



TRUSTED SERVANTS

Intergroup

Chairman—Mike L.—New Hope
Co-chairman—Craig F.—Living Sober
Secretary—Carol Mc.—New Hope
Treasurer—Matt C.—Lake Jackson
Literature—Greg S.—Home
Website—Andy E.—Men's Faith
Activities—Laura A.—Central
Membership—Vacant
Newsletter—Alice R. and Phanie B.

District 5

DCM—Joe D.—Downtown
Alternate DCM—Susan E.—Central
Secretary—Debbie S.T.—Central
Treasurer—Matt N.—Central
Standing Committees
Public Info—Jeff D.—Central
CPC—Steve H.—Central
Treatment—Kevin T.—Happy Hour
Corrections—Mike L.—Lloyd
Grapevine—Vern D.—Northside
Accessibilities—Janis T.—Willing
Archives—Rebecca R.—Central
Bridging the Gap—Gail H.—Bradfordville

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District 5

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NFACAA—Area 14

Area Treasurer
Marilyn B.
6035 Tudor St.
Inverness, FL 34452

The Message

A Monthly Newsletter

INTERGROUP 5, INC. JUNE, 2007 TALLAHASSEE, FL

My name is Keith and I am an alcoholic. My sobriety date is June 4, 2005. When I came into the rooms of AA this time around, my only goal was to meet one person at a meeting so I could start to replace some of my old associations with new ones, a little at a time. I met four guys at that first meeting at 909. Earlier that day, I had been sitting in DUI Level II class and had experienced what I would later discover was a "moment of clarity." The facilitator for the class had us write down all the times we had been arrested in association with alcohol. It was kind of amazing to me that I had forgotten a lot of things that had happened in my earlier days (as a teenager), and that my behavior hadn't really changed much at the age of 40. My list was actually a lot longer than I thought it was going to be. When I was called on by the facilitator, all I could say was, "I need help."

My last DUI happened early in the morning of January 13, 2005. Police responded to a 911 call concerning a vehicle that was stopped and facing the wrong direction on Old Bainbridge Road. I was the driver, slumped over the steering wheel. All of the consequences of that arrest, including loss of job, loss of apartment, one of my kids moving out, etc., were not enough to really even get me to seriously consider stopping drinking. I just wasn't ready. I recall spending about six months before the DUI trying to control my drinking, placing limits on the number of drinks and the time I would stop drinking. The experiment was never successful, but I was not going to be a quitter!!

When I finally said those words out loud in front of a whole room full of people, I realized almost in an instant that drinking and Keith are not a great combination. The first meeting was easy. It was a speaker meeting. I went to a Step Study meeting at CASA on Sunday night with one of my newfound AA friends. That friend subsequently went out and unfortunately will never make it back. The next day I went to the Living Sober meeting and a sponsor found me. God was doing for me what I could not do for myself!! When I got that last DUI, I was working a job that I felt was killing me. I am about to finish my second year of teaching and I am coaching high school sports. I am now doing what I always wanted to do, but when I was drinking it was just something I talked about. My life has changed for the better, faster than I could have imagined! Thanks for reading my story and thank you for keeping me sober.

~Keith G.

EXPERIENCE, STRENGTH AND

Step Six– Were entirely ready to have God remove all these defects of character

When I first looked at this step, I thought this would not be hard. After all, why would I want to hold on to anything with the word “defect?” As time went on, I soon realized this step is much more than just getting ready to have some negative characteristics removed from our lives. After honestly looking at my defects with the help of my sponsor, I realized I still liked some of them. I thought it was more comfortable to just stay the way I was. I came to rely on some of my defects. So I had to go back and look at the damage these defects have caused in my life and the lives of others close to me. I had to look at the deeper impact of these defects. Take selfishness for example. I like getting what I want. I think we all do to a certain extent. So why on earth would we want to give that up? When we look at the harm selfishness has caused, we can easily see why. When one puts their needs and desires ahead of another person’s feelings, that is harmful. Being in this program means not making harm to others. Being in this program means being useful to others. In order to do this, we have to be rid of selfishness. That is just one of many character defects that stands in the way of our usefulness to God and our fellows.

How about anger? If we look at anger at it’s worst form, anger could lead to physically harming someone. Looking at it that way, there would be no question in our willingness to have that anger removed. But let’s look at it on a different level. If we get angry at someone and talk badly about them to then boost ourselves up, then it doesn’t seem as bad, right? It is still anger and it is still a defect of character that we must become willing to have removed. Whether anger takes the form of violence or gossip, it is still harmful. Therefore, this is not useful to God and our fellows, which is what this program is all about.

For me personally, step six comes up in my life frequently. It is not a step that is taken once. It is a step that will be taken many times over the course of me life. My character defects tend to resurface regularly. There are also defects that will show up that I was unaware of before. When this happens, I become willing again to have God remove them. If I am not willing, I pray for the willingness. When my defects cause me enough pain, I will then become ready to change. That has been my experience with Step Six.

~Carla Mc.

The Sixth Tradition

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Our Traditions are a guide to better ways of working and living,” co-founder Bill W. said. “And they are to group survival what A.A.’s Twelve Steps are to each member’s sobriety and peace of mind...Most individuals cannot recover unless there is a group. The group must survive or the individual will not.”...Let’s take a look at the Sixth Tradition Checklist:

1. Should my fellow group members and I go out and raise money to endow several A.A. beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local clubs for A.A. familiar with “Guidelines on Clubs?”
4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism.
5. Some alcoholics will stay around A.A. only if we have a T.V. and card room. If this is what is required to carry the message to them, should we these facilities?

Twelve Traditions Illustrated

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

HAVE YOU HEARD SOMETHING GREAT AT A MEETING?

DO YOU HAVE A FAVORITE QUOTE FROM OUR LITERATURE?

ARE THERE ANY AA SAYINGS YOU LOVE?

SHARE IT WITH US!

SEND YOUR BEST ONE-LINERS TO
MESSAGE@INTERGROUP5.ORG

DISTRICT 5/INTERGROUP 5

Spotlight On: District 5 Corrections Committee Chairperson—Mike L.

The Corrections Committee's primary responsibility is to bring AA Meetings to the alcoholic who is doing time in county jails, in State Prisons or in the Federal Bureau of Prisons. In addition to recruiting qualified AA volunteers from local groups, the Corrections Committee coordinates training at the appropriate area of involvement (county, state or federal) and establishes and maintains contact with each correctional facility. This is often the Chaplain, but can be an Assistant Warden or an appointee of the sheriff. For the AA volunteer attracted to corrections work, this communication can provide an amusing challenge. (Yes, the writer speaks from personal experience.)

The Corrections Committee for District Five currently carries meetings into more than ten Correctional Institutions in our large, multi-county District: one Federal, eight State and several County Institutions. Those AA members who provide this demanding and valuable service agree that it is the most rewarding of all their service experiences. Serving as the Chair of the Committee has certainly enriched my recovery enormously.

An AA member who is interested in exploring Corrections Committee work is warmly invited to our meetings which are held at 3 pm on the second Sunday of each month at 909 Gadsden Street. You do not need to have been incarcerated to be a member, nor to carry a meeting into jail or prison. A year of sobriety and a solid working knowledge of the Steps and Traditions is suggested for committee members leading meetings in a jail or prison setting. Newer members are welcome to accompany us to established meetings.

April—May 2007

District Unapproved Treasurer's report

Beginning Balance at 4-18-04	3665.74
balance at 4-30-07	3665.74
Contributions-regular	
Apalachicola Bay Serenity	20.00
Central	40.00
Open Door Speaker	13.15
Bradfordville	50.00
Contributions-pink can	
Central	35.00
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ending balance at 4-16-07	3823.89
less pink can balance	-216.65
less grapevine balance	-43.00
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district's balance	3564.24
less prudent reserve	-2189.30
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excess over prudent reserve	1374.94

The Chairmanship of the Corrections Committee, which will come open this summer, requires two years of sobriety.

In closing, at a recent Area Assembly Corrections Workshop, the Chairman asked the hundred or so participants, "How many of you have been in prison?" Five or six persons stood up. She asked, "How many of you should have been in prison?", and everyone in the room stood. **THEY'RE DOING OUR TIME FOR US, friends.** Let's be sure the hand of AA is reaching out to them.

~Mike L.

Racks for Alcoholics

With the number of locally recovered alcoholics eager to carry the message and groups increasing, inevitably discussions at many a business meeting or coffee shop conversation raise the question, "**Where can my group get one of those cool 16 pamphlet racks?**" They are sold by AA World Services, Inc. as item M-8. Even if your group has already sprung for a pamphlet rack, you may want to consider a second; there are dozens of pamphlets available in English alone! If you've ventured out to some of the bigger city groups, you may have seen the book rack extensions, holding 4 books on each side as a seven inch extension. The basic rack is listed for \$20. Extensions for both sides (Item M-8A) are also available at \$20.

Coupled with bigger book orders, we can purchase racks at a **20% discount with no shipping cost** (sales tax applies). If you're interested, tell your group Intergroup representative or contact Larry H., Greg S. or the Intergroup office. To find out more about the pamphlets already stocked at Intergroup, check with individuals in your group already volunteering at the office or with your group literature coordinator.

~Greg S., Literature Coordinator

EVENTS AND HAPPENINGS

Current Events

June 2—Intergroup 5 Annual Picnic
June 5—Intergroup 5, Inc. Monthly Meeting
Faith Presbyterian Church (Meridian and John Knox Road), 7:00 pm
June 10—Treatment/Corrections Committee Monthly Meeting, 909 Gadsden Street, 3:00 pm
June 15, 16, 17—FCYPPA 2007 Miami (Florida Conference of Young People in Alcoholics Anonymous)
Information: Carissa (305) 498-3842
June 20—District 5 Monthly Meeting
Faith Presbyterian Church (Meridian and John Knox Road), 7:00 pm
June 22-24—Founders Day Florida Style
Information: info@foundersdayflorida.org
July 13-15, 2007—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!)
August 24, 25, 26—51st Florida State Convention, Orlando; Caribe Royale, call for reservations: (800) 823-8300

Interested in going to an upcoming District Area Assembly?

Interested in going for *FREE*?

Come to the District meeting on June 20, 2007 for details or see your GSR.

****District meetings are held on the 3rd Wednesday of each month at the Faith Presbyterian Church, corner of John Knox and Meridian Rd.****

NEWSLETTER

Please submit articles, anniversary notices or announcements for "The Message" to the Intergroup office or send email to message@intergroup5.org by the **last Wednesday** of each month. If you have questions, call (850) 320-5162.

May Phone Report

(48 Calls Received by Volunteers)



2—12th Step
5—Al-anon
7—AA Info
24—Meeting Information
10—Miscellaneous

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

Founder's Day Florida Style

June 22—24, 2007

Visit us on the web:

www.foundersdayflorida.org

Meetings at 909 Gadsden Street

June 2, 9 and 16

"Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut."
-Ernest Hemmingway

Happy A.A. Anniversary!

Central Group—Anne 1, Pat 1, Pat 1, Susie 2, Thomas 2, Sean M. 3, Bret O. 4, Jimmie 6, Tiffany 6, Diana 9, Floyd 12, Elizabeth 20, Diz 26

Happy Hour/Living Sober—Gary M. 3, Bob H. 3, Donna W. 6, Hugh 17, Judy M. 20

Capitol City Group—
Sue 11

Quincy—Carl T. 14

Singleness of Purpose—Chuck S. 13

Home Group—Len H.

