



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. January 2011 TALLAHASSEE, FL

Step 1

We admitted we were powerless over alcohol— that our lives had become unmanageable

Oh, that defining moment when I chose to admit defeat. Do I join these yahoos or do I continue to live the lie? For many years since my first 12 step meeting, I said I was an alcoholic, but deep down I didn't feel like one. That was because I was still running the show and still trying to find a way to still participate in the self-destructing behavior that was killing my spirit. The thought of giving up control frightened the bejeezes out of me. To participate in a change that was nothing more than living a different way of life.

In and out of twelve step rooms for nine years and going nowhere fast. Something had to change. So, I did what I knew best, prepared that one last hoorah. Then, I will work this new way of life. I lived 450 miles from the home I grew up in and I was homesick for some of my Mother's cooking. I told her I would be home for the holidays. Could you cook a dinner for us? My Mom was more than happy to do so. I had a two week vacation. The first week I would spend it with my poor old gray haired Mother (which is how she refers to herself) and take care of some maintenance on the home I grew up in. The second week would be spent driving back to Tallahassee, stopping off in any and all towns to get wasted. I returned home and was drunk within 12 hours. Stood my Mother up for that dinner I so desperately wanted. After my binge, when I finally returned home, the guilt and remorse kept me quiet for two days. As I lay on the couch, my Mom sitting in her recliner right next to me. She finally spoke and asked if I was ever going to speak? I had been preparing the words to say to her for two days. I said, "there is nothing I can tell you that you have not already heard. I must go back to Tallahassee and accept that I'm an alcoholic.

Just a play on words, but a play that is necessary for me. I could admit the fact that I was an alcoholic. The problem was, I was extremely dishonest with myself. When I spoke those first words to my Mother, I knew from that point honesty needed to be the beginning for my recovery. Come to find out this is the principle behind step One. Also, while I was observing silence from the guilt and remorse, two words kept ringing through my head. Incomprehensible demoralization. Over and over these words rang through my head like a bad song. The problem with that is that there is an adjective before those two words and that adjective is pitiful. I lost the ability to control my drinking. I had been going to enough meeting to know a little something about nothing. Those words ringing through my head were a constant reminder of what I needed to do. That was to stop ingesting substances that controlled how I felt.

There are two parts to step one, The first part admitting I was powerless. The other is the unmanageability. It is my understanding, to be successful in AA all one has to do is practice the first half of step one. This includes not drinking. For me today, to admit I'm powerless over anything and then participate in the very act I admit powerlessness to, is insane.

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

Intergroup 5, Inc.

1106-H Thomasville Road
 Tallahassee, FL 32303
 (850) 224-1818
 Website: www.intergroup5.org
 ****Office Hours****
 Monday, Wednesday & Friday
 4:00pm-7:00pm
 Literature Hours also by appointment
 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

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

FROM THE BB

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized

by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the **first step** in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic

ever recovers control. All of us felt at times that we were regaining control, but such intervals -- usually brief -- were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing a making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't done so yet.

Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.

Intergroup 5 (IG5) Representative Meeting Minutes *unapproved*
Date: December 1, 2010

Groups Represented:

Bradfordville, Central, Living Sober, Mustard Seed, Singleness of Purpose

14 people total were in attendance. (Groups listed above come from attendees who identified themselves as IG5 representatives for their home group.)

Secretary's Report:

Minutes from November 2010 IG5 representative meeting approved and accepted with amendment; Last item under **New Business** to read: "There were questions about how Intergroup decides what is and what is not listed on the Where & When; reps will take back to their groups for discussion to get a group conscience and bring back to the next rep meeting."

Treasurer's Report:

Report approved & accepted.

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 helping people with literature. Volunteer opportunities are available; if you would like to volunteer to man the office, send an email to exec-comm@intergroup5.org.

Literature Coordinator Report:

3 of 8 purchases for this month were made at the Gratitude Dinner.

Total sales this month: \$487.18

Value of on-hand inventory: \$3698.00

Inventory & Sales reports approved & accepted.

Activities Report:

The IG5 Holiday Party will be December 11, 2010 at the Jackson Masonic Lodge. The format of the speakers will be an old timers panel; speakers should show up no later than 6:30pm to sign up for the panel.

There is a suggested \$5 donation, but no one gets turned away.

Looking for volunteers to help; be at the lodge at noon to help with setup.

Activities chair position is open at the end of this month.

Web Committee Report:

Website traffic is decreased from last month.

Two meeting changes were posted to the website this month (Bradfordville & Night Owl)

Webmaster is trying to confirm whether or not the Night Owl group meets on Thursday nights.

Google Analytics IG5 website statistics

Highlights for November 1, 2010 – November 31, 2010:

856 total visits, 565 unique visitors

1,344 page views, 1,107 unique views

54.79% new visits, 70.91% bounce rate (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): Home Page (default.html) =1,035, Contact Page=55, Message=50, Links=40, and Documents= 30

District 5 Report:

Corrections Committee needs literature to take to the facilities (Pink Can donations).

There are still some open positions at District; there is especially a need for a treasurer.

The next Area assembly will be held at the new meeting place in St. Augustine; see their website for more info:

(<http://www.aanorthflorida.org/>)

The Message:

The theme this month is the 12th step: "Carrying the Message".

We need content contributors; please send all info that you wished to be published to message@intergroup5.org by the last Wednesday of the month.

Copies of the Message are available on the website (<http://intergroup5.org/newsletters.html>)

There was a motion to remove "Membership – Vacant" from the front page since there is no longer a Membership chair position at IG5 (approved).

12 Step News:

A Help Line volunteer emphasized the need for more people willing to be on the 12 Step Call List; if you are interested, please email the 12 Step coordinator at HelpLine@intergroup5.org.

Volunteers are also needed for people to be on the rotation to answer incoming calls to the IG5 Help Line (calls forwarded to home/cell phone); the more people available, the more flexibility is afforded in scheduling.

There is a meeting on Thursdays at 7pm called the Downtown Service Group (meets at Trinity United Methodist Church, 120 W.

Park Ave.). This group has "adopted" the IG5 Help Line and will be assisting the 12 Step Committee; other types of service are discussed besides the Help Line. All AA members are invited to attend.

30 day stat: IG5 Help Line received 524 calls last month.

Old Business:

Where & When discussion tabled to allow group reps to get feedback from their home groups; some still have to bring before their group business meeting.

New Business:

No new business this month.

**In Service,
David G.**

The Message

On Tradition One

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

Editorial by Bill W.

A.A. Grapevine, December, 1947

"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."

Our whole A.A. program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts."

Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "Judge not," we observe most literally.

"But," some will argue, "if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we A As cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but "a small part of a great whole."

Bill W. The A.A. Grapevine, December, 1947

Conferences and Other Events

District 5

Monthly Business Meeting

January 19th, 2011

3rd Wednesday each month

Faith Presbyterian corner of John Knox & Meridian

North Florida Area Assembly
Jan 15-16, 2011

The Renaissance Resort

500 South Legacy Trail

St Augustine, FL 32092

904-940-8000

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

December Anniversaries

Bradfordville: Tony-7, Holly H-13, Ali H-40

CASA: Rob W-1, Mary Beth-1, Julie S-2, Amy-3, Pebo-17,
Paul F-23, Peter S-25

Central: Rob-1, Sarah-1, Zach-1, Julie-2, Michael Paul F-2,
Tim-2, Lauren-3, Todd E-5, Steve H, Sallie-6, Rachael-8,
Debbie ST-8, Bobbie C-12, Georgann-14, Sue E-21

Downtown Service Group: Joe D-12

Lloyd New Hope: Jim M-5, Jeanie-13, Melanie M-24

Mustard Seed: Carol C-19