



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

Intergroup

Chairman—Don W—Northside
Co-chairman—Ron L—Northside
Secretary—Craig F—Living Sober
Treasurer—Greg S—Home Group
Literature—Pat C—Crawfordville
Website—Rob K—Pathfinders
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—Kevin K—Central
Treatment—Rachel S—Central
Corrections—Mike L—Lloyd
Grapevine—Tracy T—HappyHour
Bill S—Accessibilities—Northside
Archives—Rob K—Pathfinders
Bridging the Gap—Gail H—
Powder-No Puff

CONTACT INFORMATION

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District 5

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NFACAA—Area 14

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INTERGROUP 5, INC. JANUARY, 2006 TALLAHASSEE, FL

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Of the top ten published by one newspaper, "Quit Drinking" was number 6. While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. —"virtually all alcoholism treatment programs also include meetings of Alcoholics Anonymous (AA), which describes itself as a "worldwide fellowship of men and women who help each other to stay sober." Alcoholics Anonymous, which uses a spiritual (but not religious) program of recovery, has helped literally millions of people find their paths to recovery since its inception in 1935.

So you may say, "What does this have to do with me? I picked this up at an AA meeting! What more do you want?" Well there is a great need. If you have made a resolution to stop drinking or to stay stopped, AA can help! If you've made no resolutions and don't plan to make any resolutions, AA can help!

The way AA helps is through volunteers. You get much more from volunteering than you can possibly give. There are openings at the IG5 office to answer the phone and be on the list for 12 step work. There are standing committees at IG5 & District. When you get all those fixed you're ready for Area Assembly duty...then there's national and international needs that only YOU can provide! There is someone out there that can see this vision. Some will say there is a HUGE EGO to even suggest such things could happen. Jack B said, "THE SKY'S THE LIMIT." It must be remembered it can only start when one Alcoholic helps another Alcoholic. CAN YOU HELP? PLEASE CALL 224-1818

I spent my second year of sobriety in Mogadishu, Somalia where, at that time, there was a two person meeting, and the other person was my boss, and generally varied between 30 minutes and 90 days of sobriety. I did a lot of wacky things to "improve my conscious contact with God" - counting my breaths, guided meditations, etc. I say "wacky", but it took a couple of years for me to see the main point—I stayed sober. The 11th step didn't say that I sought in a reasonable, sane, responsible, or non-wacky manner. It just says I sought. One of the things that I like about the program is that it works for crazy people like alcoholics, and I can work the 11th step like an alcoholic, and it will help me to stay sober... Another old timer one time told me, "Mike, you don't have to worry about who or what God is. He already knows. Your problem is figuring out what you are." Mike

District 5 News

DCM Report – December 21, 2005

Thanks to everyone who assisted in my travels in the past month to the following groups:

Apalachicola, Came To Believe, Central Group, Happy Hour , Havana Sobriety, Home Group, Lake Jackson, Living Sober, New Hope (Lloyd), Monticello Serenity, Mustard Seed, Northside, Pathfinders, Perry's Winners, Powder-No-Puff Women's, Southside, St. George Island, Steinhatchee, Willing Group

with gratitude,

Kathy S.

CONCEPT I Reprinted from *The A.A. Service Manual Combined With Twelve Concepts for World Service* by Bill W. 2004-2005 Edition, page 6, with permission of A.A. World Services, Inc.

The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

TRADITION ONE (Long Form) Reprinted from *The Twelve Steps and Twelve Traditions*, page 189, with permission of A.A. World Services, Inc.

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

TRADITION ONE Questions *Traditions Checklist from the AA Grapevine: Reprinted with permission from The A.A. Grapevine, Inc. (These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971.)*

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

DISTRICT 5 AA ARCHIVE REPORT 12-21-2005

It turns out that transferring speaker tapes to CD may not be an expensive endeavor after all as indicated in a previous report. I spoke with Terry S. from the Grateful group at the local detox facility and learned about his method of making CD's from both recorded and live speakers. Adequate computer hardware remains the big question in my mind as to whether I can begin to make some CD's of old timers available for the fellowship to enjoy. Many thanks to Terry for the information and suggestions.

A new volunteer by the name of Carla M. has stepped forward to assist in researching the history of AA in Tallahassee and other information of archival interest. Her interest and help are greatly appreciated in our efforts to find out more about where we came from and how things were done in the early days of local AA.

I received a call about some old speaker tapes to be donated but have not been able to connect with the person offering them. I will continue to pursue this over the next month.

As stated before, contributions, loans and assistance in organizing, researching, inventorying and duplicating archive materials are always welcome – see contact info below. It is the continued purpose of this committee to collect, preserve and present to members of our fellowship documentation of the history, milestones, recordings, photographs and 'artifactual' items concerning the evolution of AA in the Tallahassee/District 5 region. By collecting and preserving historic information, we can ensure that the message of AA is not diluted and that fact can be separated from myth.

Contact information: Rob K. @ 562-3437 or 228-3868 or email district5archives@comcast.net.

Intergroup 5 News

Minutes 7 December 2005 Intergroup 5

Groups Represented: Crawfordville, Downtown, Home Group, Lake Jackson, Living Sober, Lloyd-New Hope, Northside, Rule 62 Group-Crawfordville, Southside [There were 11 people present representing 9 groups].

Secretary's Report: The minutes in November **Old Business**, were amended to read that Matt L. is the new treasurer for District, not the new treasurer for Area Assembly, as printed in *The Message*.

Treasurer's Report: Printed in *The Message*. We now have the new prudent reserve total (\$2001 for three months operating expenses) accounted for in the bank. Also there are two charges to the phone service incorporated into the balance sheet, a quarterly charge of \$12.50 in October of 2005 and a Holiday charge of \$9.50 in November of 2005.

Literature Report: We will have new literature prices as of 1 January 2006.

No Web Report.

Activities Report: Holiday Party: Golden Corral will provide the meat. A room for the speaker, John Paul D., has been reserved at the Hampton Inn. Terry will do the lights and sound system. The committee would like IG to donate a few more raffle prizes for the party. **Motion made:** IG will provide 2 subscriptions to the *Grapevine*, a copy of *Language of the Heart*, and a copy of *Dr. Bob and the Good Old Timers* to be offered as raffle prizes at the Holiday Party. Also, IG will provide a copy of *Daily Reflections* to be signed by attendees and offered to our speaker. **Motion Passes.**

Old Business: Mike L. reported that at the last GSR meeting, they finished plans for the gratitude dinner and emphasized Bridging the Gap. Also, the meeting for Taylor Co. Correctional has been approved [Now every prison in our district has a meeting]. The new calling/answering service is still on the table. We need willing, interested volunteers to move forward.

New Business: It was mentioned that there is a group that has its own webpage. They should be able to offer a link to our webpage, but it would probably not be feasible to have links to group sites on the IG website (a review process would be needed).

Holiday Party: We need a Big Book to offer to the person who has the least amount of sobriety at the countdown. Set up will begin at 9 am at the Jackson Lodge on the day of the party. Also, Joe D. has suggested that we might want to consider having the Holiday Party on a Sunday afternoon next year.

Archive Trivia:

What were some of the names in consideration for the big book? How was the name eventually arrived at?

Who was Emmet Fox's secretary?

Who was the first woman to get sober in AA? (trick question)

Answers in next month's report.

In grateful service, rob k

December, 2005 Treasurer's Report

General Fund

Checking:

Beginning 11/30/2005 Balance \$2,077.86

Contributions:

Central Group	300.00
Grateful (Detox) Group	200.00
Quincy group	50.00
IG5 meeting	10.00
Holiday party receipts	841.00

Total Contributions 1,401.00

Less:

Disbursements:

Rent	236.50
Answering service	102.05
Office coordinator	220.00
(travel & related exp)	
Holiday party: meat	534.18
Holiday party: grapevines	36.00
Holiday party: spkr gas & lodging	119.24
Telephone	48.25

Total Expense Disbursements 1,296.22

Ending 12/31/2005 Balance \$2,182.64

Prudent Reserve Savings (3 months operations):

Ending 12/31/2005 Balance \$2,001.66

Literature Fund

Beginning 11/30/2005 Balance \$1,427.11

add:	
Interest earned (adjustment)	12.89
Literature sales	361.33
Sales Tax collected	26.83
Total	401.05

Ending 12/31/2005 Balance \$1,828.16

Total accrued sales tax liability (paid at year end) (245.85)

(also general fund owes Lit fund for books at Holiday party)

I also understand from Pat that a \$700+ literature order was placed before the end of the month.

I will be out of town Wednesday & have to miss the meeting. I will be back here Saturday.

Greg

A sober alcoholic is like a turtle on a fence post -- You know it had help.

God used two people to create me;

He used a whole Fellowship to change me.

I would rather go through life sober,

believing I am an alcoholic,

than go through life drunk,

trying to convince myself that I am not.

Events and Happenings

Current Events

January 6-8—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

Jan 14—Corrections/Treatment, 909 N Gadsden 2:00PM

January 18—District 5 monthly meeting, Faith Presbyterian
Church, Meridian and John Knox Road, 7:00 pm.

February 1 —IG 5, Inc. monthly meeting, Faith Presbyterian
Church, Meridian and John Knox Road, 7:00 pm.

"Let us love you until you can learn to love others." -
unknown

The *Open Door Speakers Group* meets on Saturdays at 7:30 p.m. in
the Fellowship Hall of Tallahassee Heights Methodist Church (the
"Pumpkin Church") located at the corner of Capital Circle NE and
Mahan Drive

*This meeting is an open, non-smoking speaker meeting of
Alcoholics Anonymous. The Fellowship Hall meeting room is wheel-
chair accessible.*

7th (first Saturday) Kristy – Statesboro, GA

14th (second Saturday) Michelle – St. Simons, GA

21st (third Saturday) April – Tallahassee, FL

28th (fourth Saturday) Diz – Tallahassee, FL

If you have the will to win, you have achieved half
your success; if you don't, you have achieved half
your failure. -David V.A. Ambrose

HISTORY OF THE BIG BOOK

Moderated by Diz T. will begin on January 12, 2006
at the Church of the Advent on Piedmont Road.

The presentations will begin at 6 PM and last till
7:30 PM. Coffee will be available as well as handouts
for the workshop. The will be the last History work-
shop presented by Diz so those of you who have not
attended may find time to attend and enjoy.

The Willing Group at Community Day Center

Tuesday Evenings 6:00 pm—7:00 pm

Big Book Study

Thursday Evenings 6:00 pm—7:00 pm

Open Discussion

466 West Tennessee Street

Tallahassee, FL—The Center is the small
building to the east of The Shelter.

Parking located behind the Community Center.

December Phone Report

(50 Calls Received by Volunteers)



1—12th Step

1—Al-anon

14—AA Info

32—Meeting Information

0—Agency Info

2—Miscellaneous

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

Happy A.A. Anniversary December 2005

Monticello Serenity Group:

Jeanie 8 years

Central Group

Lorrie 1, Sallie 1, Shay 1, Steve 1, Yolanda 1, Debbie S.
3, Rachel S. 3, Georgeann 7, Joe D. 7, Taylor 10, Sue E.
16, Tim H. 21

Living Sober & Happy Hour

Dana H. - 1 year

Rob W. - 1 year

Sergey - 2 years

Dorian B. - 4 years

Tracy T. - 4 years

Lee B. - 7 years

Malanie M. - 19 years

*IF ANYONE ELSE IN DISTRICT 5 MAKES IT FOR A
YEAR OR ANY MULTIPLE PLEASE LET ME KNOW!*



CELEBRATE!!!!

Digital Camera found at Jackson Masonic
after the Holiday Party. There are a few
pictures on the Camera. In the Tradition of
Anonymity I will not reveal the identity of
those who are pictured. IF YOU have lost a
camera please contact me and describe
your camera. I would love to find the
owner. Call Larry 567-8407

Learn from the mistakes of others.
You can't live long enough to make them
all yourself.