



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. January 2008 TALLAHASSEE, FL

Intergroup

Chairman—Craig F—Living Sober
Co-chairman—Mike F—New Hope
Secretary—Carol M—New Hope
Treasurer—Matt—Lake Jackson
Literature—Greg S—Home
Website—Andy E—Men's Faith
Activities—Laura A—Central
Membership—Vacant
Newsletter—Phanie & Tommy H.—
Living Sober

District 5

DCM—Joe D—Downtown
Alternate DCM—Susan E—Central
Secretary—Craig F.—Living Sober
Treasurer—Matt N—Central

Standing Committees

Public Info—Jeff D—Central
CPC—Steve H—Central
Treatment—Kevin T—Happy Hour
Corrections—David G—
Grapevine—Vern D—Northside
Accessibilities—Janis T—Willing
Archives—Rebecca—Central
Bridging the Gap—Danny P.—Central

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Christmas Message From Bill W.

Yes, it's in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted.

Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World.

How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth.

Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty, peace and joy have sprung out of the very midst of chaos. Great indeed, our blessings!

And so -- Merry Christmas to you all -- from the Trustees, from Bobbie and from Lois and me.

Bill Wilson
Christmas, 1944

Thank you so much April for sending this in... we should all remember this...

Experience, Strength and Hope

Tradition One

Our common welfare should come first; personal recovery depends upon AA unity

Before I came to AA, I tried numerous ways to get sober. None worked for very long. I now know that the reason was because I tried to do it on my own and never asked for help. In AA I found a community of kindred spirits; people united by a common peril. The people I met in the program understood where I was coming from because they had similar backgrounds and experiences. They knew the desperate situation I was in because they had been there. They wanted to help because by helping, they remained sober.

As I learned more about the program, I discovered that AA is anarchy. There are no rules and no bosses. All that holds us together are spiritual principles which we voluntarily choose to follow. We have an incentive to do so because to the extent we adhere to these principles, we enjoy a sober and serene life.

Whereas in the past I was driven by ambition, seeking power wealth and prestige, I now realize that I am but a small part of a greater whole. All GOD requires of me is to be an instrument of His will. I find peace and joy in knowing that I am doing what I believe to be the right thing and I no longer have the burden of worrying about the consequences. Often this requires personal sacrifice. Taking calls from people who are drunk in the middle of the night and asking for help. Staying up late not knowing what is going on. Waiting for them to call you back. At a point, realizing that I have no control over the situation and that I have to take care of my own family. Yet, being ready to help where I can.

- Anonymous

STEP ONE

“ We admitted we were powerless over alcohol — That our lives had become unmanageable”

The aspect of Step One that I identified with the most is the bankruptcy that is talked about in the second paragraph on page 21 of the 12 and 12.

On December 5, 2004 I was totally bankrupt. Spiritually, Emotionally, Physically and Financially. When I started working Step One with my sponsor, he had me honestly inventory just how bankrupt I was. It was shocking to me. By doing this, I was able to see exactly where I was and build that strong foundation that would support the rest of my actions in Alcoholics Anonymous. Today, I'm very grateful for the program and everyone I have had contact with in the program for helping me to have Hope, Dreams and especially Faith today.

Yours in Fellowship,
Mike I.

AA has taught me that I will have peace of mind in exact proportion to the peace of mind I bring into the lives of other people, and it has taught me the true meaning of the admonition “happy are ye who know these things *and do them*,” For the only problems I have now are those I create when I break out in a rash of self-will.

Our collective experience provides the wisdom of Step One as the essential ingredient of recovery. Once the alcoholic allows alcohol into her/his life, and inevitable process is initiated. The intake of alcohol increases in frequency and/or amount. The alcoholic devotes increasing amounts of energy in trying to maintain the illusion of control, leaving less energy available to manage the usual but complex operations of normal living. Or the alcoholic abandons any effort at control, essentially living to drink and drinking to live. We believe that the first kind of alcoholic will inevitably become the second if he/she continues to drink: obviously helpless regarding the use of alcohol, her/his life chronically chaotic, deeply mired in a “seemingly hopeless state of mind and body”. The alcoholic will – sometimes quickly and sometimes slowly – become powerless in a life she/he has no ability to manage.

Our experience also demonstrates that until the alcoholic reaches this personal hell of hopelessness, he/she will not be ready for recovery. It's evident that hell in this context is a very personal thing. One alcoholic's hell can be another alcoholic's heck, that there is a very wide range of tolerance for degradation of quality of life. However, until the alcoholic reaches the end of her/his personal rope, with not enough left to tie and knot and hang on, he/she cannot completely let go of the previous way of thinking and living which can result in nothing but powerlessness and unmanageability.

Then we say, “Welcome Home. We've got something for you.”

Intergroup 5 News

Positively Negative

We drank for joy and became miserable.
 We drank for sociability and became argumentative.
 We drank for sophistication and became obnoxious.
 We drank for friendship and became enemies.
 We drank to help us sleep and awakened exhausted.
 We drank to gain strength and it made us weaker.
 We drank for exhilaration and ended up depressed.
 We drank for "medical reasons" and acquired health problems.
 We drank to help us calm down and ended up with the shakes.
 We drank to get more confidence and became afraid.
 We drank to make conversation flow more easily, and the words came out slurred and incoherent.
 We drank to diminish our problems and saw them multiply.
 We drank to feel heavenly and ended up feeling like hell.
 When you keep putting yourself down, it is "mock humility." Real humility does not put you down but admits to the good qualities you do have but does not brag.
 Don't confuse activity with accomplishment.
 I have not been punished for my character defects; I have been punished by them
 We do the best we can each day--the best we are capable of at the time
 When we realize that life is not fair and we can not change that fact, we are starting to grow up.
 Man's chief end is to enjoy God and to glorify God.

Courage is faith that has said its prayers.

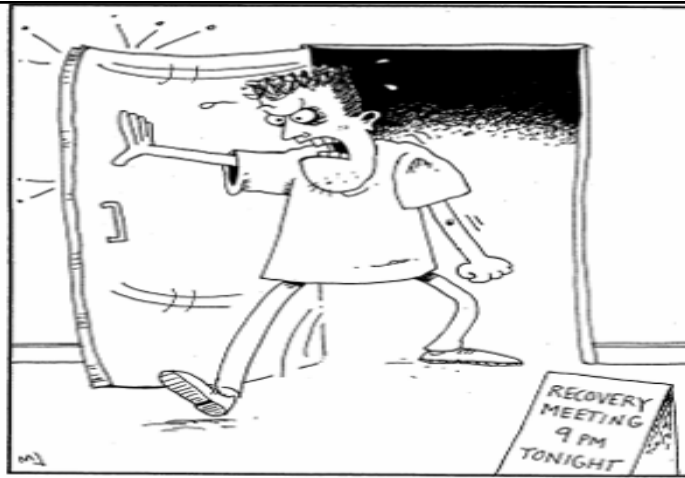
2007 Treasurer Reports by Month		
General Fund Activity	December	YTD
Alligator Point		
Apalachicola Bay Serinity	20.00	
Bradfordville		
Came to Believe		
Capital City		
Carabelle		
Central	200.00	
Detox (Grateful)		
District 5	530.92	
DownTown		
Havana Sunday Night	40.00	
Happy Hour		
Home group		
Lake Jackson		
Lloyd New Hope	30.00	
Living Sober	50.00	
Men's Faith		
Miracle Sunday nite		
Mustard Seed	39.44	
Nite Owl		
Northside		
Open Door		
Pathfinders		
Powder no Puff		
Quincy		
Singleness of Purpose		
Southside		
Willing		
Westside		
Contribution totals	910.36	8702.97
Anonymous Bequest/Donations		554.31
Faithful Fivers	100.00	175.00
Picnic/ Holliday Dinner Receipts	1047.00	1231.00
Flint River Roundup		100.00
Transfer from prudent reserve		1050.00
All fund sources totals	2057.36	11813.28
Due from Lit. fund		
Expenses:		
Rent	257.01	2997.62
Answering service		2848.25
Telephone	45.59	560.94
Internet install & monthly charge	51.96	613.60
Office coordinator travel	147.62	2048.91
Adjustment to above		(220.00)
Printing where/when	77.75	1079.50
Supplies/Paper/Printing		10.67
Picnic/Holiday dinner expense	380.00	842.33
State corp fee		61.25
Office Insurance		419.63
Expense totals	959.93	11262.70
Literature fund activity:		
Literature Sales	913.85	7298.55
Sales tax collected	66.93	539.18
Literature Purchases	794.40	7359.42
Shelves		
2006 Sales Tax remission		
Due to general fund		
Interest earned		

Events and Happenings

Current Events

Harvest Center New Beginnings Open AA Meeting: Tuesday nights at 8PM at the Harvest Center on the corner of Springhollow and Highway 259. For directions, call Pastor Graham at 850-997-4420.

Seize the Day (at Central) 9:30 am Saturday and Sunday, literature meeting, non-smoking, closed discussion.



**Without change
I am just a non-drinking drunk.**

**Serenity isn't
freedom from the storm; it is peace
within the storm.**

**WANTED
INTERGROUP
Office
Volunteers**

If you are willing to be of service, please contact
(850) 224-1818.

December Phone Report (19 Calls Received by Volunteers)



1—12th Step
4—Al-anon
4—AA Info
10—Meeting Information
604—Answering Service
—Miscellaneous
8,049 — Web Statistics

We need more Volunteers!
Please call 224-1818

WE NEED YOUR STORIES!!!

We are looking for people to write their stories, traditions or step that coincides with the month. If you can be of service to share your experience, strength and hope, please send them to mmessage@intergroup5.org. And if there is something that you want the AA community to know, i.e. birthdays, things happenings around town, new meetings or whatever, send that as well. The deadline for anything that goes in The Message is the last Wednesday of the month. We appreciate any help you can be. In Service,

Phanie and Tommy H.

Happy A.A. Anniversary

Central Group — Tim C. 1, Phil L. 1, Steve H. 3, Debbie S.T. 5, Chip 6, Joe O. 9, Georgeann 10, Sue E. 18, Frank R. 2, Peter S 22, Yolanda S. 3, Rebecca 10

Lloyd New Hope— Sallie-3: Jim M- 2:

Happy Hour/ Living Sober— Melonie M. 21: Tracy T. 6

***Celebrate Your
Success!***