hopes of responding to the callers. (I was desperate for 4-5 hours of sleep Sat. night before leaving town the next morning at 5am, and turned my phone off ;-(after several calls between 12 and 2am awakened me.) I intended to return the calls once I got underway Sun. morning, but couldn't retrieve ANY of the messages - even though the system walked me through the steps and numbers to press. I haven't had problems with this before. Anyone else experiencing this? Anyone have any suggestions? Thanks

11/29/10 11:14 AM

Forgot to let you know that when I did call him back, he sounded very coherent and different than when he initially called the help line and to me seemed to be under the influence. At the time of my call back, he was not interested in A.A. - that alcohol is no longer a problem as long as he stays away from it. So I wished him well and invited him to call the hotline again if alcohol ever does become a problem and he'd like the assistance of A.A.....

Conferences and Other Events

Holiday Party

December 11, 2010
Jackson Masonic Lodge
2818 Apalachee Pkwy., Tallahassee, FL

North Florida Area Assembly ~~2010 Miquel S. Burst II~~ Jan 15-16, 2011

The Renaissance Resort
500 South Legacy Trail
St Augustine, FL 32092
904-940-8000

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

District: Archivist, Accessibilities

Treatment/Bridging the Gap

Coordinators

Trusted Servants

Leaders

Sponsors who have a Sponsor

No Experience Necessary

* except for 12 step sponsoring *

November Anniversaries

Central: Andrea 1, Jared S. 1, Darren B 2, Tim C. 2, ,

Charlie W 15, Joanne 17, Kevin K 17, Larissa C 22, Bob I 29, Paul E 29

Mustard Seed: Penn S 1, Kelly Z 1, Tammy W 10