



# The Message

A MONTHLY NEWSLETTER

## TRUSTED SERVANTS

### **Intergroup**

Chairman—Don W—Northside  
Co-chairman—Ron L—Northside  
Secretary—Phyllis K—HomeGroup  
Treasurer—Pat C—Crawfordville  
Literature—Pat C—Crawfordville  
Website—Rob K—Pathfinders  
Activities—Leisa P—Central  
Membership—Vacant  
Newsletter—Larry H—Central

### **District 5**

DCM—Ed V—Happy Hour  
Alternate DCM—Kathy Lynn—  
Pathfinders  
Secretary—Anne K—Happy Hour  
Treasurer—Lisa F—Downtown

### **Standing Committees**

CPC—Kevin K—Central  
PI—Gerry W—Happy Hour  
Treatment—Allison B—Central  
Corrections—Danny P—Night Owl  
Grapevine—Joe J—HomeGroup  
Intergroup—Kathy Lynn—  
Pathfinders  
Accessibilities—Kayce M—Downtown  
Archives—Bob S—Southside

## CONTACT INFORMATION

### **InterGroup 5, Inc.**

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

Website: [www.intergroup5.org](http://www.intergroup5.org)  
[message@intergroup5.org](mailto:message@intergroup5.org)

### **District V**

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

### **NFACAA—Area 14**

Area Treasurer  
C/O Connie D.  
5205 North Sonora Terrace  
Beverly Hills, FL 34465

INTERGROUP 5, INC.

November, 2004

TALLAHASSEE, FL

My life was getting a little bit worse every day. I had no enthusiasm for anything. It had just become about getting by and getting through the day without running out of alcohol.

My life became about accommodating my drinking and even that was giving me less pleasure. On my way out of my first meeting a couple fellows stopped me, gave me a little blue book, suggested I start reading it and come back the next day. The reading was very troubling. I saw too much of myself in it for comfort. I went back the next day and the next and heard more and more about. . . myself. That was kind of creepy. I kept going and about two weeks later actually went to a meeting sober! I went to a lot of meetings and after a couple months even got a sponsor and started working the steps. I did this because I somehow knew that I had to. I felt compelled. I now realize that was a gift from my higher power – as is this program. AA to me is not theoretical – it is intensely practical. I have gained an understanding of how to face life and wring enjoyment out of every day – unless I choose to struggle.

One of the most practical steps for me is the 11<sup>th</sup> – a whopping two parter: prayer and meditation. Prayer without meditation is like going into a bank, handing a check to the teller and walking away without my money. For me, meditation is often as simple as listening to the small quiet voice inside that tells me the answers to the questions in my prayers. It is the pause in the midst of agitation that points the way out of conflict and pain.

Now my life gets just a little bit better every day. I don't necessarily have fewer obstacles, but I now have a way to overcome them and I am becoming less and less my own obstacle! That is nothing less than a miracle. In the 11<sup>th</sup> month of the year I focus on the 11<sup>th</sup> step and on gratitude for all the steps and of all the miracles I find that have blessed my life and the lives of all the others by my side in AA. Every meeting I attend is full of miracles. There sits one in every chair – and for each one I am truly blessed.

# Events and Happenings

<p><b>Current Events</b></p> <p><i>November 17</i>—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.  <i>December 1</i>—Intergroup 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.</p>	<p><b>Happy AA Anniversary October</b></p> <p><b>Central</b>—Bill—1, Claudia—1, Wade—1, Allison—4, Jerry W—4, Guenter—5, Hillary—19, Jimmy C—21, Henry T—24  <b>Powder No Puff</b>—Gale P—3 yrs Cheryl S—3 yrs, Annette—18 yrs  <b>Living Sober &amp; Happy Hour Groups</b>—                  Annie—1, Doug M—1, Janet—1, Tom—1, Wade—1, Bob C—2, Tamara—3, Brenda G—4, April—5, Kevin T—12, Annette—15, Phyllis K—24 years</p>	<p><b>WANTED</b></p> <p>Volunteers to chair the Membership committee or answer phones in the office. If you are willing to be of service, please notify Tom A., Intergroup 5 Coordinator, (850) 224-1818</p>																																																														
<p><b>Future Events</b></p>	<p><b>UNFORTUNATELY NO OTHER GROUPS REPORTED INDIVIDUALS ARE WELCOME TO ANNOUNCE THEIR ANNIVERSARY!!!</b></p> <p><b>SEND TO:</b>  <a href="mailto:message@intergroup5.org">message@intergroup5.org</a>                  Or call 391-4077</p>	<p><b>September Phone Report</b></p> <p>39—Meeting Information                  7—Miscellaneous                  21— General AA Info                  3—Agency                  8—Al-anon                  (78 Calls Received by Volunteers)</p>																																																														
<p>There will be a workshop on Relationships at the CASA Clubhouse on Saturday, November 13 beginning at 1:30 PM. The facilitators will be Bubba and Helen R. from Lafayette, Louisiana, both 36 years married, 19 years sober. Bubba is our Gratitude Dinner speaker that same day.</p>	<p><b>October 2004 Treasurer's Report</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Beginning Balance</td> <td style="text-align: right;">\$2,059.05</td> </tr> <tr> <td colspan="2"><b>Income</b></td> </tr> <tr> <td style="padding-left: 20px;">Contributions</td> <td style="text-align: right;">752.45</td> </tr> <tr> <td style="padding-left: 40px;">Sub Total</td> <td style="text-align: right;">\$2,811.50</td> </tr> <tr> <td colspan="2"><b>Expenses</b></td> </tr> <tr> <td style="padding-left: 20px;">Rent</td> <td style="text-align: right;">236.50</td> </tr> <tr> <td style="padding-left: 20px;">Office Supervision</td> <td style="text-align: right;">220.00</td> </tr> <tr> <td style="padding-left: 20px;">Answering Service</td> <td style="text-align: right;">114.92</td> </tr> <tr> <td style="padding-left: 20px;">Telephone</td> <td style="text-align: right;">39.18</td> </tr> <tr> <td style="padding-left: 20px;">Softball Expenses</td> <td style="text-align: right;">Total \$(810.60)</td> </tr> <tr> <td>Ending Balance</td> <td style="text-align: right;">2,000.90</td> </tr> <tr> <td>Prudent Reserve</td> <td style="text-align: right;">\$734.92</td> </tr> <tr> <td colspan="2"><b>Contributions</b></td> </tr> <tr> <td style="padding-left: 20px;">Happy Hour/Jul &amp; Aug</td> <td style="text-align: right;">\$164.45</td> </tr> <tr> <td style="padding-left: 20px;">Happy Hour/Sep</td> <td style="text-align: right;">126.57</td> </tr> <tr> <td style="padding-left: 20px;">Came to Believe</td> <td style="text-align: right;">127.43</td> </tr> <tr> <td style="padding-left: 20px;">IG5 Meeting</td> <td style="text-align: right;">17.00</td> </tr> <tr> <td style="padding-left: 20px;">Northside</td> <td style="text-align: right;">276.00</td> </tr> <tr> <td style="padding-left: 20px;">Live &amp; Let Live (defunct)</td> <td style="text-align: right;">41.00</td> </tr> <tr> <td></td> <td style="text-align: right;">Total \$752.45</td> </tr> <tr> <td colspan="2"><b>October 2004 Literature Report</b></td> </tr> <tr> <td>Beginning Balance</td> <td style="text-align: right;">\$838.22</td> </tr> <tr> <td>Returned check</td> <td style="text-align: right;"><u>114.70</u></td> </tr> <tr> <td>Balance</td> <td style="text-align: right;">723.52</td> </tr> </table>	Beginning Balance	\$2,059.05	<b>Income</b>		Contributions	752.45	Sub Total	\$2,811.50	<b>Expenses</b>		Rent	236.50	Office Supervision	220.00	Answering Service	114.92	Telephone	39.18	Softball Expenses	Total \$(810.60)	Ending Balance	2,000.90	Prudent Reserve	\$734.92	<b>Contributions</b>		Happy Hour/Jul & Aug	\$164.45	Happy Hour/Sep	126.57	Came to Believe	127.43	IG5 Meeting	17.00	Northside	276.00	Live & Let Live (defunct)	41.00		Total \$752.45	<b>October 2004 Literature Report</b>		Beginning Balance	\$838.22	Returned check	<u>114.70</u>	Balance	723.52	<p><b>Income</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Sales</td> <td style="text-align: right;">74.90</td> </tr> <tr> <td>Taxes</td> <td style="text-align: right;">5.62</td> </tr> <tr> <td>Sub Total</td> <td style="text-align: right;">80.52</td> </tr> <tr> <td colspan="2"><b>Expenses</b></td> </tr> <tr> <td>None -0-</td> <td></td> </tr> <tr> <td>Ending Balance</td> <td style="text-align: right;">\$804.04</td> </tr> <tr> <td>Live &amp; Let Live (defunct)</td> <td style="text-align: right;">41.00</td> </tr> </table>	Sales	74.90	Taxes	5.62	Sub Total	80.52	<b>Expenses</b>		None -0-		Ending Balance	\$804.04	Live & Let Live (defunct)	41.00
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<p>District Gratitude Dinner                  When: Saturday, November 13th, 2004                  Where: F &amp; AM Lodge, 2818 Apalachee Parkway, Tallahassee                  Fellowship: 5:30 PM                  Dinner: 6:30 PM                  Speaker: (Bubba R. from Lafayette, LA) 7:30 PM                  Covered Dish                  Suggested Donation; \$5.00</p>	<p>District V trusted servants for Panel 54 (2005-2006)                  DCM, Kathy S. from Pathfinders Group                  ADCM, Joe D. from Downtown Group                  Secretary, Jamie from Downtown Group                  Grapevine, Tracy T. from Happy Hour                  Accessibilities, Bill S. from Northside                  The Corrections Chair position is still available</p>	<p><b>Help Wanted Reporters From every group in the district!!! AA still works??</b></p>																																																														
<p><b>CALLING ALL SPONSORS</b></p> <p>Do you know a sponsee who needs to quit thinking about themselves? Do you want to see them opening up and joining in? Is your sponsee ready to start enjoying a life of sobriety? The Intergroup activity committee has the solution to this common situation. You don't have to look far because the solution is right before your eyes. Ask your sponsees what activities they would enjoy. Then send them to the activity committee. We will provide instructions on how to organize an activity. We will provide a list of contact numbers for people with similar interests collected during the recent survey. We will provide communication to other groups. We will help with fliers announcing the activity. We will help them succeed at being an organizer and becoming a leader. Your sponsees will make new sober friends with common interests. They will learn responsibility and commitment. They will learn to set boundaries. And they don't have to do it alone! The committee meets on the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays each month at 909 Gadsden following the noon meeting (1:15pm)</p>																																																																