



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

Intergroup

Chairman—Mike L—New Hope

Co-chairman—Craig F—
Living Sober

Secretary—Carol M—New Hope

Treasurer—Matt—Lake Jackson

Literature—Greg S—Home

Website—Andy E—Men's Faith

Activities—Laura A—Central

Membership—Vacant

Newsletter—Vacant

District 5

DCM—Joe D—Downtown

Alternate DCM—Susan E—Central

Secretary—vacant

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—Rob K—Pathfinders

Bridging the Gap—Gail H—

Bradfordville

CONTACT INFORMATION

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District 5

P.O. Box 12352

Tallahassee, FL 32317-2352

NFACAA—Area 14

Area Treasurer

Marilyn B.

6035 Tudor St.

Inverness, FL 34452

INTERGROUP 5, INC. May, 2007

TALLAHASSEE, FL

Six years ago, I had a profound spiritual experience, which made me distinctly aware of God's involvement in my life. Prior to that, while in college, I drank and drugged my way into a whole lot of trouble. I was facing prison time for a probation violation, so I made an appointment to meet with an attorney. I was desperate and at the end of my rope.

I explained my story to the attorney and asked what I should do. To my surprise, this lawyer began to speak to me about God. As the attorney spoke, I began to think upon my life up to that point and wondered how I could have fallen so far. Within seconds, I was overcome with a wave of emotion such that I could not resist the urge to weep. Then we prayed together and I committed my life to serving God from that day forward. I became aware of something that felt like a cloud covering my mind. As soon as I surrendered, the cloud dissipated and I experienced a deep feeling of peace.

In the months that followed, I got involved in my church. This enabled me to stay sober for two years. Eventually, I cleaned up my life to the point that I was accepted into law school. During law school orientation, I recall experiencing the "I had arrived" feeling. Wine was served at the orientation reception and I felt the urge to drink again. Looking around, I noted that ambitious and sophisticated people surrounded me. They were far more responsible than the knuckleheads I used to drink with in college. I also began to think that my past problems were really the drugs and not so much the alcohol. At any rate, I thought that after two years I was cured and that I could now drink like a gentleman. I took the first drink. This led to a three-year period where I drank on and off. Because I was so obsessive about grades and building the best résumé, my drinking was not nearly as intense as it was in college. For an alcoholic, however, it was dangerous nonetheless.

By the time I broke down and attended my first AA meeting, my head was still hurting from the night before, as was my pride. None of my old tricks worked anymore. It did not matter how many times I went to church, buried myself in work or locked myself in my apartment. My mind eventually granted me permission to drink. I had reached a point where I wanted *not* to drink more than I wanted to continue drinking. But I had no ability to stop.

I wandered up to the meeting place and saw two people sitting outside. I said that I was looking for some direction. They told me "You'll find it here." They were right. I shared a little bit about myself at the meeting and asked for help. The fellowship welcomed me with open arms. At my third meeting, I met a guy who would become my sponsor. We met for coffee the next day, and he asked me a simple question: "Are you willing to go to any length to be sober?" Only when he was convinced that I was truly willing did we move to Step One. He asked me if I believed that I was powerless over alcohol. I explained that, based on prior failed attempts to quit on my own, I believed that I was entirely powerless over alcohol. Then, he asked me whether my life had become unmanageable. At the time, all that I had worked for was on the verge of slipping away due to my drinking. I knew that if something did not change soon, my career would be ruined and my family, who had supported me all along, would be disappointed again. My life was indeed unmanageable. With that, I had completed the first step in my recovery.

Steps two and three were not a problem for me either. There has never been a time in my life when I doubted the existence of God. My religious experience of years before was undeniable. I took steps two and three the same day because I was open to the truth that a Power greater than myself could restore me to sanity. I was ready and willing to turn my life and my will over, again. My God is a God of second and third chances. He is pure mercy and pure love. Today, I rely on a power greater than myself, and a fellowship of brothers and sisters that keep me accountable. These are people who actually care whether I take a drink or not, and I care whether they do. As a result of completing the rest of the steps, the fear, loneliness, and frustration are gone. So is the desire to drink. I learned that I may not be responsible for the causes of my alcoholism but I am responsible for the solution. The more I carry the message to other alcoholics and practice the principles in all of my affairs, the better I get. Willingness was the key that unlocked the door but the journey began with Step One.

-Tommy H.

District 5/Intergroup 5 News

District 5 March 2007 Unapproved Minutes

We opened with the serenity prayer. Each in attendance made introductions. Concept 3 was read by Antje.

Attendees at the meeting: Matt N., Treasurer, Central; Kevin T., Treatment, Happy Hour; Antje S., GSR, Crawfordville; Vern D., Grapevine, Bradfordville; Janis T., GSR/Accessibilities, Willing Group; Mike F., GSR, Lloyd; Mike L., Corrections, Lloyd; Joe D., DCM, Downtown; Bradley C., GSR, Downtown; Steve H., CPC, Central; Tony D., GSR, Diversity of Spirit; Lilly A., GSR, Night Owl; Rob K., visitor, Pathfinders; Rebecca R., visitor, Central; Karen G. visitor, FDFS; Regina I., visitor, FDFS; Dominick G., visitor, FDFS

Officers and Standing Committees reports:

Secretary: February minutes were accepted with corrections.

Treasury: A written report provided and accepted. Balance in District 5 account is \$3,411.57. Prudent reserve is \$2,189.30. We are \$1,651.53 over prudent reserve.

DCM: Joe read a letter from the G.S.O. regarding contributions. If each group sent \$135/year, they could meet their budget. He distributed a contact list for each member to review. It will be distributed in the future. All chairpersons must contact Larry at Intergroup to give him permission to have their phone number published in The Message. He can be reached at message@intergroup5.org. The area assembly is this weekend. He gave a cursory review of agenda items to be discussed. He reiterated the need for committee chairs to write their job description.

ALT DCM: Susan E. was not present due to illness. Mike L gave a report from Intergroup. He defined the responsibilities of Intergroup. They provide conference-approved literature and provide phone assistance to those in need.

Accessibilities: Janis T. authored an article that will appear in the April addition of the Message. She also had a meeting in her home for a lady in need.

Archivist: vacant

Bridging the Gap: Gail H. not present.

Corrections: Mike L. reported that there is an inmate generated meeting at Taylor C.I.

Grapevine: Vern will be attending the Area Assembly.

CPC: Steve reported that in April, he will target Ministers and the medical community. He had a meeting at the Anglican Church which 10 people attended.

PI: Jeff was not present and could not be reached by phone.

Treatment: Kevin T. reports that he has been in contact with Great Recovery Treatment. He will be attending a presentation at Detox this upcoming weekend.

Unfinished Business: The anonymous e-mail previously discussed will be investigated by Joe D. at the upcoming Area Assembly. He will discuss this further at the next District meeting.

New Business: Karen from F.D.F.S. was present to discuss this event. It will be held at the Armory on 6/22,6/23, and 6/24. She requested that fliers be distributed at the Area Assembly. Rebecca was voted in unanimously as the Archives Chairperson. Matt discussed the dwindling Pink Can balance. He reported that there are 4 or 5 individuals getting literature from Intergroup and submitting reimbursement to the District. Mike L. will discuss this at the next Corrections meeting and report back to the District next meeting.

Wanted: Dead or Alive, First Edition, First Printing (or Early Printing) of the Big Book For District 5 Archives (Read or unread, tattered and torn, barely there, or great condition!)

Is this a tall order? Yes. Can you go through with it? Yes!

If you or anyone you know owns a First Edition Big Book, please consider donating such a valuable piece of history to District 5 Archives. The first printing of the first edition would be dated from 1939. According to an online book reseller, there were only 4,730 first printings; however, the first edition was printed sixteen times between 1939 and 1955 when the second edition appeared. Our archives already include a second edition Big Book owned by Tom M. (one of the original Tallahassee AA members) and donated by Jack R. Our inventory also includes a well-annotated third edition owned by Bill M. and donated by Judd O. A first edition Big Book could be the treetop ornament to our local historical collection!

What happens when you donate literature to archives? The Big Book becomes part of our historical tour to special events and gatherings of District 5 such as Founder's Day or the annual Christmas party. All attending members of the events have a chance to share in our heritage. Archive members attend trainings and seminars to make sure your donations are well preserved, but most importantly you help to pass it on.

Thank you, in advance, for your considerations!

Give to the program and to archives by calling Rebecca R. at 385-2670.

District 5/Intergroup 5 News

FLINT RIVER ROUNDUP

Another successful roundup supported by many members in the Tallahassee area. Over 300 members attended Saturday night speaker session featuring Mary T. from Brunswick Maine. Mary tales of drinking escalated until the Mother of her babysitter intervened and suggested she attend a meeting of AA. Mary presented a Fourth Step workshop on Friday to kickoff the event. George W. told of drinking and finding AA while in the Military and finding a home group that had two forty year members in NC. George McS. a recovering member from the NC area, settling there after many year in the state of NY. George has never lost that way of talking like many Yankees. Shae W. spoke on Sunday morning and talked about what she had learn the past year as she change sponsors and started studying the BB. The Roundup featured a Fish Fry, Ice Cream social and a Hospitality room that always had someone there with many snacks and drinks.

March—April 2007

District Unapproved Treasurer's report

Beginning Balance at 3-21-07	3411.57
pink can disbursements	-61.49
balance at 3-30-07	3350.08
Contributions-regular	
Diversity of the Spirit	2.00
Open Door Speaker	13.25
Northside	48.01
Appalachicola Bay Serenity	20.00
Estate of Barbara Thomasy	182.00
Contributions-pink can	
Lloyd New Hope	80.00
Pathfinders	6.89
Crawfordville	18.00
Open Door	20.51
Rent (April through June)	-75.00
ending balance at 4-18-07	3665.74
less pink can balance	-181.65
less grapevine balance	-43.00
district's balance	3441.09
less prudent reserve	-2189.30
excess over prudent reserve	1251.79

laughter is the sound of recovery!

Service positions available on the Accessibility Committee

While there are no special A.A. members, many members have special needs. A.A.s who are blind or visually impaired may need help with transportation to a meeting. A deaf or hard-of-hearing member may be able to get to the meeting, but needs a sign language interpreter in order to understand what's being shared. A person with a physical disability must find a meeting with wheelchair access, while chronically ill alcoholics are often homebound and cannot attend regular meetings at all. A.A.s throughout the Fellowship are discovering that the common bond of recovery can transcend the barriers of physical disabilities. Both groups and members can become more aware of A.A.s who need specific kinds of help. But the most important fact to keep in mind is that all alcoholics--whether deaf, blind, or with other disabilities, want to be a part of the whole. The goal is to enable every alcoholic to be an active participant in the group, without emphasizing differences. Sign up now and enjoy the many benefits of service work, sobriety, freedom from bondage of self, a chance to be the hand offered to someone reaching out, a place in the sunlight of the spirit, and the absolute joy of simple good living.

Please call Janis @ 980-1793 if you would like to help.

Treasurers Report Intergroup 5, Inc. April

General Fund

Checking:

Beginning 3/31/2007 balance \$ 566.88

Contributions:

Apalachicola Bay Serenity	20.00
Bradfordville	250.00
Flint River Roundup	100.00
Lake Jackson	51.30
Northside	264.07
Open door speaker	118.82
Total Contributions	804.19

Disbursements:

Answering service (two months bill)	388.15
Office Coordinator Travel & related ex.	220.00
Printing News letter	77.75
Rent	248.36
Telephone	46.94
Total Expense Disbursements	981.20
Ending Balance 4/30/2007	\$ 389.87
Prudent Reserve Savings: interest	.50
Ending Balance 4/30/2007	\$2,004.55

Literature Fund

Beginning 3/31/2007 Balance	\$1,380.40
Literature sales	308.15
Sales Tax collected	22.95
Total receipts	331.10
Purchases	1,256.80
Total expenditures	1,256.80
Ending Balance 4/30/2007	\$ 454.70
Year to date sales tax liability	(151.96)

Events and Happenings

Current Events

May 2—IG 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

June 15, 16, 17—FCYPPA 2007 Miami (Florida Conference of Young People in Alcoholics Anonymous) Information: Carissa (305) 498-3842

June 16—Intergroup 5 Annual Picnic

June 22-24, 2007—Founders Day Florida Style

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!)

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

August 24, 25, 26—51st Florida State Convention, Orlando; Caribe Royale, call for reservations: (800) 823-8300

Northside Group has moved !

New location—6494 Thomasville Rd.

WANTED

Intergroup Office Volunteers

If you are willing to be of service, please contact (850) 224-1818.

This week: 102 visitors to www.intergroup5.org
82 first time visitors
20 returning visitors

New open meeting, Advent Church, Piedmont Road, Mondays 6:00 PM BB. Traditions, Steps, Speaker alternates n/s

The Saint Marks Group Open Discussion
Monday and Thursday Evenings 7:00 pm
Sunday Mornings
Location: First Baptist Church (Annex)
14 Shell Island Road
St. Marks, Florida
Contact: John B. 925-7735

April Phone Report

(40 Calls Received by Volunteers)



1—12th Step

2—Al-anon

7—AA Info

20—Meeting Information

1—Agency

9—Miscellaneous

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

Alcoholics Anonymous meetings in Spanish!

Where? Calvary United Methodist Church
2145 W. Pensacola Street Tallahassee, FL 32304

When? Mondays from 7:00 pm to 8:00 pm

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.

Happy A.A. Anniversary

Central Group—

Erin T. 4
Stephanie G. 10
Charlie V. 3
David 1
Ashley 1
Vanessa W. 23

Happy Hour/Living Sober—

Will E., 1
John F., 2
Bugs B., 7
Marion B., 30

Northside—

Mac M. 18
Bill 7

*WHEN ANYONE IN
DISTRICT 5 MAKES IT
FOR A YEAR OR ANY
MULTIPLE
PLEASE LET ME KNOW
224-1818!*



*Celebrate Your
Success!*