



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. MARCH 2011 TALLAHASSEE FLORIDA

Intergroup

Chairman—Larry H.—Central
Vice Chairman—Vacant
Secretary—Sabrina A—Central
Treasurer—Debra N.—Happy Hour
Literature Coordinator—Clay W.
Website—John P—Happy Hour
Activities—Vacant
Office Coordinator—Vacant
Newsletter—Joe D.—Downtown Service Group
12 Step—Jim Mc—Downtown Service Group

District 5

DCM—Donna W.—Happy Hour
Alt. DCM—Tracy G.—Northside
Secretary—Debbie R—Open Door
Treasurer—Vacant
Standing Committees
Public Info—Ron S—Happy Hour
CPC—Bradfordville Group
Treatment—Vacant
Corrections—Rachel S—Northside
Grapevine—Michael L—Happy Hour
Accessibilities—Vacant
Archives—Kris C.—Central
Bridging the Gap—Rachel S.—Northside

CONTACT INFORMATION

Intergroup 5, Inc.

1106-H Thomasville Road
Tallahassee, FL 32303
(850) 224-1818

Website: www.intergroup5.org

*****LITERATURE*****

To place orders or to schedule an appointment for literature purchases

Call 850-329-0222

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

Made a decision to turn our will and our lives over to the care and direction of God as we understood Him.

There are three words here that are important to understand. For a long time, I thought that the Third Step said that I turn my will and my life over to the care of God. But it doesn't say that. What it says is that I MAKE A DECISION to turn my will and life over to the care of God. So the first word that needs to be understood HERE is the word DECISION, which is defined as "making up one's own mind." Let's say my car breaks down. Although the DECISION to get my car fixed is a vital and crucial step, that decision alone does not get the car fixed. I will ALSO need to take the actions necessary to get it fixed. For any decision to mean ANYTHING, it ALWAYS requires further action. If I decide, or make up my own mind, to turn my will and my life over to the care of God as I understand Him, that decision alone will not turn it over. I will have to take the actions necessary to turn it over. The first three Steps are designed to bring us to the point where we become WILLING to turn our will and our lives over to the care of a Higher Power, Steps Four through Nine are HOW we turn our will and our lives over [because Steps Four through Nine reveal and remove the blocks that prevent us from actually doing so], and the last three Steps are how we KEEP our will and our lives turned over to God indefinitely. After a period of time though, our ego [self-will] begins to reassert itself again; and because of our "human-ness", we fall short in maintaining perfect spiritual focus in all of our thoughts and activities. That is why I believe, even if we have worked the Steps to the best of our ability once, we will need to eventually begin the Steps cycle again and again. The other two words that are important to understand are the words WILL and LIVES. I've always thought that the words "will" and "lives" were concepts way over my head and were way too large to relate to or comprehend. But then it was explained to me that my "will" is my thinking and what motivates me, and that my "life" is all the actions that I've taken up to this moment. That explanation made the words a little more down to earth and easier to comprehend. So I now understand the Third Step as saying that I decide to take the actions necessary to turn my thinking, my motivations, and my actions over to the care of God as I understand Him. Since it's been said in many different pieces of spiritual literature that God is Love, it can also be said that the essence of all this is that I need to always be motivated by love, I need to always try to have loving thoughts and always try to take loving actions. Also, what motivates me drives my thinking and my thinking directs my actions, so I need to go deeper than just acting my way into right thinking. If my motivation and thinking is GOD-directed, I will make the right decisions [whether it seems that way at the time or not], and the actions taken will inevitably be healthy. But if my motivation and thinking is SELF-directed, I will mostly make the wrong decisions [even though I may not realize it at the time], and the actions taken will inevitably be unhealthy. Quite possibly, the single most important statement about Step Three can be found at the top of page 64 where it says, "Though our decision was a vital and crucial step, it could have LITTLE PERMANENT EFFECT unless AT ONCE followed by a STRENUOUS EFFORT to face, AND to be rid of, the things in ourselves which had been blocking us." So it's saying this Third Step decision will have little permanent effect unless we immediately follow it up with an intensely active effort to work Steps Four through Nine, because where we face these blocks is in Steps Four, Five, and Six and where we get rid of them is in Steps Seven, Eight, and Nine. And what we're being blocked off from is the ability to turn our will and lives over to begin with. So after working the six middle Steps, then and ONLY then, will we be able to turn our motivations, our thoughts, and our actions over to our Higher Power with any kind of consistency. In the Big Book, this Step is described on pages 60:3 - 64:0. The directions for taking Step 3 are on pages 60:4, 62:3, and 63:2 - 64:0. The results of taking Step 3 are given on page 63:1 and the last line of 63:3.)

Barefoot Bill L.

The Message

Intergroup 5 Inc., Monthly Report
January 14, 2011 through February 14, 2011

	2/14/2011	YTD
<u>Checking Account</u>		
Beginning Balance...	\$4,462.06	\$3,172.92
CONTRIBUTIONS		
Apalachicola Bay Serenity.....	\$15.00	\$30.00
Came to Believe(Oct-Dec).....	\$94.28	\$94.28
Central.....	\$200.00	\$400.00
Lloyd New Hope.....		\$70.00
The Home Group.....	\$60.00	\$60.00
TOTAL GROUP Contributions	\$425.15	\$877.90
OTHER Contributions		
Holiday Dinner—Raffle Door	\$(150.00)	\$943.40
TOTAL Contributions	\$275.15	\$1,821.30
EXPENSES		
Talcor.....	\$257.01	\$514.02
Century Link.....	\$48.17	\$48.17
Message.....	\$115.76	\$115.76
Line 1.....	\$56.93	\$56.93
Office Supplies.....	\$43.00	\$43.00
TOTAL EXPENSES	\$520.87	\$777.88
Transfer (to)/from Savings	\$3,000.00	\$3,000.00
ENDING BALANCE	\$1,216.34	\$1,216.34
<u>SAVINGS ACCOUNT</u>		
BEGINNING BALANCE	\$1,501.01	\$1,500.82
	—	\$0.19
Transfer (to)/from Checking	\$3,000.00	\$3,000.00
ENDING BALANCE.....	\$4,501.01	\$4,501.01
6 MONTH PRUDENT RESERVE		\$3,187.00
OPERATING		\$1,314.01
TOTAL SAVING ACCOUNT BAL		\$4,501.01
<u>LITERATURE ACCOUNT</u>		
BEGINNING BALANCE	\$908.77	\$1,404.55
Sales.....	\$586.71	\$2,121.95
Interest Earned.....		\$—
Check Order Expense..		\$—
Sales Tax.....		\$(628.42)
Literature Costs.....		\$(1,472.60)
ENDING BALANCE	\$1,495.48	\$1,495.48

Note: January 2011 and Annual 2010 are available on the Intergroup 5 website www.intergroup5.org

Group Contributions to District ARE Twelfth Step Work

“I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”

– A.A. Responsibility Declaration

It is routine at many meetings that a basket be passed so that every A.A. group can be “*fully self supporting, declining outside contributions.*” And once a group’s basic expenses have been taken care of and a prudent reserve set aside, many choose to *go a step further* and send contributions to one or more of the A.A. service entities (their local Intergroup Office, District, Area, and GSO in New York). **These contributions are**, in fact, **Twelfth Step work...** because very often it is through our service entities that new people are introduced to A.A.

And as one of your service entities, District 5 gratefully acknowledges the group contributions received over the past year. Support of District 5 helps ensure that **we extend the hand of A.A.** across Franklin, Gadsden, Jefferson, Leon, Liberty, Madison, Taylor and Wakulla counties. In 2010, District 5 received contributions from the following groups:

- Bradfordville Group - Tallahassee
- Came To Believe Group - Tallahassee
- Central Group - Tallahassee
- Crawfordville Group - Crawfordville
- Happy Hour Group - Tallahassee
- Living Sober Group - Tallahassee
- New Hope Group – Lloyd
- Men’s Faith Group - Tallahassee
- Mustard Seed Group - Tallahassee
- North Side Group – Tallahassee
- Ochlocknee Bay Group – Ochlocknee Bay
- Open Door Speaker Meeting – Tallahassee
- Powder No Puff Group - Tallahassee
- Serenity Group – Apalachicola Bay
- Serenity Group - Monticello
- Singleness of Purpose Group - Tallahassee
- Sober Living Group – Crawfordville
- Waukeena 7:05 Group - Waukeena

With these group contributions, your District Committee has been able to: purchase and provide Big Books and other A.A. literature to area treatment centers and correctional institutions; place pamphlets and literature in public places; “bridge the gap” for individuals leaving treatment and corrections facilities; preserve and maintain the local A.A. archives; coordinate the annual Gratitude Dinner (which also benefits Intergroup 5, Area 14, and GSO); encourage support of the Grapevine through raffles and gift subscriptions; send local service representatives to the Area Assemblies; and arrange for guest speakers and presenters to share the A.A. message inside and outside of our Fellowship. We are grateful for the ongoing support of local groups, because these activities ensure that the **“hand of A.A.”** is always there.

Yours in Service,
District 5

The Message

Intergroup5 (IG5) Representative Meeting Minutes

Date: February 2, 2011

Unapproved

Groups Represented

Friends of Bill; Happy Hour; Living Sober; Bradfordville; Northside; Central; DSG; Powder-No-Puff; Home Group

Secretary's Report

January's Minutes approved pending two corrections - Resubmitted with corrections 2/22/11 as follows:

1. Conflict with taking Came to Believe out of the When and Where not Serenity Group as previously reported;
2. Added Literature Report, Total sales \$827.69; no groups have unpaid balances

Treasure's Report

Treasurer, Debra, reported the following: January's contributions, \$1,546.15; January's expenses, \$257.01; Balance in checking, \$4,462.06; Balance in savings, \$1,501.01; Balance in literature, \$908.77; This information will be posted on the website; Provided 2009/2010 Income Statement; Treasurer report accepted by unanimous vote

Office Coordinator Report

Position is still vacant; Main volunteer activities include answering the office phone, referring people to the 12-Step List, and providing literature; Discussion of paying the Office Coordinator; Volunteer opportunities are available; To volunteer, send an email to exccomm@intergroup5.org; Individual needs three (3) years of sobriety

Literature Report

No literature report; The computer at Intergroup no longer works; Service manuals will soon be available in IG office

Activities Report

We need an Activities Chair; Is anyone interested???

Membership

No Chair

Web Committee Report

Google Analytics IG5 website statistics; **Highlights** for January 1, 2010 – January 31, 2010; **Total** visits 794 up from 640(+24.06%), 577 unique visitors up from

472(22.25%); Page views 1,456 up from 1,153(+26.28%), 1,158 unique views down from 897(29.10%); **New** visits 63.35% up from 60.31% (+5.04%); **Bounce rate** 63.98% down from 65.16% (-1.81%) (bounce rate = percentage of single-page visits or visits in which the person left your site from the entrance (landing) page)

Most visited pages (top 5): Home Page 995 visits up from 803(+23.91%); Contacts Page 91 visits up from 49(+85.71%); Message Page replaces the Links Page with 49 visits up from 37 (+32.43%); The Documents Page replaces the Message Page with 43 visits up from 36(+19.44%); Links Page replaces the Documents Page with 36 visits down from 39(-7.69%)

District 5 Report

Tracy, Alternate DCM, went to Area Assembly in St Augustine; She reported the following: Area voted to pay \$5,800 for the Area Delegate to attend the General Service Conference in New York City this year only; District needs a Treasurer; Discussed looking into separating Bridging the Gap and Corrections; Ordering literature on line may soon be a possibility

The Message

Share your experience, strength and hope with us; Send contributions to <http://intergroup5.org/newsletters.html>; Do not advertise office hours at this time because we don't have an Office Coordinator

12 Step News

Calls are answered, and people are helped; Need changes on the website – Take to district; Received 655 calls in January

Old Business

Need someone to assist with the When and Where

New Business

Discussed the need to have someone in Intergroup Office; Office Coordinator's duty is to get volunteers to man the IG Office; Voted unanimously to provide GSR in home groups with the code; GSR is responsible for only giving the code to responsible members; Payments due upon pickups; Preferably payments with checks; Voted to set up new email addresses for District

The Message

Dear Family in Fellowship,

This is my second request to you to invite women who have already worked the steps, the opportunity to come to a 4 hour DOC training that would allow you to bring Alcoholics Anonymous to women in prison! Since I last wrote, four people have made the commitment, and three of these four will join me this Tuesday! The meetings are large and the potential for even more inmates to get off the waiting list to get into AA, is growing. We need more women to sign up for this 4-hour training commitment in hopes of bringing AA to Gadsden's Correctional Facility maybe twice a week! The greater the number of women we have coming in, the greater the identification of our disease, and the greater the chances are they they will identify with YOU and the steps YOU took to stay sober one day at a time!. Here's how it works: If you have WORKED all 12 steps and have a sponsor and are involved in the fellowships meetings and other areas of service, then you are eligible. Remembering that we can't give away what we don't have or DO -- this becomes instantly evident in this kind of setting so your involvement in AA will be important. If you have had a felony conviction but have **three** years free and clear of that felony, you are eligible. If you need to share your experience strength and hope and *BE* that vessel for others in a prison setting, then you are eligible. Please Please consider joining me for this brief training session as follows:

WHEN: Saturday March 5
WHERE: Gadsden Correctional Facility
6044 Greensboro Highway
Quincy, FL 32353

WHAT TIME: 9:00 A.M. UNTIL NOON
This training will allow you to enter any Department of Corrections Facility in the state. Based on background screen, you will be issued by way of a "Pin Number" within two to three days after the training. The facility is in Gadsden County just a mile outside of Quincy on SR-12. And it would need to be a commitment for as long as you're able, each Tuesday evening: 5:30 until 7:00 p.m. I can not begin to express how much these women [the meeting totals between 45 and 50 now each week!], long to hear your voices. *They tell me* that by hearing **you** -- they can find it in their heart to believe that just maybe, they can live free and sober too. If you have any questions, need more information or excitedly want to say "YES SIGN ME UP!", please don't hesitate to call me.

In loving service, Beth H.
You can reach me at 850-445-3532.

Conferences and Other Events

District 5

Monthly Business Meeting
March 16th 2011
3rd Wednesday each month
Faith Presbyterian corner of John Knox & Meridian

Founder's Day Florida Style Fundraiser

March 25th from 6-10pm
3333 West Pensacola St.

Founder's Day Florida Style

Back to Basics
June 3-5 2011
www.foundersdayflorida.org

NORTH FLORIDA AREA CONFERENCE

2nd Quarterly Assembly, April 8-10 2011
500 South Legacy Trail
St. Augustine, FL 32092
US

Downtown Service Group

Formerly Downtown YPG

For everyone that is a volunteer or is interested in being a volunteer for the Intergroup 5, AA Helpline there is a new format meeting every Thursday where the Night Owl Group meets (Trinity Methodist Church) 120 West Park Ave. That's Thursdays @ 7:00 PM. We will be discussing the Helpline and any questions about how to better serve Intergroup 5 as a whole. All of us, working together, to help the still suffering Alcoholic!!! Hope to see you all there!!!

Wanted

Intergroup: Writers, Editors,
Co-chairperson, Activities Coordinators,
Office Coordinator

District: ***TREASURER***, Accessibilities
Treatment / Bridging the Gap Coordinators

February Anniversaries

Bradfordville: Katie H. 2, Jenny E. 2

CASA: Erin-1, Jen-1, Eddie-6, Dick-49, Eddie-6

Central: Metal Castle John-1, Mike G-1, Michael-1,
Ryan-1, Tommy L-1, Laura G-2, Stephanie B-3, Patrick S-2,
Shawn I-5, Lilly A-5, John M 9, Danny P-10,
Clara H-12, Bobby C-18. Dick L-20, Doug B-23, Juliet C-24,
Mike M-25, Jim C-35, Jim K-36, Bo Diddley-50