



TRUSTED SERVANTS

Intergroup

Chairman—Ron L—Northside
Co-chairman—Mike L—New Hope
Secretary—Craig F—Living Sober
Treasurer—Greg S—Home Group
Literature—Pat C—Crawfordville
Website—Andy E—Men's Faith
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—Rita C—Central
Treatment—Rachel S—Central
Corrections—Mike L—Lloyd
Grapevine—Vern D—Northside
Bill S—Accessibilities—Northside
Archives—Rob K—Pathfinders
Bridging the Gap—Gail H—
Powder-No Puff

CONTACT INFORMATION

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Tallahassee, FL 32303
(850) 224-1818

Website: www.intergroup5.org

Newsletter: Send info to

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District 5

P.O. Box 12352
Tallahassee, FL 32317-2352

NFACAA—Area 14

Area Treasurer
C/O Rick B.
PO Box 4933
Winter Park, FL 32793

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC. JULY, 2006 TALLAHASSEE, FL

From bookkeeper to accountant to waitress to bartender to office manager to owner of a real estate investment and development company, all the while bouncing from coast to coast, it's been a long and busy ride.

Now life has never been better. And the "better" only started nearly nine years ago, on Aug. 5, 1997, after giving up a case of beer a day washed down by a pint of peppermint schnapps. (Can you smell beer after drinking peppermint schnapps?)

The pressures all came together in August 1997. After breaking up with a boyfriend about the same time of being arrested for driving a car with expired Florida plates while on the west coast. I knew I was in trouble when that happened. Four years earlier, I fled to Florida to escape a DUI charge. I was certain now that I was going to jail. A friend told me, I might get a deferred sentence if I could show the judge that I was in treatment.

I didn't believe I was an alcoholic because I didn't drink every day, but an intake counselor at a treatment center begged to differ. "You're a middle to late stage alcoholic," the lady said. I told her she was full of it, but agreed to go to outpatient counseling.

Six months into sobriety, that DUI was still hanging over my head. I decided it was time to face the music. "It was the scariest day of my life," "I knew they'd slap me in handcuffs and throw me in jail. But I was willing to go to any length." To my surprise, the court gave me a break. God has been good to me. I'm combining service work with my career.

There are two recurring issues in the AA program: 1) drugs other than alcohol and 2) foul language in meetings.

"I think we need to leave the larger problems of drugs to other programs. We have a singleness of purpose, talking about recovery from a hopeless state of mind and body. As for bad language, it's my experience that it's just a form of communication, especially for people in early recovery. I've cleaned up my own a lot, and I'm still working on it. The longer people are in the program, as they find spiritual awakening, their language cleans itself up."

We need help! Can you answer the phones or be on the 12th step call list? Please call 224-1818 or write message@intergroup5.org and volunteer!

Oh Lord, I ain't what I oughta be; I ain't what I wanta be; I ain't what I'm gonna be; but oh Lord I thank you that I ain't what I usta be.

District 5 News

DISTRICT 5 DCM Report – June 21, 2006

Alcoholics in action are staying sober and carrying the A.A. message throughout District 5. It was my pleasure to visit the following groups this past month:

Central Group, Crawfordville Group, Grateful Group, Downtown Group, Happy Hour Group, Havana Sobriety Group, Home Group, Lake Jackson Group, Living Sober Group, Lloyd New Hope Group, Madison Group, Miracle Group, Monticello Serenity Group, Mustard Seed Group, Nightowl Group, Northside Group, Open Doors Speaker's Group, Panacea Brown Bag Group, Pathfinders Group, Perry's Winners, Powder No-Puff, Quincy Group, Singleness of Purpose Group (Woodville), Rule 62 Group (Crawfordville), St. George Island Group (Eastpoint Meeting), St. Marks Group, Sober Shores (Alligator Point), Southside Group, Spanish Meeting (new), and the Willing Group.

You may have already seen the General Service display board which I am setting up in meeting rooms when I visit the groups. It gives an overall picture of our service structure, the vehicle we use to carry the message to the alcoholic who still suffers. If your group would like me to give a brief presentation of the General Service structure of A.A. at your business meeting or at the close of a regular meeting, please don't hesitate to contact me at 322-5173. In addition, I will be glad to come to your group and have discussion on the A.A. Traditions. with gratitude and appreciation, Kathy

Singleness of Purpose

The more A.A. sticks to its primary purpose,
the greater will be
its helpful influence everywhere.

Reprinted from *Alcoholics Anonymous Comes of Age*, page 109, with permission of A.A. World Services, Inc.

CONCEPT VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

Reprinted from *The A.A. Service Manual Combined With Twelve Concepts for World Service* by Bill W. 2005-2006 Edition, page 29, with permission of A.A. World Services, Inc.

Letter From Your Disease

"Hello, Just in case you forgot me, I am your disease. I hate meetings, I hate higher powers, I hate anyone who has and works a program. To all who come in contact with me, I wish you suffering and I wish you death. Allow me to tell you about myself. I am the disease of alcoholism...." —Author Unknown—

Casey came home from the doctor looking very worried. His wife said, "What's the problem?" He said, "The doctor told me I have to take a pill every day for the rest of my life." She said, "So what? Lots of people have to take a pill every day their whole lives." He said, "I know, but he only gave me four pills!"

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require a hip replacement. The first patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week. The second patient sees his family doctor after waiting a week for an appointment, then waits six weeks to see a specialist, then gets an x-ray, which isn't reviewed for another month and finally has his surgery scheduled for three months from then. Why the different treatment for the two patients? The first is a golden retriever. The second is a senior citizen.

TRADITION SEVEN

(Long Form)

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over, property, money, and authority.

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(Short Form)

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Reprinted from *The Twelve Steps and Twelve Traditions*, page 160, with permission of A.A. World Services, Inc.

Intergroup 5 News

Intergroup 5 Minutes June 7, 2006

Groups Represented: Central, Happy Hour, Home Group, Lake Jackson, Living Sober, New Hope, Northside, Pathfinders, Rule 62, Southside [There were 12 people in attendance, representing 10 groups].

Secretary's report: Accepted **No Literature report.** **No Web Committee report**

Treasurer's report: Accepted (Picnic Expenditures will be reflected in next month's report).

District: District 5 will be hosting a breakfast to promote service on Saturday June 24, 9 – 11 am. Flyers are being distributed. There will be a Traditions workshop on July 29th on St. George Island. Please see any GSR to get involved!

Office Report: In *The Message*; volunteers are needed for to man the phones and to be added to the twelfth step call list. Rob K. asked about the training for new volunteers, Larry said it takes about 10 minutes.

The Message: Larry had had interest in the editing responsibilities for *The Message*.

Activities report: Picnic was a great success. Left-over perishable items were given to Joe D. for the Founder's Day Florida Style Convention. Left-over cups, plates, etc. are in the IG office. Kudos to Matt and his crew for a job well done.

Old Business: Greg paid out \$250 to Matt for the Picnic, per IG's authorization. What about the additional \$53.30 and \$16.90 that he has been given in receipts? Also, these receipts do not include the money that was given directly to Matt for Picnic supplies by several groups. **Motion made:** IG authorized the remaining expenses from the picnic totaling \$69.31 to be paid to Matt C. and Rob K. (\$53.30 and \$16.01, respectively). **Motion Passes.**

---Mike L. suggests money to be paid to the scholarship fund for the Founder's Day Convention in IG name. Rob K. mentions that District has chosen to give money in the spirit of cooperation, but says that there was a discussion at the District meeting that revealed that there is a thin line between cooperation and affiliation. Ron L. does not believe it to be appropriate for IG to give money. It would be better for individual members to do so, if they feel compelled to help. Larry adds that the Founder's Day convention should not be affiliated with IG.

---With the answering service, twelfth step calls need to be made by men for men and by women for women. Larry will email the answering service to ensure that they are aware of this.

New Business: Larry has been approached about a young lady with 4 months of sobriety whose sponsor supports her in a petition to answer the phone at the IG office (6 months is the guideline). The sponsor will accompany her to the office for the first few weeks of service. Matt says that he believes the 6 month guideline should be upheld; there are other ways to serve in AA at four months. Ron L. says that he considers two things in a situation like this 1) will the ego be inflated, and 2) will the service work detract from working the program? **Motion made** by Richard: If 6 months is the guideline that we use to determine who is eligible to answer the phones, let's uphold the guideline, and suggest the young woman find other avenues of service for the time being, and that we would welcome her offer in 2 months time. **Motion passes 6 -4.**

---Referring to the surplus of funds in the account: **Motion made:** We will reimburse Larry for the cost of printing *The Message*, 250 copies a month (at an estimated rate of \$55.70 for printing on white paper, and \$77.75 for printing on color paper). **Motion passes.**

---**Motion made:** We will reimburse Larry for the cost of printing the *Where and When*, 1000 copies at a time, as needed (at an estimated cost of \$64 per/1000 copies). **Motion Passes.**

---Larry proposes to make bookshelves for the IG office (he passes around a picture of a similar shelf that he has built himself that cost around \$35-\$40 for him to make). **Motion made:** Larry is authorized to build bookshelves for the IG office at an expense not to exceed \$40; then to install the shelves at the office. **Motion Passes.**

---Larry wants to discuss some ways to offset the cost of printing *The Message* such as having a subscription service available to members. Tabled until next month.

---Rob would like to display some of the districts archival materials at the IG office. Tabled until next month. Also, Rob will be cutting CDs of Diz's Big Book History and of the Anonymity Workshop.

Submitted in grateful service, Craig F.

June 2006 Treasurer's Report

General Fund

Checking: Beginning 5/31/2006 Balance	\$ 1,538.48
<u>Contributions:</u>	
Apalachicola Bay Serenity	20.00
Capital City	45.00
Central Group	200.00
Grateful (Detox)	500.00
Living Sober	146.00
Open Door	25.00
Total Contributions	936.00
Less: <u>Disbursements:</u>	
Rent	248.32
Picnic Expense	319.00
Picnic speaker gas	50.00
Office Insurance (annual)	415.48
Answering Service	181.75
Office coordinator travel & related exp	220.00
Telephone	43.46
Total Expense Disbursements	1,478.01
Ending 6/30/2006 Balance	\$996.47
Prudent Reserve Savings (3 average months operations):	
Ending 6/30/2006 Balance	2,001.66
Literature Fund	
Beginning 5/31/2006 Balance	1,892.79
add:	
Literature sales	227.60
Sales Tax collected	17.10
Total	244.70
less: Total expenditures	0.00
Ending 6/30/2006 Balance	2,137.49
Total accrued 2006 sales tax liability	(158.83)

Events and Happenings

Current Events

July 9— Corrections—Treatment —Bridging the Gap 3PM
At Central 909 N Gadsden St

July 14-16—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

July 19—District 5 monthly meeting, Faith Presbyterian
Church, Meridian and John Knox Road, 7:00 pm.

July 29—Traditions Workshop Presented by Past DCMs of
District 5 Ed V., Jack R., Judy P., Neal B., Nell McC.
10:00am—1:30pm
1:45pm—3:00pm lunch
625 West Gulf Beach Drive
on St George Island

August 2—IG 5, Inc. monthly meeting, Faith Presbyterian
Church, Meridian and John Knox Road, 7:00 pm.

The Saint Marks Group Open Discussion
Monday and Thursday Evenings 7:00 pm
Location: First Baptist Church (Annex)
14 Shell Island Road
St. Marks, Florida
Contact: John B. 925-7735

(Reserved for the Founders Day Florida Style Report)
—?—

Lord:
In the past several hours I have not hurt any one. I
have not drank. I have peacefully coexisted with life.
For that I am grateful.
But I'm about to get out of bed now and I'm really
going to need your help.

AA = Absolute Abstinence
AA = Altered Attitudes
AA = Attitude Adjustment
AA = Adventurers Anonymous

ALCOHOLICS = A Life Centered On Helping
Others Live In Complete Sobriety
ANONYMOUS = Actions Not Our Names Yield
Maintenance Of Unity and Service

June Phone Report

(55 Calls Received by Volunteers)



- 1—12th Step
- 0—Al-anon
- 12—AA Info
- 36—Meeting Information
- 2—Agency Info
- 4—Miscellaneous

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

(Reserved for the District 5 Breakfast & Sharing Report)——?

FEAR = Failure Expected And Received
FEAR = False Evidence Appearing Real
FEAR = False Expectations Appearing Real
FEAR = Fear Expressed Allows Relief
FEAR = Feelings Every Alcoholic Rejects
FEAR = Fighting Ego Against Reality
FEAR = Forget Everything and Run
FEAR = Face Everything and Recover
FEAR = Frantic Efforts to Appear Recovered

Happy A.A. Anniversary June 2006

Central Group

Keith G. 1, Dora 1, Jenny 2, Brett L. 2, Dona Lee 3,
Blair 3, Andrew 3, Doug W. 3, Van I. 11, Sabrina 17,
Stanley 21, Phil S. 23

Living Sober & Happy Hour

Keith G. - 1 year
Wes the Mess - 1 year
Carol M. - 2 years
Bennett C. - 9 years
Carla H. - 11 years
Jack S. - 14 years



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

Celebrate!