



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. February 2011 TALLAHASSEE, FL

Intergroup

Chairman—Larry H.—Central
 Vice Chairman—Vacant
 Secretary—Sabrina A—Central
 Treasurer—Debra N.—Happy Hour
 Literature Coordinator—Clay W.
 Website—John P—Happy Hour
 Activities—Vacant
 Office Coordinator—Vacant
 Newsletter—Joe D.—Downtown Service Group
 12 Step—Jim Mc—Downtown Service Group

District 5

DCM—Donna W.—Happy Hour
 Alt. DCM—Tracy G.—Northside
 Secretary—Debbie R—Open Door
 Treasurer—Vacant
Standing Committees
 Public Info—Ron S—Happy Hour
 CPC—Bradfordville Group
 Treatment—Vacant
 Corrections—Rachel S—Northside
 Grapevine—Michael L—Happy Hour
 Accessibilities—Vacant
 Archives—Kris C.—Central
 Bridging the Gap—Rachel S.—Northside

CONTACT INFORMATION

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 ****Office Hours****
 Monday, Wednesday & Friday
 4:00pm-7:00pm
 Literature Hours also by appointment
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 P.O. Box 12352
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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

The Message

Intergroup 5 Inc., Monthly Report
November 15, 2010 through December 15,
2010

General Fund

Checking beginning balance.....\$2,721.41

Contributions

Apalachicola Bay Serenity.....30.00
Central.....400.00
Havana.....25.00
Lloyd New Hope.....40.00
Waukena.....15.00

Total Contributions—\$510.00
Total—\$3,231.41

Disbursements

Message– Joe D.....58.49

Total Expense Disbursements— 58.49

Checking Ending Balance 12/15/2010—\$3,172.92

Savings

Prudent Reserve Savings-Begin Balance 11/15/2010-
\$1,500.82

End Balance 12/15/10-\$1,500.82

Literature Account

Begin Balance 12/01/2010– 1,003.57

DepositsCredits.....400.98

SUB TOTAL—1404.55

ChecksDebits.....

Ending Balance 10/31/201—\$1404.55

Step Two

Appropriately, Step Two provides the recovering alcoholic with two distinct challenges. The first is that of defining sanity or its absence: were we in fact insane? The other is the necessity of reliance on "a power greater than ourselves" to be restored to sanity if that – in fact – is necessary. Considering the first issue, while many active alcoholics are psychiatrically diagnosable, (Borderline Personality Disorder being probably the most usual), many are not. We require a definition of insanity – however unpleasant – that almost all of us can accept.

Try this one: any persons who treat themselves as destructively as active alcoholics consistently do cannot be sane. (and/or) Any persons who treat others whom they say they love as badly as alcoholics routinely cannot be sane. Of course as is true regarding any pathology, there are degrees of severity ranging from mild to severe, but most of us can accept this understanding of insanity. We're also in agreement that we cannot continue to live in this way if we want to develop sustainable sobriety. So why does the Step insist that we'll require the intervention of an outside entity – a power greater than ourselves – to develop sane relationships with ourselves and others? Why won't that happen more or less automatically when we stop corrupting ourselves with alcohol? Gregory Bateson gives us an answer in his first principle of Cybernetics (the science of intelligence). It states, intelligently enough, "No system can understand itself." There we have it. We must reach beyond ourselves in order to truly see ourselves, to begin to outgrow ego.

Intergroup 5 (IG5) Unapproved Representative Meeting Minutes

Date: January 5, 2011

Groups Represented:

Bradfordville, Casa, Central, Downtown Service Group, Happy Hour, Living Sober, Mustard Seed, Men's Faith, Northside
16 people, including group representatives, attended,

Secretary's Report:

Minutes from December meeting approved as submitted

Treasurer's Report:

Approved as submitted

Discussed possibly transferring some money to get interest

The treasurer is the only person who signs checks

The Message

Office Coordinator Report:

Position is still vacant

Main volunteer activities include answering the office phone, referring people to the 12-Step List, and providing literature

Volunteer opportunities are available; to volunteer, send an email to

exec-comm@intergroup5.org

Literature Report:

None?????

Activities Report:

Although The IG5 Holiday Party turnout was low, it was a success!

Motion carried 7/0 to donate \$150 to the Jackson Masonic Lodge where the Holiday party was held Total cost of the party was \$412.35

After donation of \$150 IG5 will clear \$754.65

Web Committee Report:

Proposed meeting schedule revisions

Request that Singleness of Purpose (UMC; 1707 Old Woodville Hwy) be listed on the Tallahassee and Woodville website meeting lists:

Tuesday 7:00 PM Singleness of Purpose O/NS

Thursday 8:00 PM Singleness of Purpose Beginners O/NS

Motioned and seconded to have SoP listed twice; motion passed 5:1

A requested that two new meetings "Fellowship" (Fellowship Baptist Church Hwy 145) be posted for Madison.

Thursday 6:00 PM OD/12

Saturday 10:00 AM OD/12

Waiting on group number

Google Analytics IG5 website statistics highlights for December 1, 2010 – December 31, 2010

Total visits 640 down from 856 (-25.23%) 472 unique visitors down from 565(-16.46%)

Page views 1,153 down from 1,344(-14.21%), 897 unique views down from 1,107(-18.97%)

New visits 60.31% up from 54.79% (+10.08%), bounce rate 65.16% down from 70.91%(-8.12%) (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):

1. .Home Page 803 visits down from 1,035(-22.42%),

2. Contacts Page 49 visits down from 55(-10.91%),

3. Links Page replaces the Message Page with 39 visits down from 40(-2.50%)

4. The Message Page replaces the Links Page with 37 visits down from 50(-26.00%),

5. Documents Page 36 visits up from 30(+20.00%)

District 5 Report:

District really needs a Treasurer – a central position

The next Area will be held in St. Augustine

The Message:

We need to hear your experience strength and hope – please contribute to The Message

Copies of The Message are available on the website (<http://intergroups5.org/newsletters.html>)

12 Step News:

12 Step calls are being answered; calls are running smoothly and quietly

Received 524 calls in December

The question about Spanish speaking meetings discussed

AA hotline rarely gets a real person

Old Business:

District wants Intergroup to decide what groups to keep or not to keep as meetings

Conflict about taking Serenity Group out of the When and Where; they were removed without their knowledge

List the open positions in the new The Message

Post open positions on the Website

New Business:

Seize the Day is a meeting not a group; the group is Central

In Service,
Sabrina A.

The Message

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.

I believe that Bill W. could foresee the future problems that lay ahead and he recognized the fact that AA would need direction or guidelines to keep us united or we would fail ourselves and all the ones to come. From the information he had gained from the letters written in to the central office and the failing of the Washingtonians, he began to write the tradition steps.

Through the Grapevine that Bill W. was using to correspond with the different groups, he began to print the traditions. The first tradition was the problem, the second tradition was the solution, and the other ten traditions were how to find and maintain the solution. The first writing and printing was called the “long form.” The long form for the second tradition reads: *For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience.* The short form that is usually read by groups today reads: *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.* Tradition Two is the only tradition that the short form is longer than the long form. Why this came about, I really don’t know.

The short form of Tradition Two was brought about one day in 1947 by a man named Earl T. who started AA in Chicago. He visited Bill W. and had an idea they could parallel the traditions with the two hundred words in the twelve recovery steps and from this visit came the short form of the twelve traditions. Some groups in AA read the long form of the traditions once a month. From the pamphlet “The Twelve Traditions Illustrated.”

Then who is in charge here? AA is a spiritual movement and so the “ultimate authority” is the spiritual concept of the “group conscience.” Its voice is heard when a well-informed group gathers to arrive at a decision. The result rests on more than arithmetic, a “yes” and “no” count. Minority ideas get thoughtful attention. What about that annoying character who is always sure she’s right? Better listen – maybe just this once she’s right. If she is wrong, then she will – if she remembers the First Tradition as well as the Second – go along with the decision of the group conscience. Does this notion seem too cloudy? Let’s think back to our first meetings. The presence of newcomers felt in those rooms was the same group conscience and it was real – welcoming us in setting up on barriers of rules. In the 12 + 12 in the Second Tradition, you can read how the group conscience saved Bill W. from a problem about to happen. In 1976 at the Miami International Convention the theme was “Declaration of Unity” and Bill W. made his last public talk. (He died the following spring after the convention). He said: *This we owe to AA’s future: (1) To place our common welfare first; (2) To keep our fellowship united for on AA unity depends*

our lives and the lives of those to come. Therefore, this tradition will provide us with the unity we need if we let God direct us through our groups and not the individual.

-Bob H.

Conferences and Other Events

District 5

Monthly Business Meeting

February 16th, 2011

3rd Wednesday each month

Faith Presbyterian corner of John Knox & Meridian

Island Serenity Weekend

Founder’s Day Florida Style

BACK TO BASICS

June 3-5 2011

600 W Gaines St

www.foundersdayflorida.org

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, Activities Coordinators,
Office Coordinator

District: ***TREASURER***, Accessibilities
Treatment / Bridging the Gap Coordinators

January Anniversaries

Bradfordville: John S-1, Andy R-1, Tim D-1, Steve H- 2, Kris-7,
Michelle Y-8, Ann M-28, Anne S-37.

CASA: Joanne-1, Pam-1, Carl C-1, Doug M-3,
Ginger-5, Christy-6, Richard-8, Mike -25.

Central: Crista-1, Randi-1, Susan P-1, Jack I-2, Terri-2, Doug-3,
Susan J-3, Maggi-4, David R-5, Ann R-5, Cynthia H-6, Doug P-8,
Richard S-8, Michelle-8, Grant-19, Cindy Lou H-21, Bill P-23,
Ben H-25,
Bill G-28, Laurel-30.

Powder No Puff: Kayce M-30