



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC FEBRUARY 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—Pete S.
 Website—Debbie C.—Open Door
 Activities—Tracy G.—Happy Hour
 Office Coordinator—Pete S.
 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.—Downtown Young Peoples
 CPC—Stacy G.—Bradfordville Group
 Treatment & Bridging the Gap—Kris C.—Central
 Corrections—Rachel S.—Happy Hour
 Grapevine—Michael L.—Happy Hour
 Accessibilities—Vacant
 Archives—Vacant

CONTACT INFORMATION

Intergroup 5, Inc.

1106-H Thomasville Road
 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

NFAC Area 14

P. O. Box 567
 Melbourne, FL 32902

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

This step was easier than the first step, for me. I could accept that I was not sane before I could accept I was an alcoholic. I knew I was different, and that I tried so hard to fit in and be a part of what other people seemed to have—and it never worked. So I figured restoring me to sanity was ok. I just couldn't be an alcoholic! I had not sunk that low. I was also too young and too smart to be an alcoholic. You get the picture.

The Power greater than myself was a different story. I was raised in an organized religion, and believed with all my heart that I had been abandoned by God. In a big way. I knew more about what I didn't want, and what I couldn't believe than I knew about what I wanted or how to get there. I surely wasn't going to trust the only God I knew then, thank you very much. I was terrified!

My sponsor patiently told me—about 1000 times, at least—that I didn't have to believe in my old notion of God, but I needed something to believe in that was outside of myself. I needed to know I was not the center of the universe. Could I believe in the power of the group? Maybe. Could I believe that my sponsor believed? Yes, I could do that. I was holding on to that relationship like a lifeline.

I have come to believe deeply in this step and, through other steps, in my Higher Power. My belief in the power of a group of alcoholics, or one alcoholic talking to another, is profound and complete. It is through this belief that I was able to sit still long enough to hear others' stories and experiences and learn that I WAS an alcoholic. How? Because they talked about things that I understood and had some of the exact same fears I had but was too scared to admit.

Many wonderful things have come from this step toward believing that something other than me would help relieve the terrible pain I felt. I still believe the power, wisdom and kindness in this fellowship is amazing. And, for me, it was a good enough place to start. You let me come and sit. You let me know I was safe with you. You let me learn as I could. I had things to do with new friends. When I was discouraged, you reminded me it's progress, not perfection and to keep coming back and try every single day. My small efforts have been returned to me many, many times over. I am still learning and working and growing in this program. It is a lifelong journey. One step at a time. One day at a time.

—Anonymous

Traditions

On Tradition Two

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Editorial by Bill W.
A.A. Grapevine, January 1948

Sooner or later, every AA comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of positive direction. Realizing that some fraction of that infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he has never known before. As each day passes, our AA reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every AA group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though AA groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs his conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the First Tradition, it was emphasized that we have, in AA, no coercive human authority. Because each AA, of necessity, has a sensitive

and responsive conscience, and because alcohol will discipline him severely if he back slides, we are finding we have little need for manmade rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the AA group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect, we may be, to a large degree, unique.

Therefore we of Alcoholics Anonymous are certain that there is but one ultimate authority, "a loving God as he may express himself in our group conscience."

Bill W.
The A.A. Grapevine, January, 1948

Tradition Two Questions:

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

Minutes and Information

Intergroup 5 Meeting Minutes January 2010 *unapproved*

Groups Represented: Central, Downtown, Happy Hour, Living Sober, Lloyd New Hope, Mustard Seed, Open Door, Powder-No-Puff

Secretary's Report: Approved and Accepted.

Treasurer's Report: Approved and accepted.
There are 2 pending checks not on this month's report; they will be on the next report.

Office Report: Peter S.
Where & When's are printed and the office coordinator will work on getting them distributed.
Implementing new monthly phone schedule, this will be in place this week.

Literature Report: Peter S.
Greg S. and Jim D. are assisting with financial reports, will be ready by the end of the week.
Books are still on order.

Activities Report: Tracy G. (absent - report given by David G.)
Holiday party was a success, thanks to all the groups who donated; IG5 took in over \$900 from door and raffle.
Next year's Holiday party is already scheduled for Dec. 11, 2010 at the Jackson Masonic Lodge. We were advised to go ahead and reserve due to demand for the facility around that time of year.
Activities chair says she has nothing left over from the party; if you left behind anything (dishes, etc.), please contact the lodge.

Web Committee Report: Debbie R.
Most of the IG5 Treasurer and Secretary reports for 2008 are now posted on the website (<http://intergroup5.org/docs.html>)

District 5 Report: Donna W.
Donna W. has the phone number for the lodge if anyone needs it. Proceeds from the Gratitude dinner to IG5 are forthcoming.
The next Area Assembly is January 15, 16 & 17.

The Message: Joe D., Kayce M.
January's "The Message" has a few formatting issues that will be resolved before next month.
Kayce M. wants IG5 reps to remind groups to submit birthdays to "The Message".
Deadline for submissions is the last Wednesday of the month.

12 Step News: Absent - No report

Old Business:
Motion to table the discussion of overhaul of prudent reserve amount and "bundle prices" for telephone/internet service until after an audit is completed and the results presented.
Motion passed with no dissenting votes.

New Business:

Motion to form an annual auditing committee. (Motion withdrawn)
Motion to reconvene executive committee to perform annual audit IAW Art.V, Sec.1, D. of bylaws. The first meeting of the executive committee is to be scheduled for later this month. Motion passed with no dissenting votes.
There was discussion of changing the procedure for distributing Where & When's.
There was discussion of changing literature purchase practices (i.e., no more IOU's, setting up specific office hours).
Reps will take back to groups.
There was discussion of creating a method for improved reporting of phone and website statistics; Debbie and Peter will bring back more information at the next IG5 meeting.

**In Service,
David G.**

IMPORTANT INTERGROUP OFFICE PROCEDURES

In order to ensure proper safeguards for literature, checks and other assets, the pass code and key lock have been changed.

If you need to gain access to the Intergroup Office, please email execcomm@intergroup5.org to arrange for entry. This new email address was set up to make easy contact with all Intergroup elected officers: Chair, Vice-Chair, Treasurer and Secretary.

If you are leaving a check or money order, please log in your check on the check login sheet and place in the designated area. Intergroup is also purchasing a lockbox where funds will be secured until retrieved by the Intergroup Treasurer.

If you have an uncashed check or money order, please email execcomm@intergroup5.org and provide detailed information about the check and when the transaction occurred. You may also email the above address when leaving a current check or money order for added security.

We apologize in advance for any inconvenience. Thank you for your cooperation.

Your Intergroup Executive Committee,
Debra N., Chair
Christy .T, Vice-Chair
James R., Treasurer

Birthdays and Other Things

Promises

Step Two

Spiritual principles will solve all my problems.
—Big Book, p. 42

If we have lost faith, we find it in AA.
This is the rallying point to sanity.
We begin a right relation to God.
—12 Steps & 12 Traditions, pp. 25-33

!!!Happy A.A. January Anniversaries!!!

Lake Jackson Group

Tom B. 5 yrs

CASA Birthdays—For all groups

Doug M.-2 yrs	David M. -3 yrs
Ginger H.-4 yrs	Christy T.-5 yrs
Richard S.-7 yrs	Julia S.-7 yrs
Sid C.-16 yrs	Ralph D.-23 yrs
Mike O. -24 yrs	Roberto V.-25 yrs

Monticello Serenity Group

Chelle W. 1 year
Jim A. 22 yrs

Central Birthdays

Andrew 1	Ashley E. 1
Jody H. 1	Terri 1
Paul C. 2	Doug W. 2
Maggi W. 3	Ann R. 4
Cynthia Fern 4	David R. 4
Doug D. 6	Jeff D. 6
Brad P. 8	Ryan 9
Autumn 10	Grant 18
Alicia 19	Bill P. 22
Bill G. 27	

Powder No Puff

Rebecca K. -12 yrs (December)
Kayce M. -29 yrs



Conferences and Other Events

46th Women's International Conference

February 11-14, 2010
Doubletree Hotel
5780 Major Boulevard
Orlando, FL 32819

2010 Flint River Roundup

March 12-14, 2010
Albany, GA

Founders Day Florida Style

June 4-6 2010
Residence Inn
600 West Gaines Street
Beautiful Tallahassee, FL

A.A. International Convention

July 1-4, 2010
San Antonio, TX

54th 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

Editors' Propaganda

The most important lesson I have ever learned...is that AA doesn't need me, but I need AA. Very desperately, very sincerely, very humbly. Not all at once...just a little bit at a time. They told me, "You've got to get out and work a little; you've got to give." They told me that giving was living, and living was loving, and loving was God. And you don't have to worry about God, because he's sitting right in front of your eyes.

You get just a little sobriety, and you get just a little humility. Not much, just a little. Not the humility of sackcloth and ashes, but the humility of man who's glad he's alive and can serve. You get just a little tolerance, not too much, but just enough to sit and listen to the other guy.

Somewhere along the line, if you've forgotten how to pray, you learn a little about that too.

—"There's Nothing the Matter with Me!"
(Story from Big Book, 2nd ed.)