



# The Message

## A MONTHLY NEWSLETTER

### TRUSTED SERVANTS

#### **Intergroup**

Chairman—Mike L—New Hope

Co-chairman—Craig F—

Living Sober

Secretary—Carol M—Living Sober

Treasurer—Matt—Lake Jackson

Literature—Greg S—Home

Website—Andy E—Men's Faith

Activities—Laura A—Central

Membership—Vacant

Newsletter—Larry H—Central

#### **District 5**

DCM—Joe D—Downtown

Alternate DCM—Susan E—Central

Secretary—vacant

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—Janis T—Willing

Archives—Rob K—Pathfinders

Bridging the Gap—Gail H—

Bradfordville

### CONTACT INFORMATION

#### **Intergroup 5, Inc.**

1106-H Thomasville Road

Tallahassee, FL 32303

(850) 224-1818

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

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

#### **District 5**

P.O. Box 12352

Tallahassee, FL 32317-2352

#### **NFACAA—Area 14**

Area Treasurer

Marilyn B.

6035 Tudor St.

Inverness, FL 34452

INTERGROUP 5, INC. FEBRUARY, 2007 TALLAHASSEE, FL

Hi, my name is Nancy and I am an alcoholic.

I say that not to shock anyone, I simply say it to remind myself who I am and where I came from. Some people say they are a Housewife, some say a Father or an Engineer. When I first heard someone in A.A. say they were an alcoholic, I cringed. Not me! I was simple "Nancy, who had a desire not to drink."

I had moved from New York to the fabulous Florida Keys in 1991 and thought all my problems were over including at the time, a 17 year relationship with another alcoholic. My life now was going to be about having fun and plenty of sunshine. I was successful in acquiring a job in a beautiful resort and had a tranquil home right on the water. My job was wonderful. I was able to party and began meeting people who like myself were full of booze and fun. This life style really didn't go on too long before I got into trouble for not getting to work on time due to late nights and feeling awful the next day--my old habits did not leave me. My job started interfering with my drinking and my finances were dwindling rapidly. We had an employee party and I was drinking up a storm, and really not knowing what I was doing, much less what I was saying. I ended up being fired the next day. I was devastated, and of course drank some more-more like into oblivion. I was spiraling right down to a bottom. I kept an outside presence; however, inside I was full of fear and remorse. Physically I was sick and frightened to death about how I would get another job and continue my life of drinking.

A friend from New York, whom I hadn't seen in years, contacted me and was coming to visit. When he arrived, I noticed he was not the same person I knew from the past. Although he seemed happy, he announced, "He was an alcoholic" and was sober 10 years! I liked the honesty he was sharing. This was truly a different person than the one I'd partied with. He told me about Alcoholic's Anonymous and how the program saved his life. I got up the nerve to ask if maybe I could go to a meeting with him while he was visiting. We found an open meeting and I went. I was amazed at that first meeting how well looked and spoke and there was that honesty again. No one said anything about another, they spoke of themselves. I felt something change after that very first meeting. Long after my friend left, I continued to go to meetings and finally got up the nerve to say "I'm Nancy and I have a desire not to drink." I did that for 18 months, when I finally realized that alcohol was the reason behind all my problems. It was suggested I get a sponsor and I did and started working the Steps. I also filed for bankruptcy that first year, but for some reason, attending meetings as an everyday practice and working the program to the best of my ability, my fears although still present, weren't running my life. I met new friends and lo and behold I was able to get an even better job and my life started turning around. When I picked up my one year medallion, I was totally amazed I hadn't had to pick up a drink that entire time. Now, this wasn't me. It had to be a power greater than myself.

Up until then the Fellowship of Alcoholics Anonymous was that power. Slowly I created another power, whom I call GOD today. My self worth and low self esteem and guilt started to disappear. The Promises from the Big Book were coming true, and these amazing people who simply told me to "Keep Coming Back" and loved me back to health when I couldn't love myself, were my new family. Trust came back and One Day At A Time, I learned to live and love life again. Yes, I am "Nancy, an alcoholic" and today, by the Grace of God, and the tools of AA, lead a life that truly is Happy, Joyous and Free. Life is a journey and I face situations with all the support I need and I am grateful to receive that support with open arms. If this brief story has been of some help to you, I hope you try this program. If it works for me, it will truly work for you. Thank you for listening.

# District 5 News

District 5 December 20, 2006  
Unapproved Minutes

## Open:

We opened with the serenity prayer.

The declaration of unity was read by Joe D.

The 12 traditions were read by Mike L.

Introductions were made by each in attendance.

Concept 12 was read by Jeff.

Attendees at the meeting:

Kevin T.	Treatment chr.	Living Sober
Jeff K.	GSR.	Living Sober
Steve H.	CPC	Central
Susan E.	GSR	Central
Gail H.	AGSR/BTG chr	Powder-no-Puff
Antje S. .	GSR	Crawfordville
Vern D..	Grapevine	Northside
Janis T.	GSR	Willing
Mike F.	GSR	Lloyd New Hope
Mike L.	AGSR/Corrections chr	Lloyd New Hope
Joe D.	ACM	Downtown
Jeff D.	PI chr	Central
Rob K.	GSR/ Archives	Pathfinders
Kathy S.	DCM	Pathfinders
Bradley C.	GSR	Downtown
Joel A	GSR	Home Group

## Officers and Standing Committees reports:

**Secretary:** November minutes were accepted.

**Treasury:** Matt was not present A written report provided and accepted. Balance in District 5 account is \$3,847.73. Prudent reserve is \$2,189.30. We are \$1399.13 over prudent reserve.

**DCM:** A written report was provided. This is Kathy's final report.

**ALT DCM:** Susan E., GSR from the Central Group, was elected to serve as Alternate DCM in 2007-2008. Joe gave a report from Intergroup. Mike reported that a large contribution was made from an estate.

**Accessibilities:** Janis T., requests 2 things. 1) a list of people in the hospital or home confined that need meetings. 2) A list of people willing to provide such meetings. Something will be written in The Message.

**Archivist:** Rob K has found someone to help him. He will continue to go through old tapes. He will be rotating out in February.

**Bridging the Gap:** Gail H. reports she has bridged 3 people. She had a dinner party that went well. Her next dinner party will be January 28<sup>th</sup>.

**Corrections:** Mike L. reports Taylor Corrections is solvent. The corrections/treatment committee continues to meet at 909 Gadsden Street on the second Sunday of the month at 3:00.

**Grapevine:** Vern reports that he has the 2007 calendar an other material..

**CPC:** Steve has been working with Rita, mailing out letters. He has a Power point and projector to loan to anyone in need.

**PI:** A presentation is being made once a week at the Behavioral Health Center.

**Treatment:** Kevin T. has gotten volunteers for a treatment Committee to give presentations to facilities.

**Unfinished Business:** 269.71 \$ will be sent to GSO from the Gratitude Dinner. Susan E. reports 4 Traditions remain unclaimed for the Traditions Extravaganza. Motion passed to provide 250\$ for pizza and soda.

**New Business:** Jeff D. will follow up on a call by the organizers of Unity on MLK Birthday Celebration. They want AA to set up a booth for this event, which will be held on 1/13/07 from 10am-2pm in Quincy.

*(This is the latest information we have from District 5—Message editor.)*

## ***Is AA working in Tallahassee?***

We now have 24 different meeting locations, some with multiple groups meeting at the same location! If you look at the number of people who have made it to celebrate an anniversary there are only 24 that were reported! *Is that success?*

# Intergroup 5 News

**Intergroup 5 Minutes Date:** 01/03/2007

**Groups Represented:** New Hope, Living Sober, Mustard, Lake Jackson, Home, Path Finders, Happy Hour, Central. There were a total of 11 people, representing 8 groups.

**Secretary's Report:** Approved and accepted

**Treasurer's Report:** Approved and accepted

**Office Report:** See Message

**Literature Report:** Approved and accepted

**Activities Report:** Matt C. (outgoing Activities Chair) reported that the Holiday Dinner, w/ approximately 300 people in attendance, was a great success. New Activities Chairperson is Laura E. from Central Group.

**Web Committee Report:** New Chairperson, Andy, is in the process of revamping the web site. New cities are being added (Quincy, Lloyd, Monticello).

**District Report:** There are still 2 vacancies for chair positions. Check with District office to inquire.

**Old Business:** See Secretary's report for December 2006.

**New Business:** A note of thanks and a small token of appreciation (Grapevine subscription) to be sent to Pat C. for long service as Literature Chair. Moved and approved. Groups and meetings will now meet in the church Counseling Center building. IG board members (Mike L., Matt C, Craig F. and Carol McG.) will meet at Capital City Bank on 01/22/07 to sign new signature cards. Matt C. suggested that IG approve making reservation for Founder's Day Picnic (Pavillion #13 @ Tom Brown Park) for June 2, 2007. Moved and approved. Laura E. will contact Tallahassee Parks Department for reservation information. Larry H. presented a Google site for a free calendar for meetings information to use on IG5 web site. Rob K. moved that we add the free Google calendar to our site. Approved and accepted.

**Submitted in Grateful Service,  
Carol McG.**

## Treasurer's report January 2007

### General Fund

Checking:	
Beginning 12/31/2006 balance	1,154.03
<u>Contributions:</u>	
Apalachicola Bay serenity	20.00
Bradfordville	123.00
Central	200.00
Grateful (detox)	100.00
Lloyd New Hope	100.00
Total Contributions	\$543.00
Less: <u>Disbursements:</u>	
Answering service (2 months)	492.65
Office Coordinator Travel & related ex.	220.00
Supplies	10.67
Printing News letter/ When and where	99.00
Rent	248.36
Telephone	45.94
Total Expence Disbursements	\$1,116.62
Less: (Grateful Grp don to lit fund)	(100.00)
Ending Balance 1/31/2007	\$480.41
Prudent Reserve Savings:	
Ending Balance 01/31/2007	2,004.05
<u>Literature Fund</u>	
Beginning 12/31/2006 Balance	1,466.24
add:	
Literature sales	728.35
Sales Tax collected	54.79
(Grateful Group don to lit fund)	100.00
Total receipts	883.14
less:	
Purchases	742.30
2006 Sales tax payment	385.45
Total expenditures	1,127.75
Ending 1/31/2007 Balance	\$1,221.63
Total accrued 2006 sales tax liability	(54.79)
Due to gen fund	(100.00)

### Last Years Contributions

Intergroup 5 General Fund December 28, 2006

Year to date receipts 10,389.85

Year to date expenses 11,234.10

**Contributions must exceed expenses!**

**What is the purpose of Intergroup 5? Should IG5 continue to exist? If we go by participation, then we may not seem to have much to defend the continuation. If you found a meeting by calling 224-1818 or by going to the website [www.intergroup5.org](http://www.intergroup5.org) then you may have a different opinion.**

***We need your help! Please volunteer your time and your money!***

# Events and Happenings

## Current Events

**February 11**— Corrections—Treatment —Bridging the Gap  
3 PM At Central 909 N Gadsden St

**February 21**—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

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

**March 9-11, 2007**—Flint River Roundup, Bainbridge, GA

**March 23-25, 2007**—Next Area Assembly:  
Location: Paramount Resort & Conference Center,  
2900 SW 13<sup>th</sup> 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

### Singleness of Purpose in Woodville now meets at 7:00 PM

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

*Northside Group has moved !*  
*New location—6494 Thomasville Rd.*

*The Reaching Out Meeting*  
*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)

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

## January Phone Report

(46 Calls Received by Volunteers)



2—12th Step  
3—AI-anon  
6—AA Info  
24—Meeting Information  
3—Agency  
8—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

Alice 1, Ann 1, Cynthia 1, Kathy 1, Sabrina 1, Summer  
1, David R. 2, Jeff D. 3, Stacey A. 3, Barb T. 4, Nathan  
D. 4, Richard S. 4, Autumn 7, Grant 15

### Happy Hour & Living Sober

Ralph 20, Roberto V. 22, Ginger H. 1, Christy 2,  
Veronica 4, Alicia 16, Jamie 1, Tracy T. 5, Michelle 4,  
Bruce K. 4 *December Celebrants* Mikey 1, Dana 2,  
Melanie M. 20

### Lloyd New Hope

Ralph D. 20, Margit 4, Bob S. 2

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



# Celebrate!