



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. June 2010 TALLAHASSEE, FL

Intergroup

Chairman—Debra N.—Happy Hour
 Vice Chairman—Christy T.—Happy Hour
 Secretary—David G.—Central
 Treasurer—James R.—Mustard Seed
 Literature Coordinator—Clay W.
 Website—Debbie R.—Open Door
 Activities—Tracy G.—Happy Hour
 Office Coordinator—Pete S.
 Membership—Vacant
 Newsletter—Kayce M.—Powder No Puff &
 Joe D.—World Famous Downtown Group
 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—Ron S.—Happy Hour
 CPC—Bradfordville Group
 Treatment—Kris C.—Central
 Corrections—Rachel S.—Happy Hour
 Grapevine—Michael L.—Happy Hour
 Accessibilities—Vacant
 Archives—Vacant
 Bridging the Gap—Kris C.—Central

CONTACT INFORMATION

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 Website: www.intergroup5.org

****Office Hours****

Monday & Wednesday 4:00pm-7:00pm
 Saturday 8:30am-11:30am
 Literature Hours also by appointment

Newsletter: Send info to
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District 5

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

NFAC Area 14

P. O. Box 567
 Melbourne, FL 32902

Step Six

“Were entirely ready to have God remove all these defects of character.”

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, everyone? If we still cling to something we will not let go, we ask God to help us be willing.

“This is the step that separates the men from the boys.” (12x12 pg.63)

I came to understand that I have to be entirely ready in order to have any of my (many) defects removed. This step is one that is taken repeatedly and not just one time. For now, we want to let go of our grosser handicaps and if we look over our Fourth Step thoughtfully, we will be able to see the character defects that were our motivating force as well as the defects that arose from what happened to us. Yesterday's life saving attitudes and actions are no longer appropriate or necessary in our abstinent, grown-up world of today.

It is important for us to list, along with our defects, the many assets of our personality as well. Balance is always important. We don't want to fall into morbidity, that would just be another defect we would have to let go of.

As I looked over my fourth Step I could easily see where I was selfish, self-centered, fearful and such. But when looking over my Fourth Step in order to better understand my Sixth Step, I also held in mind the "Seven Deadly Sins. - "pride, greed, lust, anger, gluttony, envy and sloth. - And then of course, procrastination, gossip, feelings of being better than (although secretly so)... all of these things have to go. I remember that white lies are still lies and that self righteous anger is still anger and perhaps even worse because I can easily get into justifying what is wrong.

I must also remember not to use the program as being about progress and not perfection as an excuse to hold on to any of the above. It surprised me to read that the Sixth Step was our first step toward perfection. I realized that I may not reach perfection in this life time, but it is, in the end, the goal. I am never hard on myself, as long as I know I am trying. I have willingness to progress toward perfection and that is what is needed. As I grow I become more and more willing and even eager to let go of my character defects. But I have to raise the veil of ignorance, get out of denial and do my best to show my willingness in actions that I take (or don't take for that matter).

It took me a bit of time to become completely honest with myself in the 6th step, so that I have held on to defects certainly much longer than necessary. My thinking was: "but this is not so bad!" The trouble with that is it's not a question of bad or good, it is a question of moving forward or getting stuck in ignorance and self defeating behavior and attitudes.

The Message

Tradition Six

"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."

BEFORE I understood even dimly what AA was, I was sure I could improve it. Looking back, I realize now that my pure gall was appalling, since it was rooted so firmly in ignorance. I knew almost nothing about the externals of the Fellowship and much less about its spiritual principles. Since I was too proud to admit that there was anything I did not know, I almost never asked questions.

Practically nothing in the very skimpy AA literature we had then (in 1945) explained how AA or its component units functioned, so my knowledge was based on what I heard and saw in one group. Then as now, we AA members (like other human beings everywhere, I suppose) talked a bewildering melange of facts, guesswork, inspired wisdom, gossip, and nonsense. Yet I assumed that what I heard was the whole AA truth, and, armed only with my small collection of quick impressions and misinformation about AA, I wanted to change it.

Surely, for example, AA should be informing the medical profession about the facts of our disease as *we* understood them. The government, I was sure, should change laws relating to alcoholics. Detoxification centers, vocational rehabilitation, and other services, improved understanding by social workers, school kids, psychologists, and cops--all these and more were badly needed. Why, I carped, was AA not getting busy?

Just suppose for a minute that our Fellowship had indeed been misguided right smack into all those activities. What a tangled web we could have woven! How many drunks would have been ignored, left to die, as we mounted our political and fund-raising campaigns! How many enemies AA would have made for itself if it had tried to dictate to the medical, clerical, and legal professions!

If my AA group had had prestige, money, and power at stake, I fear my own sobriety would have found little support at our meetings. There would have been no room for it on the agenda. Many of us would have left, I fear--*sic transit* glorious sobriety, and maybe AA itself.

I am certain now that if any AA-run governmental programs on alcoholism had been set up and had gone bust, my resentments would have burst through my tender, new sobriety. Suppose we had started an official AA club and it had been raided because of gambling, or AA-run retreats for alcoholics had become subjects of gossip. What then? I would have gotten either emotionally embattled or, more probably, alcoholically embottled.

As always, AA as a whole proved much wiser than I as an individual, and my group just plugged along, trying to do its own thing. Even without such complications, we had trouble enough just trying to figure out *what* our own thing really was. At first, we felt we had to do at least three things: (1) provide a place where members could play cards, eat, and have coffee any time; (2) maintain an office with telephones as a central clearinghouse for Twelfth Step work and information about meetings; (3) keep our own AA meetings and Twelfth Step work going.

The first two involved us in legal corporations, finances, real-estate management, building maintenance, cafeteria operation, a paid secretary, and, naturally, rules and officers. As a result, newcomers who just needed the message often got shortchanged because we were too busy with serious problems like a drunken chef, typewriter repairs, club dues, revising bylaws, a temperamental janitor, and deciding who could and could not use the phone or which brand of coffee to buy.

We made it almost impossible for newcomers to tell the difference between joining a club and simply becoming a sober AA. I know. I was one of those newcomers. People who did not get elected to boards or did get demoted from jobs proceeded to get drunk. Criticism of the cafeteria cashier's report became resentments of "AA's financial structure," yet! Two fellows I liked were displeased by the cafeteria food, blamed AA, and left. (No wonder! They had heard little else except the food discussed at their first three meetings. They were dead within a year, of alcoholism.)

The solution my group finally found, nearly a quarter-century ago, was quite simple. We decided that, no matter how exciting and how needed such business enterprises were, an AA group ought to stay out of them, because discussions of money, property, and prestige kept us wildly distracted from the Twelve Steps.

As an AA group, we decided to carry the message, period. So we dropped the food business and real-estate management. Some individuals formed separate nonprofit corporations, outside AA, to run clubs or day centers for AAs who wanted such amenities. As for the local central office (or intergroup), it was eventually operated and supported by *all* the groups nearby.

This arrangement has worked beautifully ever since, both in New York and elsewhere. And now, of course, other services seriously needed by alcoholics are at last beginning to get under way--but *not* under the auspices of AA. Food, clothing, shelter, and medical assistance are often necessary for the alcoholic's recovery. But other organizations, efficiently operated and professionally experienced in these matters, can handle them better than an AA group.

Nevertheless, let's not overlook a fact seldom recognized, in conversation or in print: Many of the great improvements in the treatment of alcoholics during the last thirty-five years have been brought about quietly, behind the scenes, by anonymous AA members, acting as private citizens interested in a public-health problem. The Sixth Tradition leaves every AA member the freedom to do that, if he cares to, so long as his actions do not constitute AA endorsement (or criticism) of any enterprises, nor "lend the AA name" to them.

Adherence to our primary purpose makes AA unique--and also gives us a special responsibility, it seems to me. We are the only people who have our own personal experience to share. And we are the only people who try to do nothing except help the individual alcoholic because we have to, to stay sober ourselves. We help him, not for the sake of society or of science, but for the sake of our own sobriety.

The Message

Intergroup 5 (IG5) Representative Meeting Minutes *unapproved*

Date: May 5, 2010

Groups Represented:

Bradfordville, Mustard Seed, Open Door
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: (David G.)

Minutes from April 7, 2010 IG5 representative meeting approved and accepted with amendments

In the District 5 report section, the word "District" is replaced by "Intergroup" to read:
"Intergroup 5 has been invited to have a presence at the upcoming Founder's Day Florida Style convention."

Treasurer's Report: (James R.)

A miscellaneous debit discrepancy of \$108 has been accounted for and reflected on this month's report; monetary amounts accurate and have been resolved with the bank statements.

From Exec Comm minutes: "Contributions were higher than normal due to a \$300 anonymous donation, \$422.39 received from Happy Hour representing several months and a \$100 donation from Flint River Roundup. Expenses were slightly higher than normal due to two month's payments for the Message and purchase of the cash dropbox."

Prudent reserve has been replenished; balance is \$1500 representing three month's operating costs.

Approved and accepted with amendments to wording:

o Change "February" to "April" for office rent line item in Disbursements section

o Change "Sales" to "Deposits" in the Literature Account section

Remove individual last names in Disbursements section

Office Coordinator Report: (vacant)

Office Coordinator (OC) position is still vacant.

Literature Coordinator Report: (Clay W.)

Inventory & Sales reports approved & accepted.

Total sales this month: \$733.32

Value of on-hand inventory: \$1862.70.

If a group wishes to make a literature purchase, the best method is to contact the Literature Coordinator (LC) at the intergroup email address (literature@intergroup5.org) and arrange a time to meet.

Activities Report: (Tracy G.)

Passed around a sign-up sheet for volunteers to attend a fundraiser committee meeting.

Date for fundraising event is July 17, 2010; location will be the CASA clubhouse.

Ideas for activities were discussed; committee will present recommendations at the next IG5 rep meeting.

Web Committee Report: (vacant)

Submitted to IG5 reps, some highlights from report are below:

Webmaster position is still vacant, Debbie R. is covering duties in the interim.

We had a decrease of -15.84% in website visits from last month.

Still have groups need to confirm the meeting addresses for the Google map information, please contact webmaster@intergroup5.org.

Updated meeting information on website (additions & deletions).

Added Thursday night Monticello Women's Meeting information.

Posted approved March 2010 minutes.

Google Analytics IG5 website statistics

Highlights for Apr.1, 2010 – Apr. 30, 2010:

919 total visits, 586 unique visitors

2267 page views, 1841 unique views

52.34% new visits, 31.45% 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 à Home Page (default.html) = 931, Tallahassee meetings = 740, Contact Page = 68, Links Page = 61, Newsletters page = 58

District 5 Report: (given by Debra N.)

At the last Area 14 Assembly, a PSA titled "Hope" was discussed; some members have issue with the fact that actors are seen portraying alcoholics in the film.

The Message: (Joe D.)

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

Please send all info that you wished to be published to message@intergroup5.org by the last

The Message

Wednesday of the month.
Editors created a new section titled "Roving Alcoholic".
This month's Message has an insert "What is Intergroup?" that was donated.

12 Step News: (given by Debra N.)
Had a successful workshop on May 1st; about 16 people attended.
Had about 5 new phone army volunteers sign up.
There are flyers for the IG5 reps to take back to groups regarding the phone army.
The coordinator position will be open in August; if interested, please come to the next IG5 rep meeting.

Old Business:
The ad-hoc committee for the purpose of reviewing and updating the Intergroup 5 Constitution and Bylaws has begun work; to get on the list to help with revisions, send an email to intergroup5.org@gmail.com; up through Article IV has been posted for review and suggestions.

The Office Coordinator position is still vacant; there is a suggested 3 year sobriety requirement. The treasurer will continue to cover the duties until the OC position is filled.
The Where & When is being verified through phone and email and being updated by the chairperson.

New Business:
IG5 is currently month-to-month on the rental contract for the office.
Election of new Webmaster was tabled.
From Exec Comm minutes: "Office door pass code can be released to those that need access to the Intergroup 5 office..." If you need access, contact execcomm@intergroup5.org.

**In Service,
David G.**

Conferences and Other Events

Founders Day Florida Style

June 4-6, 2010
Residence Inn
600 West Gaines Street
Beautiful Tallahassee, FL

A.A. International Convention

July 1-4, 2010
San Antonio, TX

54th Florida State Conference

August 11-14, 2010
Doral Golf Resort & Spa
Miami, FL

52nd ICYPAA-A New Life

August 26-29, 2010
Times Square
New York, NY

Step 6 Promises

We abandon limited objectives and move towards God's will for us.
God has granted us a perfect release from alcohol.

-12 x 12 pp. 63-69

!! Happy A.A May Anniversaries !!

Central: Harold H.-1, Kee-1, Anne-4, Joel A.-5, Susie B.-5, Thomas D.-5, Brett-7, Jimmie-9, Kevin-12, Elizebeth C.-23, Alan W.-25, Clark-28, Diz-29, Dave-38

Bradfordville: Shannon B.-1, Venness B.-7

CASA: Phil C.-1, Paul B.-2, James R.-6, Ron S.-8, Donna W.-9, Debra N.-9, Becky-11, Audrey W.-17, Judy-23

