



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC JULY 2009 TALLAHASSEE, FL

Intergroup

Chairman—Craig F.—Living Sober
Vice Chairman—Mike F.—New Hope
Secretary—Christy T.—Happy Hour
Treasurer—Carol H.—New Hope
Literature—Vacant
Website—Debbie C.—Open Door
Activities—Tracy G.—Happy Hour
Office Coordinator—Pete S.
Membership—Vacant
Newsletter—Sandy M & Emily B -Mustard Seed
12 Step—Jeff D.—Central

District 5

DCM—Holly H.—Bradfordville
Alt. DCM—Donna W.—Happy Hour
Secretary—Matt N.—Central
Treasurer—Tracy I.—Bradfordville

Standing Committees

Public Info—Vacant
CPC—Vacant
Treatment—Kris C.—Central
Corrections—David G.—Happy Hour
Grapevine—Michael L.—Happy Hour
Accessibilities—Vacant
Archives—Vacant
Bridging the Gap—Vacant

I guess this is where I talk about what it was like when I first started to drink. I must say that this story is very similar to that of many alcoholics in recovery. My childhood is not something that I like to talk about that much. I'm the son of an alcoholic mother and a criminal father. When I grew up I was not taught morals or the difference between right and wrong. In fact I learned how to use and abuse at a very early age. I got a great head start on the way to becoming an alcoholic. I will also say that my parents did the best that they knew how.

My first drink was when I was thirteen years old. I was playing a friendly game of beer pong with my cousins and needless to say I lost. I remember my family had a blast beating the hell out of me while I was drunk. I also remember a feeling that I chased for the remainder of my using career. I felt alive. That's the only way I can describe it. Drinking seemed to fill the emptiness inside of me. I was able to do anything. I felt like Bruce Banner turning into the incredible hulk. For the rest of my drinking and using career I destroyed everything in my path. I did not care about any of the consequences or about the people that I hurt. I destroyed every job, my education, relationships, and my serenity.

At the end of my drinking career I felt empty and scared. I had never felt so alone in my life. I was at a point where I needed to change. I had already been in and out of rehab and could not stay sober. I was using on a daily basis just to keep from going crazy. But I really needed things in my life to change. I was sick of all the same old shit that I had been creating. Life sucked!! Just for some insight, I was twenty three, uneducated, in debt, spiritually bankrupt, and humiliated beyond repair. I was ready!!

I contacted someone I knew from the rooms and started my journey. I was desperate and did as I was told. I was told in the beginning that if I wanted to stay sober and have a happy life I needed a sponsor to help me work the steps of Alcoholics Anonymous. So I did just that. I got a sponsor and worked the steps. The rest is history. I have experienced extreme highs and lows in this program. I have learned that this way of life is a commitment to keep growing. That is the coolest gift about this program. I was given the opportunity to grow up. I have a great life today. All I had to do was to trust a fellow alcoholic.

CONTACT INFORMATION

Intergroup 5, Inc.

1106-H Thomasville Road
Tallahassee, FL 32303
(850) 224-1818
Website: www.intergroup5.org

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



Experience, Strength and Hope



Step Seven

Humbly asked Him to remove our shortcomings.

Step 7 is the action of our willingness to change. Through working the first six steps of the program of recovery, we have brought to light those things about us which have caused harm to ourselves and others. We have inventoried and accepted "some big chunks of truth about [ourselves]." (Big Book, pg 71) Step 7 is where we again take action and ask for help. If we have been thorough in identifying our defects of character, we know what we have to give up. Step 7 involves action on our part to stop acting in a way we are used to, and a dependence on our Creator to back up our efforts. We can exert our will to make these changes, but it is our reliance upon a power greater than ourselves that gives us the courage to change. The idea of God *as we understand Him* is not a definition, it is an experience. Perhaps we should say "God, as we experience Him." But just how is this to be accomplished?

We humbly ask Him to remove our shortcomings. We might seek stillness and quiet to analyze our every defect with God, looking at how they manifest in our life. At step 7 we adopt a plan of action for our new life, looking to the principles of what we want to be for God and others. We can create our own prayer asking for help and guidance. We may not know how to act in this new life, but there is one who has all power, and He will always provide the answers when we pause and ask. The pain of giving up is always met with amazing results. We are lightened of the burden of ourselves. We now know humility is not bowing down, nor is it lowering oneself. It is simply becoming what we were created for. When we experience aligning our will with God's, we are well on the way to spiritual recovery. It is a remarkable journey filled with hard work, truth, acceptance, and many tangible blessings. We can work step 7 everyday, just for today. We hope you will join us in the 4th dimension.

Carly R.

CORRECTIONS CORNER

The DOC consultant was asking if anyone from our "organization" would be interested in participating. I forwarded the message to a District 5 AA member who currently attends meetings at that facility and he will gather more information. These Re-Entry seminars will be conducted at other state facilities in our district in the future, so I will pass along any info as I get it. Please announce the Pink Can at your home groups.

In service, David G.
corrections@intergroup5.org

Happy A.A. June Anniversary

Bradfordville: Kakki B.-1, Terry-8

Central : Bryant-1, Elizabeth-1, Mark F.-1, Tracy G.-1, Edward S.-2, Brett L.-3, Garret K.-3, Susan B.-3, Dora-4, Jenny T.-5, Tom F.-8, Bennett-12, Dana R.-14, Van J.-14, Sabrina-20, Stanley P.-24, Michael M.-25, Phil S.-26, Chester-33, Bob H.-35

Living Sober, Happy Hour & Conscious Contact: Becky-1, Carla-2, Donna W.-8, Joe W.-12, Jack S.-17

Monticello Serenity: Judy A.-14, Charlie C.-34

Mustard Seed: Melanie T.-19, Patty K.-29





Experience, Strength and Hope



Tradition Seven

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

At first glance the Seventh Tradition seems simple. Understanding its practice and implications requires bit of study. The long form of the traditions, convenient, but hidden in the appendix of our Big Book provides definition.

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.

Bill Wilson and the founders were students of history; they well knew that the developing fellowship of Alcoholics Anonymous was not walking on new ground. Their study of previous movements, chronicled in the conference approved "Not-God", A History of Alcoholics Anonymous, enlightened them to the critical importance of singleness of purpose. Experience demonstrated the pitfalls that spawned Bills concerns over what distracts the group from its primary purpose of carrying the message; spiritual orientation, autonomy and cooperation as a distinct alternative to affiliation.

At first glance, Tradition Seven seems to restate much of Tradition Six; evidently A.A.'s early years offered the founders a lot of opportunity to explore the affects of money and property on the psyche of alcoholics. While Tradition Six Provides guidance related preserving the groups autonomy from external though often related organizations ("money property and prestige") Tradition Seven charges us with the responsibility to proactively support ourselves yet refrain from accumulating funds beyond a prudent reserve ("property, money and authority"). Both provide for autonomy.

My own experience as a member of several groups and several AA related and separately incorporated non profits, the example of the application of the seventh Tradition provided in the 12&12 has proved useful then true. I have been convinced that all the traditions in consort are essential to the survival of our fellowship; the issues facing groups are complicated and the pressures felt intensely but the solutions are often simpler than they first appear. Money and authority are especially tough for alcoholics. Also, history does repeat itself; group problems are not unique and the GSO has resources at our disposal.

Matt's insightful commentary last month about Night Owl thriving after the loss of their meeting place could have been written with slight variation at least three times in the group's history. Jack Buford (now Bob H.) often talked about how many groups had been formed as a result of "discussions" over money.

Finally, last year we witnessed the end of the Southside Group. Help from within, help from without and expectations that the group could not get their arms around did in the once powerful and autonomous spiritual entity. Another lesson.

Stanley P.

Web stats: 11,577 pages were sent from Intergroup5.org. That is more than double the pages sent this time last year!!

Phone Stats: The phone volunteers at the Intergroup 5 office answered 49 hot line calls:

12step -	1
Al-Anon -	1
AA info -	12
Meeting Info -	32
Misc. -	3
Total :	49



EVENTS AND HAPPENINGS



INTERGROUP 5 NEWS

CONFERENCES & OTHER EVENTS

INTERGROUP 5 MEETING MINUTES JUNE 2009

Groups Represented: Happy Hour, Lloyd New Hope, Lake Jackson, Downtown Young People's Group, Central, Home Group, Bradfordville, Living Sober and Woodville. 16 people attended; 7 IG5 representatives were present.

Secretary's Report: Approved and accepted.

Treasurer's Report: Has not received insurance bill yet; will call to inquire. Approved and accepted

Office Report: The phone system is up and working. It will be quite a savings financially from the answering service before. There were 441 calls in May. Will plan a meeting for those interested in volunteering. Need to fill more shifts from people willing to make a commitment. Making an announcement at the Founder's Day Picnic in regards to meeting with those interested. In addition, since the entire day of meetings must be recorded on the answering machine in order to make one update we will only update (re-record) message quarterly when the When & Where's change. Let's give a big shout out to "answering machine voice" for doing a great job!! Have you figured out who's voice it is yet???

Literature Report: The representative has stepped down and we need a new volunteer.

Activities Report: Tracy has received many gracious donations from groups for the picnic. It's coming together nicely and a great time should be had by all.

Web Committee Report: Nothing to report.

District Report: Many positions open at District level. Please encourage all who are interested to attend the meetings held the third Wednesday of every month.

12 Step News: Jeff D. will make announcement at Founder's Day picnic in regards to volunteering.

Old Business: None

New Business: Some folks from CASA meetings are getting together a softball game on June 28th. Will send out flyer as more information is known.

Some of the meetings on the IG5 website are not updated when clicking by day of the week. Will let Debbie (Webmaster) know.

**Happy, Joyous & Free,
Christy T.**

53rd Florida State Convention

July 29-August 2, 2009
Hyatt Regency Jacksonville
225 East Coastline Drive
Jacksonville, FL 32202
www.53.flstateconvention.com

Summer Serenity at the Beach 2009

August 20-23, 2009
Hilton Sandestin Beach Golf Resort & Spa
4000 Sandestin Blvd. S.
Destin, FL 32550
(850) 604-1367

46th Women's International Conference

February 11-14, 2010
Doubletree Hotel
5780 Major Boulevard
Orlando, FL 32819

IMPORTANT JULY DATES IN A.A. HISTORY

July 1939 - Warren C. joined A.A. Cleveland, caused debate because he was not hospitalized.
July 2-3, 1955 - 20th Anniversary Convention at St. Louis. The 3 Legacies, of Recovery, Unity, and Service, turned over to the movement by the old timers. AA comes of Age.
July 2, 1960 - Father Ed Dowling dies.
July 2, 1965 - "Best of Bill" & Pocket-Sized "12 & 12" 1st sold.
July 2-4, 1965 - 30th Anniversary of AA in Toronto. Adopted "I Am Responsible."
July 3-5, 1970 - 35th Anniversary of AA in Miami. "Declaration of Unity". Bill's last public appearance.
July 3-6, 1980 - 45th Anniversary of AA in New Orleans. First true marathon meeting was held.
July 4-6, 1975 - 40th Anniversary of AA in Denver. Worlds largest coffee server serves 1/2 million cups a day.
July 5-7, 1985 - 50th AA Anniversary in Montreal. Ruth Hock given 5,000,000th Big Book. House of Seagrams flew their flags at half mast for 3 days.
July 7, 1940 - Bill attends 1st Summer Session at School of Alcohol Studies at Yale University.
July 15 1938 - 1st documented use of name Alcoholics Anonymous, A.A. archives letter Bill to Willard Richardson.
July 22, 1877 - William Duncan Silkworth born in Brooklyn.
July 22, 1980 - Marty M. founder of NCADD dies.
July 23, 1940 - Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent.
July 28-30, 1950 - First AA International Convention held in Cleveland. Twelve Traditions adopted. Dr. Bob made last appearance at large AA gathering.
July 31, 1972 - Rollie H dies sober in Washington DC.

DIZ T.