



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—Vacant
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—Vacant
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

message@intergroup5.org

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. MARCH, 2006 TALLAHASSEE, FL

TRADITION THREE

(Long Form)

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

Reprinted from *The Twelve Steps and Twelve Traditions*, page 189, with permission of A.A. World Services, Inc. (Short Form)

The only requirement for A.A. membership is a desire to stop drinking.

Reprinted from *The Twelve Steps and Twelve Traditions*, page 139, with permission of A.A. World Services, Inc.

TRADITION THREE Questions

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Traditions Checklist from the AA Grapevine: Reprinted with permission from The A.A. Grapevine, Inc. (These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971.)

CONCEPT III

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

Reprinted from *The A.A. Service Manual Combined With Twelve Concepts for World Service* by Bill W. 2005-2006 Edition, page 13, with permission of A.A. World Services, Inc.

There are two days in every week about which we should not worry. Two days which should be kept free from fear and apprehension. One of these days is yesterday; with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot erase a single thing we've done, we cannot change a single word we've said.

Yesterday is gone.

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District 5 News

DISTRICT 5 DCM Report – February 15, 2006

I appreciate the warm welcomes, great meetings, and wonderful traveling companions of this past month. With your help, I've been able to visit the following groups:

An A.A. Group (Perry), Apalachicola Meeting (St. George Island Group), Brown Bag Serenity (Panacea), Came To Believe Group, Capital City Group, Carrabelle Group, Central Group, Crawfordville Group, Downtown Group, Grateful Group, Happy Hour Group, Monticello Serenity Group, Mustard Seed Group, Northside Group, Open Doors Speaker's Group, Pathfinders Group, Perry Winners Group, Quincy Group, Rule 62 Group (Crawfordville), Singleness of Purpose Group (Woodville), Southside Group, and the Willing Group.

Other Activities

In addition to visiting group meetings, I have had the pleasure of sitting in on several business meetings. I find a great deal of love and laughter in these gatherings and see how our Fellowship pulls together for staying sober and helping other alcoholics to achieve sobriety.

MUSTARD SEED'S NEW MEETING

On Monday evening starting March 20th, 2006, the Mustard Seed group will start a new meeting beginning at 6:00 PM at the Advent Church on Piedmont Road.

The first meeting of each month will be a **BIG BOOK** study, the second monday will be a step meeting, with a member sharing their experiences with the step for 20 minutes and then an open discussion on the step.

The third monday will be a traditions study with the same concept as the step study. The fourth Monday will be a speakers meeting. Any month that has five Mondays will be an additional BB study.

Directions:

Come through the office door, around the hallway to another door which will lead to meeting room.

It is also time to prepare our delegate, Michael S., for the 56th General Service Conference. How do we do that? First, the General Service Representative (GSR) of your home group will receive preliminary General Service Conference agenda items. Then, some background information on the agenda items will be sent out by our Area's delegate, Michael S., to the District Committee Members (DCM) in the North Florida Area. As soon as I get this information, I will be working with Rebecca K. (Powder-No-Puff Group), who graciously accepted to assist me in the task of reviewing and disseminating the information to GSRs.

"Most things can be preserved in Alcohol, dignity however is not one of them"

The District 5 Grapevine chair is open, ready to be filled. Here are some of the responsibilities of a Grapevine district representative as stated in the Grapevine workbook (<http://www.aagrapevine.org/media/workbook/GVW2Complete.pdf>), page 43: The district GvR and/or RLV serves as the link between group GvRs/RLVs and the area service structure. The district representative also has the practical goal of encouraging every group to have a Grapevine and/or La Viña rep.

District Reps:

Keep an up-to-date list of group GvRs/RLVs in the district
Encourage groups in the district to elect or appoint a GvR/RLV via phone, e-mail, mail, or personal visits

Chair the district Grapevine/La Viña committee

Stay in contact with all GvRs/RLVs in the district and share ideas with them

Hold meetings for GvRs/RLVs in the district

Make sure that GvRs/RLVs have magazine flyers and order forms

Keep the area Grapevine/La Viña chair up to date on progress in the district

Send the new GvRs/RLV's name, address, and group to the Grapevine office, if the rep hasn't already done so

In keeping with Tradition Four, it is up to the district to decide how to organize the district Grapevine committee and what to call it. Some districts have separate committees, one for Grapevine and another for La Viña. Others have a single GvR/RLV district committee.

District 5 standing committee chairs carry a two year sobriety requirement; all candidates need to have the time and energy to serve the district well.

District 5 will be one of the host districts for the April 2006 Area Assembly. Some of our responsibilities will include counting the Seventh Tradition collections and making sure the meetings and workshops have plenty of coffee. Volunteers wanted and needed. Thanks for your support!

Intergroup 5 News

February 1, 2006 Intergroup 5 Meeting

Groups Represented: Central, Crawfordville, Downtown, Home, Lake Jackson, Living Sober, New Hope, Northside, Pathfinders [There were 10 people present, representing 9 groups].

7:05 Ron L. opened the meeting; we went around the room and introduced ourselves.

Secretary's report: Accepted

Treasurer's report: Accepted

District report: \$150 raised from the pink cans at the last meeting with more on the way.

Literature report: the report reflects the new prices.

Office report: is in the *Message*, volunteers are still needed.

No Web Committee Report: a web-committee chair is still needed.

Activities Report: tentative scheduled speaker for the Founder's Day Picnic is Bill W. from Tampa, FL (The back-up speaker is Janice, newly relocated from Tampa to Tallahassee). Matt has submitted the paperwork for the use of the pavilion at the Tom Brown Park, but it must be resubmitted with proof of our not-for-profit status (which Matt has gotten from Greg). Mike L. has asked if a pink "corrections" can may be passed at the picnic. Matt has suggested that the flier for the picnic be placed in the May copy of the *Message*. Larry has volunteered to help with the flyer.

Old Business: Ron L. checked the script for the answering service message at the IG office, but has had some difficulty in making any headway, but he is working on it. The answering service is A-1 Answering Service: 850 562 3988. We still need chairs for the Web Committee and for the Membership Committee. The Web Committee chair does not require web experience. The Membership chair travels to the different meetings to encourage IG involvement.

New Business: Greg S. informed us that the new officers need to be updated on the checking account information at the bank; he will coordinate this effort.

Lisa M. from Central group asks about the billing situation for literature. Pat explains that the group's treasurer will receive a bill for any literature acquired by the group that will include sales tax.

As archivist for the district, Rob K. has gotten a digital audio recorder and can make recordings of oral histories in the area. He is currently recording Diz's Big Book History study. Also, Rob asked if his serving as IG rep for the Pathfinders group and as the District rep is a conflict of interest. That is up to the Pathfinders group.

Larry is ready to relinquish the reigns of the *Message*, or at least he could use some contributions for the content of the *Message*. Also he is running out of paper, Greg will fund the purchase of more paper.

Pink can money from the individual groups should be given to the group's GSR.

February 2006 Treasurer's Report

<u>General Fund</u>	
Checking:	
Beginning 1/31/2006 Balance	\$ 2,203.04
<u>Contributions:</u>	
Apalachicola Serenity	20.00
Central	400.00
Downtown	100.00
Happy Hour	434.13
Living Sober	236.00
NorthSide	227.98
Total Contributions	1,418.11
Less:	
<u>Disbursements:</u>	
Rent	236.50
Office coordinator (travel & related exp)	220.00
Answering Service	137.03
Telephone	43.21
Total Expense Disbursements	636.74
Ending 2/28/2006 Balance	\$ 2,984.41
Prudent Reserve Savings (3 average months operations):	
Ending 2/28/2006 Balance	2,001.66
<u>Literature Fund</u>	
Beginning 1/31/2006 Balance	\$ 1,383.81
add:	
Literature sales	593.45
Sales Tax collected	26.53
Total	619.98
less:	
Literature Purchases	0.00
Ending 2/28/2006 Balance	\$ 2,003.79
Total accrued 2005 sales tax liability	(245.85)
Total accrued 2006 sales tax liability	(46.50)

Continued from page 1

The other day we should not worry about is tomorrow. With its possible adversities; its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in it, for it is as yet unborn. That leaves only today. Anyone can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities -- yesterday and tomorrow -- that we break down. It is not the experience of today that drives us mad, it is remorse or bitterness over something which happened yesterday and the dread of what tomorrow may bring. Let us therefore live one day at a time.

Events and Happenings

Current Events

Mar 10-12—Flint River Roundup, Bainbridge, GA

Mar 12—Corrections/Treatment, 909 N Gadsden 3:00PM

Mar 15—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

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

April 7-9—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

June 9, 10, & 11—Founders Day Florida Style (See Insert)

Please announce the following message from the District 5 Corrections Committee in your groups: Male and female A.A. members interested in carrying the message to female inmates at Gadsden Correctional Institution will need to attend the next scheduled volunteer training on Saturday, March 25th at 9:00 a.m. Please contact Chaplain Dorothy Hilton in advance so you can begin the application process and reserve your seat.

Chaplain Dorothy Hilton

dorothy.hilton@correctionscorp.com

Gadsden Correctional Institution

6044 Greensboro Highway

Quincy, Florida 32351

(850)875-9701 Phone

(850)875-9710 Fax

The Willing Group at Community Day Center

Tuesday Evenings 6:00 pm—7:00 pm

Big Book Study

Thursday Evenings 6:00 pm—7:00 pm

Open Discussion

466 West Tennessee Street

Tallahassee, FL—East of The Shelter building to the east of The Shelter.

Parking located behind the Community Center.

If I am an alcoholic I shouldn't drink -

If I am not an alcoholic I don't need to.

People who aren't alcoholics don't lie in bed at 4 AM wondering if they are alcoholics!

New A.A. meeting on Wednesdays at 6:30pm BYOB (bring your own books) Big Book / Twelve Steps and Twelve Traditions Followed by discussion
Location: The Hope Community cafeteria 2729 W. Pensacola Street, Tallahassee *directions: heading west on Pensacola Street, turn left on Dupree (across the street from Villa Del Lago Apartments), turn right on Municipal Way, cafeteria is the first building on right*

The Saint Marks Group Open Discussion
Monday and Friday Evenings 7:00 pm

Location: First Baptist Church (Annex)

14 Shell Island Road

St. Marks, Florida

Contact: John B. 925-7735

February Phone Report

(29 Calls Received by Volunteers)



1—12th Step

4—AI-anon

9—AA Info

14—Meeting Information

0—Agency Info

1—Miscellaneous

We need more Volunteers!

Please call Larry H 567-8407

Happy A.A. Anniversary

February 2006

Central Group

Mack 1, Joe T. 1, Jim R. 2, Jen M. 4, Danny P. 5, John B. 5, Terry R. 5, Clara 7, Tom A. 9, Leslie W. 13, Bobby 13, Dick L. 15, Alice 18, Doug B. 18, Bill 19, Keith V. 20, Karen M. 22, Norman 24, Jim K. 31

Living Sober &

Happy Hour

Juliet - 14 years

Evan T. - 1 year

Greg - 1 year



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

CELEBRATE!!!!