



# The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC JANUARY 2009 TALLAHASSEE, FL

## **Intergroup**

*Chairman—Craig F—Living Sober  
Co-chairman—Mike F—New Hope  
Secretary—Carol H—New Hope  
Treasurer—Matt C—Nite Owl  
Literature—Vacant  
Website—Andy E—Men's Faith  
Activities—Laura A—Central  
Membership—Adam G—Central  
Newsletter—Sandy M & Julie W—  
Mustard Seed  
12 Step--Jeff D--Central*

## **District 5**

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

## **Standing Committees**

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

## **CONTACT INFORMATION**

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

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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*

I grew up in Southern California, the youngest of six children. From an early age, I can remember wanting people to like me and so my people-pleasing behavior began. Also, our family system dictated that it was not good to "rock the boat" and so my brother and sisters and I all learned to go with the flow. I had an unremarkable childhood; my father was the breadwinner and worked long hours and my mother had her hands full with the six of us - lots of activity and commotion - particularly among the five sisters. My parents were social drinkers - they never had a drink in the evening during the week, and I don't think I ever saw them have a drink without friends over. I never saw my parents have more than 2 drinks, and they were never inebriated. Alcohol was not a problem in my home - it was a non-issue.

I did well in school and was involved in many sports; I competed in gymnastics and was a cheerleader in high school. I had my first drink in high school - and I would drink with the rest of our crowd at parties. My drinking behavior was no different than any of my girl friends at that time - we liked sloe gin fizzes which made us giggle. I continued to drink through out college - mainly on weekends at parties. Still, my drinking was within the normal range - no different than my peers.

When my husband-to-be asked me if I would be okay without drinking when we were married, I said yes. Alcohol was not a big part of my life. I did not drink for the 17 years we were married. When we were divorced, I started going out with some single lady friends, and I would have a glass of wine or two. Soon, I realized that I liked the feeling from several glasses of wine and would keep wine at home. I would hide the wine from my daughters because their father thought alcohol was evil, and I didn't want them to know that I was drinking. Isn't there a saying that we are only as sick as our secrets???

I started to drink more and more and as I look back on those days, I know that I was using alcohol to self-medicate. I did not like my life and I felt helpless; I didn't see how things would get better. When my daughters confronted me and told me they thought I had a problem with alcohol, I was shocked. I thought I had hidden my drinking from them. They asked me to go to AA; my first meeting was at Central Group and I still can't believe that I went in. An old-timer met me at the back door and said this meeting is only for alcoholics. He asked me, "Are you an alcoholic?" I didn't think so - really didn't think so, but I told my girls I would go to a meeting and in I went.

It took me five long years to get it . . . yes, I am an alcoholic. I had to experience a lot of the "not yet's" - God had to use a two-by-four to get my attention! But over the last year and a half, I have learned that "willingness, honesty, and open mindedness are the essentials of recovery," and that God has done for me what I could not do for myself.

**Thanks for letting me share - Julie W.**

# Experience, Strength and Hope

## Step One

*We admitted we were powerless over alcohol-- that our lives had become unmanageable.*

I drank and drugged for 30 years. I realized that the same friends I began drinking and drugging with had finished college, had good marriages, etc. There was no doubt that something about me was totally different than them.

After many arrests, drunk-a-logs, troubles and pain, I mustered up the willingness to ask God for help and I really meant it. The very next day I was arrested. I went from jail to treatment.

Even though I had three DUIs and several arrests as a result of drinking, I refused to believe that I was an alcoholic and only thought of myself as an addict. Two days into treatment I discovered that I WAS an alcoholic in addition to being an addict. After two weeks in treatment, they hung the Twelve Steps on the wall. I hope I will never forget that day. I read Step One and experienced so much relief because I felt like someone other than myself had been through what I had been through.

I surely could relate to the second part of Step One because I knew that my life had been unmanageable since I was 19 years old. Even though I didn't realize it nor did I want to believe that I was an alcoholic, I had the second part of Step one down pat 30 years before I got to Alcoholics Anonymous.

When I read Step One, I immediately accepted the fact that I was powerless over alcohol and I knew that I had found what I had been seeking all those years. Praise God for Alcoholics Anonymous.

**Jimmie**

## Tradition One

*Our common welfare should come first; personal; recovery depends upon A.A. unity.*

My first experience with this tradition was with the last clause, though I had no idea at the time. I could never have found personal recovery were it not for A.A. unity. This unity, which all of the Twelve Traditions work together to preserve, insures that A.A. (the fellowship and the program) continues to exist and to offer hope to the alcoholic still suffering. A.A.'s ubiquitous and acceptable presence (made possible through decades of A.A. unity) made it safe for me to come in and once in, the common welfare, kept alive and expressed through the fellowship, led me to the program of recovery.

Today, as a person who experiences personal recovery because of A. A. unity, I feel it my duty and privilege to do my part to practice the first clause of this tradition - to see that our common welfare comes first. I do this in a variety of ways. In meetings, I try to remember that expressing my opinions and attitudes on any number of topics is not nearly as important as sharing my experience, strength and hope as it relates to my recovery from alcoholism. In group service, I try to remember that it is not as much about my doing a job for me as it is in getting it done to keep A. A. alive and attractive, running smoothly and effectively. In the business of our Society, I try to show up and do my part to keep things going, while peacefully accepting the group conscience when it may not be my way. And, while I don't do any of these things perfectly, when we all work to keep the spirit of this tradition - our common welfare and AA unity - through awareness and honoring of all the Twelve Traditions, our fellowship continues to live and grow and we continue to recover personally and to carry the message to other alcoholics.

**Bret**



# HAPPY NEW YEAR

## 2009



# Intergroup 5 News

## Intergroup 5 Meeting Minutes      Dec. 3, 2008

**Groups Represented:** Central, Downtown, Happy Hour, Living Sober, Lloyd New Hope, Nite Owl and Woodville. 5 IG5 representatives were present. 13 people attended.

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

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

**Office Report:** Volunteers are **still** needed! Please call the office. The report is reflected in *The Message*. The new **Where and When** for Fall-2008 can be downloaded from the web site. The number of calls has gone down. Please send meeting updates to Rob K., the Office Coordinator, will be compiling new and changed meeting information for the Winter version of the **W and W** to be printed after the first of the new year, so please send meeting updates to him ASAP.

**Literature Report:** Books and pamphlets are available for sale to all groups. \$306.00 worth of inventory was sold this past month.

**Activities Report:** Laura is lining up for a speaker for the Holiday Dinner on Dec. 13<sup>th</sup>. Groups are volunteering to provide meats (entrees) for the dinner. Any individuals willing to bring side dishes are encouraged to do so. Desserts will be graciously accepted also.

**Web Committee Report:** Please view the IG5 web site ([www.intergroup5.org](http://www.intergroup5.org)) and send comments or constructive suggestions and meeting errors such as times, locations, etc. to the Web Master, Debbie C. If anyone is interested in adding a page to the site, please contact her.

**District Report:** Susan E. - Alt. DMC and liaison to IG5 thanked us for allowing her to participate in the monthly meetings and wished us luck in the future of IG5.

**12 Step News:** Jeff D. is still revising the 12 Step Volunteers list. Please contact him if you are interested in being on the list. He will make a brief presentation at the Holiday Dinner on Dec. 13<sup>th</sup>.

**Old Business:** A motion was made and approved for Rob K. to be allotted \$50.00 to facilitate start-up on the new message/answering phone service, to begin on or about Jan. 1<sup>st</sup>.

**New Business:** 1. New Activities Chairpersons are expected to be Tracy G. and Rachel S.

2. Thanks to all the outgoing officers and chair people **AND** welcome to all the incoming folks from Craig F. - IG5 Chair (again!!!)

Submitted in Grateful Service, Carol H.

## December 2008 Treasurer's report

### General Fund

Checking:		<b>\$875.66</b>
Beginning Balance 11/30/08		<b>\$875.66</b>
<u>Contributions:</u>		
Apalachicola Bay		15.00
Bradfordville		300.00
Came to Believe		340.20
Central	200.00	
Crawfordville	30.00	
District Five	396.00	
Lake Jackson	50.00	
Lloyd New Hope		50.00
Mustard Seed		35.75
Nite Owl	37.00	
Singleness of Purpose		30.00
Sober Living		40.00
Southside	80.00	
Holiday Dinner/Raffle receipts		958.17
Total Contributions		<b>2662.12</b>
Less:		
<u>Disbursements:</u>		
Answering service		148.00
Office Coordinator Travel/Rel. Exp.		147.62
Holiday Dinner Expense		107.42
Internet monthly charge		56.96
Printing Newsletter/ W&W		75.75
Rent		257.01
Telephone		50.63
Transfer to Prudent Reserve		800.00
Total Expense Disbursements:		<b>1643.39</b>
Ending Balance 12/31/08		<b>1894.39</b>
Prudent Reserve Savings:		
Beginning balance 11/30/08		955.87
Interest earned		0.13
Transfer from General Fund		800.00
Ending Balance 12/31/08		<b>1756.00</b>
<u>Literature Fund</u>		
Beginning Balance 11/30/08		<b>2196.34</b>
Literature sales		168.64
Sales Tax collected		12.72
Total Receipts		181.36
Less: Literature Purchases/Tax		1147.01
Total Expenditures		1147.01
Ending Balance 12/31/08		<b>\$1230.69</b>

Thanks for the opportunity to serve, Matt C.

# EVENTS AND HAPPENINGS

## INTERGROUP 5 NEWS

**Web stats:** 5,424 pages were sent from Intergroup5.org's website.

**Phone Stats:** The phone volunteers at the Intergroup 5 office answered 65 hot line calls of the following types:

12step - 2, Al-Anon - 7, AA info - 13, Misc. - 1, Agency info - 2, Meeting info - 40

Thanks to all the intergroup phone volunteers for helping others into recovery and life.

Do you want to be useful? Do you want to give back to AA? Volunteer now - call Rob K @ 850.545.3833, the Intergroup 5 office @ 850.224.1818 or email [office-coordinator@intergroup5.org](mailto:office-coordinator@intergroup5.org)

### Happy A.A. December Anniversary

**Bradfordville:** Susan K. - 1, Holly H. - 11

**Capital City:** Mimi G. - 13, Patsy P. - 22, Barbara K. - 23

**Central:** Frank H. - 3, Sallie - 4, Steve - 4. Debbie S. T. - 6, Rachael S. - 6, Joe D. - 10, Georgeann - 11, Sue E. - 19, Bill E. - 21, Peter S. - 23

**Living Sober, Happy Hour & Conscious Contact:** Marylu - 1, Michelle - 1, Charles B. - 2, Jim Mc. - 3, Mikey - 3, Tracy G. - 7, Pebo - 15

**Lloyd New Hope:** Jim M. - 3, Sallie D. - 5

**Monticello Serenity:** Robin - 2, Jeanie - 11, Janice - 28

### EARLY MEMBERSHIP

In an October 1, 1940 report to the Trustees, Bill W. estimated the A.A. membership as follows:

Akron, Ohio 200  
 Jackson, Mich. 15  
 Baltimore, Md 12  
 Little Rock, Ark. 27  
 Camden, NJ. 5  
 Los Angeles, Cal. 100  
 Chicago, Ill. 100  
 New York City 150  
 Cleveland, Ohio 450  
 Philadelphia, Pa 75  
 Coldwater, Mich. 8  
 Richmond, Va. 20  
 Dayton, Ohio 6  
 San Francisco, Cal. 15  
 Detroit, Mich. 30  
 Toledo, Ohio 6  
 Evansville, Ind. 24  
 Washington DC 100  
 Greenwich, Conn. 25  
 Waunakee, Wis. 20  
 Houston, Texas 30  
 Youngstown, Ohio 15

**22 Cities 1433 Total Members**

## CURRENT EVENTS

**Flint River Roundup:** March 13 - 15, 2009

Hilton Garden Inn

Albany, GA

Flyers can be found at most meetings

**District 5 Meeting:** January 21, 2009

**Area Assembly:** January 9, 10 & 11, 2009

Paramount Resort & Conference Center, 2900 SW 13<sup>th</sup> St. Gainesville, FL 32608. (352) 377- 4000 or 877-992-9229

### IMPORTANT JANUARY DATES IN AA HISTORY

Jan 1929 - Bill Wilson wrote 3rd promise in Bible to quit drinking.

Jan 1940 - Akron group moves to new home at King School.

Jan 1944 - Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".

Jan 1944 - onset of Bill's 11 years of depression.

Jan 1946 - Readers Digest does a story on AA.

Jan 1948 - 1st A.A. meeting in Japan

Jan 1951 - Grapevine publishes memorial issue for Dr. Bob.

Jan 1958 - Bill writes article for Grapevine on "Emotional Sobriety".

Jan 2, 1889 - Sister Ignatia born, Ballyhane Ireland.

Jan 3, 1939 -1st sale of Works Publishing Co stock recorded.

Jan 5, 1939 - Dr Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere".

Jan 6, 2000 - Stephen Poe, compiler of the Concordance to Alcoholics Anonymous, died.

Jan 8, 1938 - New York AA splits from the Oxford Group.

Jan 10, 1940 - 1st AA meeting not in a home meets at King School, Akron, Ohio.

Jan 13, 1988 - Dr Jack Norris Chairman/Trustee of AA for 27 years dies.

Jan 13, 2003 - Dr Earle Marsh sober for 49 years, author of "Physician Heal Thyself" died.

Jan 15, 1937 - Fitz Mayo brings AA meetings to DC.

Jan 19, 1944 - Wilson's returned from 1st major A.A. tour started in Oct 24 1943.

Jan 19, 1999 - Frank M., AA Archivist since 1983, died peacefully in his sleep.

Jan 21, 1954 - Hank Parkhurst who helped Bill start NY office dies in Pennington, New Jersey.

Jan 24, 1918 - Bill marries Lois Burnham in the Swedenborg Church in Brooklyn Heights.

Jan 24, 1945 - 1st black group St. Louis

Jan. 24, 1971 - Bill Wilson dies at Miami Beach, FL.

Jan 25, 1915 - Dr. Bob marries Anne Ripley.

Jan 26, 1971 - New York Times publishes Bill's obituary on page 1. Bill prepared his own Obit, 8 columns full

Jan 30, 1961 - Dr Carl Jung answers Bill's letter with "Spiritus Contra Spiritum".

End of Jan 1939 - 400 copies of manuscript of BB circulated for comment, evaluation and sale.

**DIZ T.**