



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—Andy E
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

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

NFACAA—Area 14
Area Treasurer
C/O Rick B.
PO Box 4933
Winter Park, FL 32793

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC. MAY, 2006 TALLAHASSEE, FL

General Advice for Volunteers

Remember you are only one among many who can help carry the message of A.A. to the caller. The weight of A.A. does not rest only on your shoulders; many are there to help. We can find an A.A. meeting for anyone who asks.

We can refer the family members of an alcoholic to Al-Anon and help them understand we cannot help unless the alcoholic calls us personally.

We are not clergymen and, therefore, do not offer religious guidance.

We are not doctors and, therefore, cannot offer medical advice.

We are not marriage counselors or attorneys and, therefore, can offer no advice on legal or marital problems.

We are not psychologists and, therefore, are not equipped to make personality evaluations.

You and I are recovering alcoholics, and that is the only capacity in which we answer these telephones. If an alcoholic calls and is in need, as we all know, it is a matter of life and death. If he finds our lines busy, he may never call back. You are answering the A.A. "Hot Line" and this line needs to be left open for incoming calls.

When the alcoholic calls to ask for help, get his name and phone number. Tell him to stay where he is and we will get back to him. Contact someone on the 12th-Step List to make the call. Explain to the caller it may be a half-hour or so, but we will have an alcoholic return his call—come see him—take him to a meeting—whatever he needs. *This is what the 12-Step List is for. Use it.*

Please remember you are the voice of A.A. in this community. Don't include your personal program in answering the A.A. "Hot Line."

Thank you so much for your time and devotion to our A.A. Program. You speak for this program, and we are capable of helping only that person who has a sincere desire to stop drinking.

We need help! Can you answer the phones or be on the 12th step call list? Please call 224-1818 or write message@intergroup5.org and volunteer!

District 5 News

DISTRICT 5 DCM Report – April 19, 2006

In preparation for the Area Assembly and trying to get the background information out to the GSRs as quickly as possible, I was unable to visit as many groups that I would have like to. However, I do appreciate those who traveled with me to the following groups during the last month:

Carrabelle Group, Central Group, Crawfordville Group, Grateful Group, Downtown Group, Havana Sobriety Group, Lake Jackson Group, Monticello Serenity Group, Mustard Seed Group, Northside Group, Open Doors Speaker's Group, Pathfinders Group, Powder No-Puff, Quincy Group, Singleness of Purpose Group (Woodville), St. George Island Group (Eastpoint Meeting), Sober Shores (Alligator Point), Southside Group, and the Willing Group.

Thank you to all who helped with our hosting responsibilities at the Area Assembly, April 7-9, 2006 in Gainesville. Your help was greatly appreciated! In Love and Service, Kathy S. 322-5173

ANONYMITY THEN AND NOW WORKSHOP

Saturday, May 13, 2006

1:30pm – 4:30pm

Cecilia R. from Merritt Island—History of Anonymity
Al B., from DeLand—Anonymity Now

The workshop will be held in the Fellowship Hall of
the Tallahassee Heights United Methodist Church—
at the corner of Mahan (Hwy 90) and Capital Circle
NE (Hwy 319)—a/k/a the Pumpkin Church.

3004 Mahan Drive

Tallahassee, Florida

Refreshments Provided

For more information, call (850)322-5173.

Sixty one members attend the recent Alk-a-non dinner held at the Advent Church on Piedmont Road. The membership was entertained by Jayne H. who was introduced by her Husband Bob H. Jayne gave a detail talk from her college days at Indiana to her place here in Tallahassee. Kathy L. was the AA speaker and she started her life in Cleveland Oh. and traveled through W. Palm Beach to arrive in Tallahassee. The speaker shared their experience strength and hope with all this attending. A very good dinner of Bar-B-Q, vegetable and desserts was enjoyed by all. The next Alk-a-non will be held on Friday July 21 at the Advent church at 6 PM. The Nothside Al-anon group will sponsor the next alk-a-non so look for flyers of the announcement.

Are you nuts about our “meeting in print,” the A.A. Grapevine? Share your enthusiasm with others by serving as the District 5 Grapevine chair. For more information, just suit up and show up at the next district meeting. Remember...you gotta give it away to keep it!

Check out the A.A. Grapevine online: www.aagrapevine.org

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.

ALK-A-NON CHAIRPERSON RESIGNS

Rita C. , chairperson for the Alk-a-non has resigned to continue her work getting a PHD. Rita has guided the committee to the last two Alk-a-nons and all were successful.

Should you be interested in keeping the festive dinner going call Rita at 850-339-2413 .

We can always use more volunteers.

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Reprinted from *The Twelve Steps and Twelve Traditions*, page 150, with permission of A.A. World Services, Inc.

TRADITION FIVE Questions

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

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.)

Intergroup 5 News

Intergroup 5 Minutes April 5, 2006

Groups Represented: Central, Crawfordville, Downtown, Happy Hour, Home Group, Lake Jackson, Living Sober, Men's Faith, New Hope, Northside, Pathfinders [There were 14 people in attendance, representing 11 groups].

Secretary's report: Accepted

Treasurer's report: An anonymous donor provided IG with the \$61.25 to pay the annual State Corporation Fee. The money was used for this purpose. In the March report-\$100 disbursement for the Picnic site reservation fee for Founder's Day Picnic is not listed; accounting for this expenditure, the new total is \$2,393.26. Accepted as amended.

Literature report: Accepted

Web Committee report: Andy E. has volunteered to chair the web committee.

Activities report: Matt has received confirmation of our reservation of the Pavilion at Tom Brown Park for the Picnic.

The Message: Larry is looking to hand over the responsibilities of *The Message*.

District: an ad-hoc committee has been formed to discuss the formation of a breakfast hosted by District 5 to drum up service. Also, District 5 will be hosting a Traditions seminar on the last weekend in July 2006.

Old Business: Ron has figured out how to update the phone message/meeting schedule. He will send the schedule to the home office of A1 Answering Service.

Planning meetings are being held every other Saturday at 10 am at Central for the Founder's Day Florida Style Convention. Plenty of service work opportunities available. There is now a list of Spanish speakers on the call list at the IG office for those who man the phones.

New Business: The Executive Committee approves of Andy E. nomination for Web Committee chair. **Motion made:** Andy E. will be the new Web Committee chair. **Motion**

Passed. Congratulations Andy!

Matt C. has a list of the needed supplies for the Picnic.

Motion made: Matt is authorized to spend up to \$250 on supplies for the Founder's Day Picnic. **Motion Passes.**

Tony D. is starting a new meeting, **Diversity of Spirit**, on April 14th at the Family Tree Community Center on Blunt St. behind the Turlington building. The meeting will be for the Lesbian and Gay community of alcoholics in the area.

Questions were asked regarding the procedures for starting a new meeting; Ron states that a payment should be offered to the facility to respect our seventh tradition. It is also mentioned that there are numerous pamphlets available about forming and running AA groups.

Founder's Day Florida Style will be hosting a softball game the weekend of the conference. They have offered to buy the extra food left from the Founders Day Picnic the

week before.

Northside overpaid \$19.00 to the literature fund. The group will be informed.

Submitted in grateful service,
Craig F.

April 2006

Treasurer's Report

General Fund	
Checking:	
Beginning 3/31/2006 Fund Balance	\$ 2,393.26
<u>Contributions:</u>	
Apalachicola Bay Serenity	20.00
Came to Believe	115.17
Central Group	200.00
Flint River Roundup	100.00
Grateful (Detox)	100.00
Lake Jackson	50.00
<u>Total Contributions</u>	585.17
Less:	
<u>Disbursements:</u>	
Rent	248.32
Answering Service	162.85
Office coordinator travel & related exp	220.00
Telephone	45.16
paid for Literature fund (less amts due)	15.08
<u>Total Expense Disbursements</u>	691.41
Ending 4/30/2006 Fund Balance	\$ 2,287.02
Prudent Reserve Savings (3 average months operations):	
Ending 4/30/2006 Balance	\$2,001.66
<u>Literature Fund</u>	
Beginning 3/31/2006 Balance	\$ 2,282.15
add:	
<u>Literature sales</u>	340.20
Sales Tax collected	25.55
Interest earned	6.46
Total	372.21
less:	
<u>Purchases</u>	1,248.15
Additional sales tax & penalty (2005)	19.18
Total expenditures	1,267.33
Ending 4/30/2006 Balance	\$ 1,387.03
Total accrued 2006 sales tax liability	(106.37)

*You can be the Editor of the Message!
Have you seen something you'd like to
change about this publication? It's your
opportunity to correct and improve the
monthly newsletter of IG5! Write to
message@intergroup5.org call 224-1818
or come to the next IG5 meeting June 7*

Events and Happenings

Current Events

May 13—Anonymity Workshop 1:30-4:30 Pumpkin Church C

May 14— Corrections—Treatment —Bridging the Gap 3PM
At Central 909 N Gadsden St

May 17—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

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

June 10—IG5 Founders Day Annual Picnic (See Insert)

June 9, 10, & 11—Founders Day Florida Style

July 14-16—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

may 6 diz t. 25 year birthday, cake

may 13 charlie h.

may 20 chuck s.

may 26 bob h. a 32 year veteran

Meeting starts at 7:30 PM every Saturday.

Tallahassee United Methodist Church

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 you have the desire to carry the A.A. message inside the walls of a Florida state prison, prepare to attend the Florida State Orientation
4th Thursday of Every Month at 6:30pm
Wakulla Correctional Institution
Contact Tim D.
at (850)766-6907

Learn from the mistakes of others. You can't live long enough to make them all yourself.

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 Thursday Evenings 7:00 pm

Location: First Baptist Church (Annex)

14 Shell Island Road

St. Marks, Florida

Contact: John B. 925-7735

April Phone Report

(64 Calls Received by Volunteers)



1—12th Step

5—Al-anon

13—AA Info

40—Meeting Information

1—Agency Info

4—Miscellaneous

We need more Volunteers!

Please call Larry H 567-8407

Happy A.A. Anniversary

April 2006

Central Group

Annie 1, Karl C. 1, Charlie V. 2, Errin T. 3, Sharon K. 3, Doug R. 3, Regina 9, Will C. 12, Jim C. 14, Melvin 16, Rick S. 17, Mac 18, Vanessa 22, Carl A. 28

Living Sober & Happy Hour

Lisa Y. - 7 years

Ellen D. - 11 years

Kathy S. - 17 years

Carl A. - 28 years



*IF ANYONE ELSE IN
DISTRICT 5 MAKES IT*

*FOR A YEAR OR ANY MULTIPLE
PLEASE LET ME KNOW!*

CELEBRATE!!!!